

60-minute 12U practice with two coaches

Two stations and a team decision segment for a busy week. Built for up to 14 players.

60 minutes / 10-14 players / 2 league-approved adults

**0-8
min**

Warm-up and purposeful catch

Warm up and build easy throws. Focus on a ready target and balanced finish. Adjust for workload and readiness.

Cue: Be a good throwing partner.

**8-12
min**

One priority

Explain the day's focus, station rotations, and safe waiting areas.

Cue: Do the simple thing well.

**12-36
min**

Two stations / 12 minutes each

Swap groups after 12 minutes. Hitting: short tee or front-toss turns into a protected net; waiting players rehearse without bats in a marked area. Defense: ground balls, set-and-throw, and a backup job. Keep turns short enough to repeat.

Cue: A ready target. A controlled finish.

**36-40
min**

Water and reset

Put bats away and stop for water. Check whether anyone needs a lower-throwing role before team work.

Cue: Get ready for the next rep.

**40-55
min**

Situations from the last game

One coach puts controlled balls in play; the other manages runners and feedback. Recreate two situations from the last game. Ask for the decision first, rotate roles, and keep corrections brief.

Cue: Make the next play, together.

**55-60
min**

Name the improvement

Ask what improved and what carries into the next game. Recognize effort and communication alongside execution.

Cue: Progress is something you can explain.

Before practice

60-minute 12U practice with two coaches

Pack the bag

Bats, helmets, and tees / Net or enclosed cage / Baseballs / Soft training balls / Cones and water

Set up

Make two groups of five to seven. One coach controls hitting; the other runs defense. Separate all ball paths. Pick one priority from the last game rather than trying to fix everything.

Adjust for your team

- With 14 players, keep hitting turns brief and rotate defensive jobs.
- Without a safe net or cage, run whole-team hitting and defense separately.
- Before a tournament, reduce throwing based on recent and expected workload. Do not add a bullpen to fill time.

What success looks like

Every player can name the practice priority and explain where it applies in a game.

Ask the team

What will you do differently on the next similar play?

Before you take the field

Follow league equipment, supervision, weather, and safety requirements. Keep hitting and throwing lanes separate. Pause for water as needed. Stop throwing if a player reports pain. Check pitching workload, eligibility, and required rest across all teams.

Independent planning example. Official resources: littleleague.org/coaches and mlb.com/pitch-smart/pitching-guidelines.