

Brewster Recreation Softball practice plan

For grades 4,5 & 6

- **5-10 minutes of warming up. This should include some light running, stretching and playing catch with team mates.**
- **20-30 minutes of batting practice. Make sure every player gets a turn to hit and play each position. While this is going on, you should have pitcher(s) on the sideline working with another player.**
- **10-15 minutes of infield/outfield. Coach should be hitting ground balls to all infielders and outfielders calling out certain game scenarios, so that players know where to throw the ball. Work on getting the ball to the pitcher's mound!**
- **Water break! 5 minutes of rules review and game situations and scenarios.**
- **End practice with base running.**



