

I'm not a robot



Baseball practice apparel

For those who are just getting started in baseball, one question that quickly comes up is “what should I wear to baseball practice?” Some coaches have a strong preference for what their players wear to practices, some coaches have general guidelines, and some coaches don’t care at all. If this is your first time being on the team then you might be wondering what baseball players wear to practice. In general, baseball players should wear a hat, t-shirt, cleats, and long pants to practice. The long pants can be either baseball pants or sweatpants that allow the player to slide during practices. Some optional pieces of clothing include sliding shorts and jewelry. For the rest of this article, I’ll cover the clothing items that players of all levels should wear to baseball practices as well as some of the optional articles of clothing. I’ll also go over some of the preferences coaches can have when it comes to dressing for baseball practices, both from what I’ve experienced and from what I’ve heard while talking to other players. After playing baseball on multiple teams for multiple coaches, I know from experience that different teams have different preferences on what to wear for baseball practices. The clothing items that seem to be fairly universal across all teams are that players wear a hat, long pants, cleats (if outside), and an appropriate shirt. Baseball hats are a traditional part of a player’s uniform and they should be worn to every practice. If you’re a player who already has a team hat, then wearing a team hat is the most appropriate hat to wear to practice. If it’s towards the very beginning of the season and team hats have not yet been distributed to each player, then any normal baseball hat will do the trick. Sometimes, coaches will allow their players to wear any kind of baseball hat to practice. This approach can be beneficial for players who accidentally forgot their team hat and are just using any baseball cap they can find for practice. The view on wearing a team hat to practice vs a non-team hat can vary from coach to coach. If this is a concern for players then they’ll want to chat with the coach to make sure everyone understands what’s expected. On cold days, most coaches allow their players to wear beanies instead of baseball hats. Some teams hand out beanies with their team logo on them, but ideally any type of appropriate beanie will work on those cold days. On rare occasions, a team will have practice jerseys assigned to them. But for the vast majority of teams out there, it’s very common for a player to wear any type of appropriate t-shirt to practice. It’s also very uncommon for baseball players to wear their game jerseys to practice. Ideally, players will wear a normal t-shirt that they don’t mind gets dirty from sliding. Shirts can also get small holes from diving in practices so players should wear shirts that they are ok with replacing if something were to happen. And most of all, the shirt should be an appropriate shirt. Meaning, no shirts with foul language and no shirts with inappropriate images. And, although this is uncommon, I’ve also heard some coaches go as far as not allowing shirts with music-related themes. On cold days, players can wear hoodies or other long sleeve shirts. These will follow the same general guidelines as t-shirts, which is that they must have appropriate language and images on them. When in doubt about what type of apparel is expected, be sure to check with your coach. Baseball cleats are a necessary part of any baseball player’s uniform and should always be worn to outdoor practices. If the practice is indoors, regular tennis shoes should be worn. The cleats players use in practice can be the exact same cleats that a player would use in a game. Unless playing at a highly competitive level, it is very uncommon for baseball players to have multiple pairs of cleats. When wearing the same cleats to practice that you would use in a game, you’re allowing yourself to get comfortable with the cleats you have while also breaking them in before using them in a game. Long pants are required for any weather in baseball. In the game of baseball, players need to be ready to dive and slide during any play so wearing longs pants is a must. The long pants that are worn to baseball practices can be sweatpants, track pants, or traditional baseball pants. Basically, any type of athletic pants can be worn that will allow the player to comfortably slide and dive. Jeans are not considered athletic pants and should not be worn to baseball practices. On occasion, coaches will give players a heads up that they are able to wear shorts during one day of practice. Coaches may decide to let their players wear shorts because the practice is inside or because it’s way too hot outside and they’re not planning on doing any type of drills that require players to slide. But overwhelmingly, coaches will require their players to wear some type of long, athletic pants to practice. Sliding shorts are very common for baseball players to wear in games, but not all players wear sliding shorts during practices. If a player decides to wear baseball pants to practice, then sliding shorts may be a good idea. But if a player has some other type of athletic pants they are wearing and they feel more comfortable without sliding shorts, then sliding shorts would not be necessary for that player. Wearing sliding shorts to practice can be classified as a player’s preference. When playing baseball, some players like to wear jewelry while others don’t. Some coaches allow their players wear jewelry while others don’t. On that same note, some baseball leagues allow players to wear jewelry during games while others don’t allow it. If you’re in a league that allows players to wear jewelry during games, then the decision on when and or not to wear jewelry usually comes down to player’s preference. For example, I had a necklace in high school, but I would remove