

McCabe Little League

Rookies Division

Goals for player development in the McCabe Little League Rookies Division:

- Physical literacy and FUN are the priority.
- Utilize the Rally Caps program (see attached program description).
- Focus on Long Term Athletic Development not short-term skills.
- Praise intent over results (swing hard, throw fast, hustle on from station to station, etc.)
- Ability to progress/regress skills that are age appropriate (learn to catch a balloon before a ball).
- Repetition, Repetition, Repetition. Practices at the Rookies level should focus primarily on development of fundamentals in a small group, high repetition setting.
- The Practice plan is designed to involve parents. Ask for help! Including parents in practice will make for a stronger team. Parents should run stations and allow the coach to coach.
- Alternate between practice plans.
- A.C.E. the day: Attitude, Concentration. Effort.

McCabe Park Little League

Sample Practice Plan-Rookies-50 Minutes

Plan A

00: ABC Warmup.

10: Station Work

30: Play 1 inning game

50: Dismiss

Plan B

00: ABC Warmup.

10: Station Work

30: Game play (dodgeball, kickball, pool noodle archery, balloon volleyball, etc.)

50: Dismiss