

# BASEBALL PRACTICE PAD

## Quick Start Guide

In this quick start guide we'll show you exactly how to get the most out of your Baseball Practice Pad.

The sheet is broken down into 4 main sections:

The diagram shows a baseball practice pad form with the following sections:

- Header:** A dark blue bar with a baseball icon, the text "BASEBALL PRACTICE PAD", and fields for "TEAM:", "DATE:", and "TIME:".
- DAILY GOALS:** Three stacked boxes on the left. The top two are labeled "Technical Skill Goals" and the bottom one is labeled "Announcements".
- PRACTICE SCHEDULE:** A table with two columns: "TIME" and "DRILL". It contains seven rows for scheduling drills.
- FIELD DIAGRAMS:** Four baseball field diagrams arranged in a 2x2 grid, each with a central diamond and bases.
- PRACTICE REVIEW:** A section on the right titled "END OF PRACTICE REVIEW" containing two boxes: "Today's Wins" and "How We'll Improve".

Labels and icons pointing to the sections:

- DAILY GOALS:** Represented by a target icon.
- PRACTICE SCHEDULE:** Represented by a stopwatch icon.
- FIELD DIAGRAMS:** Represented by a field diagram icon with 'X's on the bases.
- PRACTICE REVIEW:** Represented by a lightbulb icon.

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## 1. Daily Goals

This section has three boxes to complete:

**Technical Skill Goals:** These are the fundamentals and mechanics needed to play a particular sport. For example, bunting, running from home to first, or fielding a short hop.

**Tactical Skill Goals:** This involves applying technical skills in a game situation. For example, stealing second base, or turning a double play.

**Announcements:** Use this box to list any important announcements for the day, such as game schedules, changes to practices, or special team events.

## 2. Practice Schedule

Once you've decided on your technical and tactical skill goals for the day, you can plan out the specific drills you'll be running.

Start with a dynamic warmup or active game to get your athletes physically and mentally ready to play. Then list out the name of the drill, instructional reminders, and any specific coaching points you want to emphasize.

## 3. Field Diagrams

To assist with your practice schedule, use this section to draw up specific drills or strategies you'll be working on.

## 4. Practice Review

At the end of practice, take 5 minutes to review your team's performance. Did you accomplish your technical and tactical skill goals for the day? What drills worked? What drills didn't work? What can you do better next time?

This will help you track your improvement over time and highlight your areas of focus for future practices.



# BASEBALL PRACTICE PAD

TEAM:

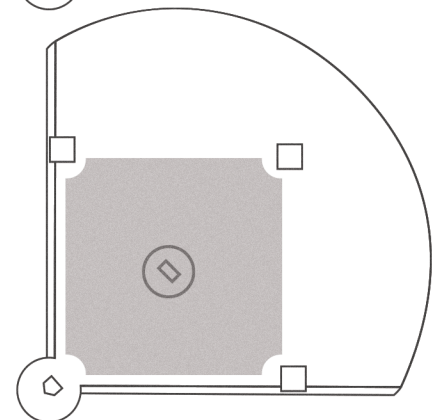
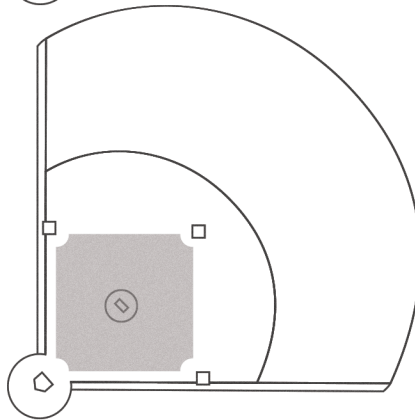
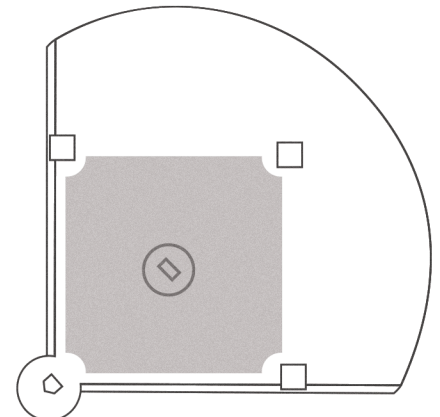
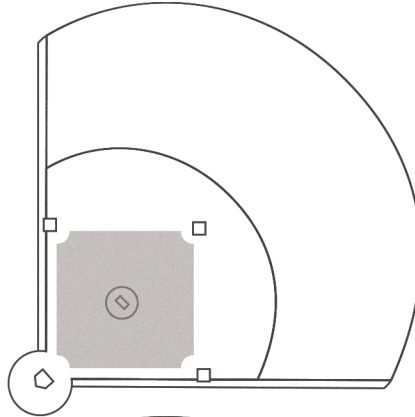
DATE:

TIME:

### Technical Skill Goals

### Tactical Skill Goals

### Announcements



### TIME

### DRILL

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### END OF PRACTICE REVIEW

#### Today's Wins

#### How We'll Improve