the necklace before each game and before each practice because I was worried it would get damaged or it would accidentally fall off. Today, I’m playing in a few adult baseball leagues and I’ll practice and play while wearing my wedding ring. I don’t notice my wedding ring while I’m playing and it hasn’t fallen off my hand in any games (so far). Most baseball coaches have only a handful of general rules to follow when their players are dressing for practices. If you’re participating in a baseball league like T-Ball, Little League, or High School then following the general guidelines above on what to wear will usually be all you need to know to get you ready for practice. Although on occasion, players in any level of baseball could run into a coach who has a strong preference for what their players wear to practices. These specific rules are sometimes not known until the first few days of practice. There are probably dozens, if not hundreds, of examples of coaches who have a strong preference for how their players dress for practice. To give you an example of what some of those scenarios could be, I’ve written down what I’ve witnessed as a player and what I’ve heard other people say their coaches required for practices. When I was playing baseball in high school, my coaches required all baseball players to wear long-sleeved shirts to practices. Regardless of whether it was cold outside or there was a heat wave, all players on the team were required to wear a long-sleeved shirt to all practices. This seemed odd to a lot of the team because our game jerseys were short-sleeved shirts, but this is how our coach wanted our team to dress for baseball practice. Some players have played on teams where their coach wanted everyone to wear matching jerseys to practice. This jersey was different from the game jersey – this was a separate practice jersey that all players would wear during each practice. In this instance, the coach liked the idea of the team dressing like a team during practices. In another instance, a coach wanted the entire team to tuck in their shirts during practices. The motivation behind this rule was that because players needed to tuck in their shirts during games, they should also practice with their shirts tucked in. In a more extreme example, one coach wanted the team to wear their actual game uniforms to every practice. Personally, I’ve never been on a team or seen another team where the coach required his players to wear their game jerseys to practice, but from what I’ve heard, this coach had the philosophy that you need to practice like you play. So if you’re going to play a game with a certain uniform, you should also practice in that uniform. I have a feeling this type of rule is rare when it comes to dressing for practice in baseball, but I think it’s a good example of how different coaches have different philosophies when it comes to baseball practice. Although this can certainly vary from coach to coach, one general rule that is probably more common than others is that some coaches don’t want their players wearing any jewelry to practices. The reasons can range from coaches not wanting kids to break their jewelry, to coaches not wanting a finger to accidentally get caught up in another player’s jewelry, or that the rules prevent players from wearing jewelry during games. As it turns out, there are a lot of leagues below the MLB that have some type of rule around wearing jewelry during games. If you’re in a league that has rules around not wearing jewelry during games, then it would make sense to not wear that jewelry during practices. Baseball practice is a great way to improve your skills, have fun with your teammates, and prepare for the game. But what should you wear to baseball practice? You don’t want to show up feeling uncomfortable, unprepared, or out of place. You want to wear clothes and accessories that are comfortable, functional, and stylish. Having played baseball for many teams and coaches, I know from experience that different teams have different preferences and expectations about what they wear to baseball practice. However, there are some everyday items that most players should wear to every practice, regardless of their team or level. Here are items that you should wear to baseball practice: Panaprium is independent and reader supported. If you buy something through our link, we may earn a commission. If you can, please support us on a monthly basis. It takes less than a minute to set up, and you will be making a big impact every single month. Thank you!Baseball hat A baseball hat is a traditional part of a player’s uniform, and you should wear it to every practice. A baseball hat protects your face from the sun’s rays, which can be harmful and distracting. It also shows your team spirit and helps you identify your teammates on the field. If you already have a team hat, you should wear it to every game and before each practice because I was worried it would get damaged or it would accidentally fall off. Today, I’m playing in a few adult baseball leagues and I’ll practice and play while wearing my wedding ring. I don’t notice my wedding ring while I’m playing and it hasn’t fallen off my hand in any games (so far). Most baseball coaches have only a handful of general rules to follow when their players are dressing for practices. If you’re participating in a baseball league like T-Ball, Little League, or High School then following the general guidelines above on what to wear will usually be all you need to know to get you ready for practice. Although on occasion, players in any level of baseball could run into a coach who has a strong preference for what their players wear to practices. These specific rules are sometimes not known until the first few days of practice. 