

THE DIAMOND TOOLBOX

90-Minute Practice Plan

A simple, adaptable practice structure for softball or baseball coaches.

Purpose

Use this quick plan when you have about 90 minutes and want a balanced practice that gets players moving early, develops a skill, and finishes with competitive work.

Practice Flow

Time	Block	Focus
0–10 min	Dynamic warm-up	Movement, throwing progression, communication
10–25 min	Hitting foundation	Tee/front-toss work; quality contact
25–45 min	Defense	Position-specific fundamentals + communication
45–65 min	Team skill	Baserunning, bunting, situational defense, or cuts/relays
65–85 min	Competitive segment	Controlled game or situational competition
85–90 min	Review	One teaching point + next-practice goal

Coach Notes

- Choose one primary teaching point for the entire practice.
- Keep lines moving—use stations when possible.
- Finish with competition that reinforces the day's skill.
- Write down one player who improved and one player who needs follow-up.

Want more? The full Diamond Toolbox includes expanded coaching tools, complete libraries, practice resources, and game-planning guides.