

## COACHES CHECK LIST FOR OPTIMAL PRACTICE ENVIRONMENT

### I. Practice Rules:

1. Be on time.
2. Listen.
3. Hustle.
4. Positive Attitude.

### II. Know how many coaches at practice and their duties.

### III. Explain warm-up and warm down routines. Include mental focus and imagery.

### IV. Clear explanation of each drill and its purpose.

1. Individual Drills
2. Position play drills (plays revolving around their position)
3. Game situation drills (plays involving both infield and outfield)

### V. Realistic daily team goals and individual goals. Know where you are in the season.

### VI. Be creative. Break up practice periodically and do something different.

### VII. Know your field space availability and equipment.

## PRIMARY EQUIPMENT CHECK LIST (minimum)

### DEFENSE

1 Bat for each member of the coaching staff.

1 dozen outfield balls.

1 dozen infield balls.

1 dozen pitcher catcher balls.

Half dozen game situation balls (these are the newest balls you have).

4-8 buckets (four of the buckets contain the balls, the other four are empty. Empty ones are for ground ball work when the players are NOT throwing).

Safety screens (2 if possible)-If you do not have screens, be sure to do split infield outfield drills separately and not simultaneously.

### OFFENSE

Cones (8)- to create hitting boundaries: up the middle, right side, and left side.

Balls

2 dozen machine balls for pitching machine stations (minimum)

3 dozen practice balls for hitting stations (1 dozen per station). Balls designated for defense may be used.

1 dozen whiffle balls (can be softball size and/or baseball size).

1 dozen golf ball whiffle balls.

1 dozen tennis balls.

T's (at least 3 T's).

Sock net: to hit soft toss and swing drills.

Pitching Machine.

### **Specialty items:**

Flat bases to practice base running drills in outfield: ie. star drill (if infield is being used).

Sb401 Training Bats: [www.tuffbats.com](http://www.tuffbats.com)