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Many players prefer to practice in baseball pants because they’re made to withstand slides, dirt, and moisture. Regular athletic pants can also work fine—just choose something that’s comfortable and durable. As with your shirt choice, look for fabrics that are breathable and keep you cool in hot weather. If you’re wearing baseball pants, don’t forget a baseball belt to keep your pants from shifting. When it comes to selecting baseball pants, there are a few main styles to choose from. Full-length baseball pants come in a relaxed, straight leg fit, or you can choose a tapered fit that hugs the calf. Other full-length styles are closed, with elastic at the ankle like jogger pants. Some players prefer knickeralls, which gather with elastic just below the knees. These should be paired with baseball socks to provide full leg coverage.Baseball pants vary in material, style, and color. Most are made to have plenty of stretch for ease of movement and a wide waistband that stays in place. Some pairs have extra reinforcement at the knees to make them more durable, while others are moisture resistant. Try different types and styles to determine what feels best to you and stands up to tough practices. And as long as you’re complying with any team requirements, you can also select baseball pants with some extra style elements, like piping. If practice is limited to the batting cages, you can opt to wear shorts. As with pants, look for something comfortable and form-fitting around the waist to minimize shifting as you swing. Try athletic shorts that are moisture-wicking.Tip: While getting your pants dirty in practice or gameplay is a badge of honor, it can be tough to keep white baseball pants looking their best. Treat stains as quickly as you can and wash pants according to label directions. Don’t dry pants until stains have come out. Repeat washes may be necessary for tough stains. Bleach should only ever be used on white pants. Before using any bleach, try soaking the pants overnight.UndergarmentsThese unseen parts of your practice wardrobe are vital for comfort. Nothing’s more distracting than an undergarment that’s bunching or chafing. Undershirt and/or legging baselayers: In addition to using them to stay warm in cold weather, baselayers can also be designed to help dissipate heat from your body in warm weather. You may want a set of baselayers for both types of conditions. Warm-weather baselayers are designed to wick sweat away from your body and allow air to flow through to keep you cool. Cold-weather baselayers help hold in your body heat, while also wicking away sweat. In either case, look for baselayers that comfortably hug your body without rubbing, keep moisture away from your skin, and don’t add bulk. Some players prefer a tighter underlayer for a compression feel.Socks: If you’re wearing your cleats, you probably want to wear baseball socks, which are designed for maximum comfort in cleats. If you choose to go with heavier-weight socks because the weather is cold, ensure they’re not overly bulky, so your cleats or trainers still fit properly. You don’t want keeping warm to come at the cost of blistered feet. And look for material that’s warm but still moisture-wicking.Undershorts: Slider shorts are a smart addition for baserunners. Slider shorts fit a lot like bike shorts, but with extra padding along the outside of the thighs for protection against friction when sliding. These and other athletic undershorts can also hold an athletic cup to provide further protection.FootwearIf you’re on the field, you’ll need to wear cleats. The type of cleats you choose will depend on various factors, like your position and personal comfort preferences. Make sure you know what type of cleats are allowed in your league—sometimes, metal cleats aren’t permitted. If you’re planning to wear cleats, don’t forget to throw in a pair of training shoes for any activity off the field.If you’re working in the batting cages, a comfortable pair of training shoes are probably all you need. Cages always require wearing closed-toe shoes, and most don’t allow metal cleats. Some may permit rubber/plastic cleats—check with the facility or your coach.Other Protective Gear & AccessoriesWith the basics covered, you may want to add a few items to enhance comfort and performance, including:Sunglasses: Look for impact-resistant lenses and frames that fit snugly so they’ll stay in place. Tinted lenses can also help with picking out the ball against the background of the sky or field.Sunscreen: This is a must for any outdoor practice. Even on a cloudy day, UV rays can damage your skin. Choose a sweat-resistant formula. You may want to use a special sunscreen just for your face that will resist running into your eyes.Hat: Your coach will probably want you to wear your team cap for practice, and of course, it’s functional—keeping sun off your head and out of your eyes. On chilly days, a beanie may be allowed. As with other cold-weather gear, look for something that keeps you warm but wicks away sweat. Batting gloves: If you’ll be doing any hitting, a pair of batting gloves can help improve your grip on the bat and also reduce the risk of developing blisters, which is important in practices where you’ll do a lot of repetitive swings.Batting helmet: If you can, supply your own batting helmet and make sure it fits well. Helmets should be snug when worn with nothing underneath (including baseball hats) and make sure they don’t impede vision. The CDC has helpful tips for getting a proper fit. Baseball Practice Gear ChecklistEssentialT-shirt (long-sleeve or short-sleeve)Baseball pants or other athletic pantsCleatsTrainers (for off-field activities)Baseball hatBaseball glove(s)any equipment required for your positionBatting helmetSunscreenWater bottle OptionalBatting gloves for hitting practiceBaseball beltHoodie/jacket (weather dependent)Sunglasses Sliding shortsBaselayer garments designed for heat or coldIn the right practice gear, you can be comfortable and protected from the elements. That frees up your attention to focus on your coach’s guidance and improve your performance, from opening day to closing day.