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# 90-Minute Practice Planner

A time-blocked template. Fill the drill column and run a focused, efficient practice.

Date: \_\_\_\_\_ Focus: \_\_\_\_\_ # Players: \_\_\_\_\_

Time	Block	Drill(s) - fill in	Equipment
0:00 - 0:10	<b>Dynamic Warmup</b>	<i>High knees, throwing progression, quick-hands grounders.</i>	
0:10 - 0:25	<b>Skill Block A</b>	<i>Primary focus from last game (hitting / fielding / pitching).</i>	
0:25 - 0:40	<b>Skill Block B</b>	<i>Secondary skill - rotate stations to keep reps high.</i>	
0:40 - 0:55	<b>Skill Block C</b>	<i>Position-specific work or live reps.</i>	
0:55 - 1:15	<b>Situational / Scrimmage</b>	<i>Game situations: cutoffs, bases loaded, bunt defense.</i>	
1:15 - 1:30	<b>Fun Closer + Breakdown</b>	<i>Relay race or contest. End on a team note for next game.</i>	

## Coaching Notes

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