

90-minute 12U baseball practice plan

A full-team session with hitting, defense, base running, and game situations.

90 minutes / 12-14 players / 3 league-approved adults

**0-10
min**

Warm-up and throwing progression

Warm up and build partner throws gradually. Check readiness and give non-throwing roles to players who need them.

Cue: Prepare for quality work.

**10-18
min**

Team defense walkthrough

Walk through first-and-third responsibilities, or a simpler runner-on-first situation. Have players explain their jobs before adding the ball.

Cue: Outs, runners, coverage.

**18-48
min**

Three stations / 10 minutes each

Rotate every ten minutes. Hitting: short tee and front-toss turns with a contact target. Defense: ground balls, footwork, and throws to a ready receiver. Running: read a coach-delivered ball and decide whether to stop or advance under league rules.

Cue: A useful rep has a purpose.

**48-53
min**

Water and regroup

Stop for water. Have each group share one useful adjustment. Check throwing readiness before team work.

Cue: Reset with a plan.

**53-78
min**

Situational baseball

Use coach-delivered balls in play. Start with one out and a runner on first, then two outs and a runner on second. Ask for decisions before contact, rotate roles, and keep corrections short. No live pitching needed.

Cue: Know the situation. Commit to the simple play.

**78-85
min**

Compete as a team

Run a short sequence of situations. Give team points for decisions, communication, backups, and outs. Repeat a missed situation without singling anyone out.

Cue: Compete, communicate, move on.

**85-90
min**

Close with ownership

Ask what needs work next. Recognize perseverance, collect equipment, and name one game-day priority.

Cue: Learn from it. Bring it next time.

Before practice

90-minute 12U baseball practice plan

Pack the bag

Bats and helmets / Tees and a safe hitting net or enclosed cage / Baseballs / Cones and bases / Water / Practice notes

Set up

Make three groups of four or five. Assign one coach per station. Use a cage or isolated hitting lane. Keep running clear of throwing lanes. Review workload from other teams and upcoming games before throwing work.

Adjust for your team

- With two coaches, use the 60-minute two-coach plan.
- If force plays are still new, stay there before adding advanced situations.
- Players limiting throws can help with decisions, scorekeeping, or supervised base running as appropriate.

What success looks like

Players know their jobs before contact and use a station adjustment during team work.

Ask the team

Which decision got easier because you prepared before the pitch?

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.