

75-minute early kid pitch practice plan

Build confidence with pitch tracking, basic defensive decisions, and supervised throwing work.

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

**0-10
min**

Prepare to throw

Warm up, then build easy partner throws gradually. Keep throws comfortable. Players should tell an adult if anything hurts or feels unusual.

Cue: Build up gradually. Do not throw through pain.

**10-16
min**

Decide before the ball

Walk through a runner on first and a ball to an infielder. Ask each position for the simplest out and a backup job.

Cue: Outs, runners, my job.

**16-43
min**

Three stations / 9 minutes each

Rotate every nine minutes. Tracking: a helmeted hitter watches coach pitches, then takes a short coach-toss or tee turn. Defense: grounder, set feet, accurate throw. Throwing: supervised target work; pitching only if eligible and within individual limits. No unsupervised bullpen.

Cue: See it early. Make the simple play.

**43-47
min**

Water

Stop hitting and throwing for water. Check how players feel before continuing.

Cue: Tell us how your arm feels.

**47-67
min**

Controlled situations

Use coach-delivered balls in play. Work first with a runner on first, then no runners. Ask for the decision before each ball and rotate roles. Keep this to decision practice, not pitching endurance.

Cue: Know the play before contact.

**67-75
min**

Recap and reset

Ask players to explain a decision. Recognize a backup and a good response after a mistake. Review the next game's arrival time.

Cue: Make the next play.

Before practice

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Pack the bag

Bats and helmets / Tees and net / Baseballs and soft training balls / Cones and bases / Catcher protection if catching is used / Water

Set up

Separate hitting, fielding, and throwing lanes. Assign one adult per station. Check recent workload and required rest across all teams before any pitching work. This schedule is not a pitch allowance.

Adjust for your team

- Without workload information or pitching supervision, use comfortable catch and target work only.
- Use soft training balls for players who need confidence tracking pitches.
- For experienced players, change the out count and ask how it changes the play.

What success looks like

Players can name their next play before contact and follow a routine in the new pitching format.

Ask the team

What can you control when the pitch or play does not go your way?

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.