

60-minute coach pitch practice plan

Three stations for contact, fielding, and base running, followed by a short team inning.

60 minutes / 10-12 players / 3 league-approved adults

**0-7
min**

Movement and throwing

Warm up, then start easy partner throws. Increase distance only while throws and catches stay controlled.

Cue: Find your partner before you throw.

**7-12
min**

Show the three stations

Show one turn at each station. Explain where to wait, how to rotate, and the stop signal.

Cue: Know where your next turn starts.

**12-36
min**

Three stations / 8 minutes each

Rotate every eight minutes. Hitting: short coach-toss turns, using a tee when needed. Fielding: field a rolled ball, set feet, and throw to a ready target. Running: home to first and back under your league's rules.

Cue: Watch the ball. Set your feet. Finish the play.

**36-40
min**

Water and one question

Stop for water. Ask what players should check before throwing.

Cue: See a ready target.

**40-55
min**

Put a ball in play

Play a controlled coach-pitch inning. Ask fielders for the simplest out before each ball. Rotate roles often. Use a tee when needed so players get contact.

Cue: Before the pitch: where is my play?

**55-60
min**

Team recap

Recognize a good backup and effort after a miss. Ask each player to name one job they understand better.

Cue: Effort helps the whole team.

Before practice

60-minute coach pitch practice plan

Pack the bag

Bats, helmets, and tees / Age-appropriate balls / Net or isolated hitting area / Cones and bases / Water

Set up

Make three groups of three or four. Assign one adult per station. Keep hitting separate from throwing and running. Waiting players stay behind the hitter, clear of swings and balls.

Adjust for your team

- Two coaches: run two supervised stations for 12 minutes each. Cover base running during the team inning.
- Use a tee before returning to coach toss when moving-ball contact is difficult.
- Add a runner only after players understand the fielding task.

What success looks like

Players get ready before contact, throw to ready targets, and get repeated hitting turns.

Ask the team

Where were you going with the ball before it came to you?

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.