

Season Plan for 12 - 14 Year Olds

At this stage players are refining the skills they have learned from past years. This season plan builds on the previous one and adds a few new tactics, including stealing bases and holding runners on base.

| Practice | Purpose | Tactics and Skills |
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| 1 | To evaluate player's overall playing abilities and identify their best positions | Pitching and hitting; throwing; catching and base running |
| 2 | To develop fielding and hitting techniques | Fielding grounders and fly balls; throwing to first base; hitting and running to first base |
| 3 | To teach rundowns, cut-offs, and baserunning strategies | Outfielders throwing balls to second and third base; baserunning; throwing balls to relay players and to bases |
| 4 | To work on stealing bases and offensive strategies | Pitching to a catcher; throwing to a batter; holding runners on base |
| 7 | To advance base runners from second to third base | Bunting; baserunning; hitting behind the runner |
| 8 | To defend in the infield on tag plays at home plate | Covering home plate on tag plays; baserunning; bunts |
| 9 | To convert double plays from second base to first base | Double play pivots; relay and speed of the throw; baserunning |
| 10 | To work on offensive strategies, in particular the hit and run | Hitting behind the runner; advancing from first to third base |
| 11 | To defend on balls hit to the outfield with a runner on second base | Fielding in the outfield; backing up the outfielder; covering third base and home plate; cut-off throws; baserunning |
| 12 | To defend home on balls hit to the infield | Covering home plate; fielding ground balls and throwing to home plate; running from third to home plate |
| 13 | To work on the hit and run | Hitting balls off the tee on the ground; attempting to run from first to third base; fielding and throwing to the proper base |
| 14 | To improve the mechanics of pitching | Throwing to each other; throwing to a catcher; throwing to a batter (working on control, velocity, changing speeds, and mental aspects of pitching) |