

60-minute coach pitch first practice

Learn names and team routines. See what players need next without making the first practice a tryout.

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

**0-6
min**

Names and expectations

Learn names and explain three expectations: listen with equipment down, encourage teammates, and give a good effort.

Cue: *You belong on this team.*

**6-14
min**

Warm-up and easy catch

Warm up and start easy partner catch. Use a distance each pair can handle. Watch receiving skills and give one instruction at a time.

Cue: *A throw your teammate can catch is a good throw.*

**14-34
min**

Two groups / 10 minutes each

Split into two groups and swap after ten minutes. Hitting: short tee turns, then coach pitches if ready. Fielding: stop a rolled ball and return it to a ready target. Keep waiting players clear of the hitter.

Cue: *One useful adjustment at a time.*

**34-38
min**

Water and reset

Stop for water. Collect equipment and explain the next activity.

Cue: *Equipment down when we talk.*

**38-46
min**

Run the bases together

Show home-to-first running, then a lap through all bases. Stagger runners. Explain your league's first-base rule.

Cue: *Find the base, then listen for your coach.*

**46-55
min**

Mini inning

Play a short inning with soft-ball coach toss or tee contact. Rotate roles and teach one point at a time.

Cue: *Ball in play: everyone has a job.*

**55-60
min**

What happens next

Recognize teamwork. Explain the next practice and one skill the team will work on.

Cue: *We get better by coming back and trying.*

Before practice

60-minute coach pitch first practice

Pack the bag

Tees, bats, and helmets / Soft training balls and baseballs / Cones and bases / Coach notebook / Water

Set up

Set up separate hitting and fielding areas with one coach at each. Use soft balls for fielding while hitting is active. Keep skill notes private. All helpers must meet league requirements.

Adjust for your team

- With 14 players, keep turns short. Add partner rolls within the supervised fielding area.
- Use soft balls for players learning to catch.
- Start a nervous hitter on the tee. Offer moving pitches when ready.

What success looks like

Players know the routines. Coaches have two or three priorities for the next practice.

Ask the team

What is one thing you want to learn this season?

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.