

Sample Practice Plan

4/

Bring Energy. Small Groups.

3:00-3:10 Stretch

3:10-3:20 Throwing Progressions

- One Knee
- Feet Staggered
- Power Position
- Two Step
- Shuffle

3:20-3:50 OF/C Hit

- Long Tee
- Front Toss
- Bunting- Sacrifice, hit.

INF Defense

Short Distance

Multiple

Slow Rollers

Cuts

Tags

Backhands

3:50-4:20 INF Hit

- Long Tee
- Front Toss
- Bunting- Sacrifice, hit.

OF/C Defense

- OF- Balls to Right/ Left/ Back/ In
- Throws to bases

C- Receiving

- Blocking progressions

- Footwork to bases

4:20-4:50 Team Defense

Cuts

Double Cuts

Bunt D

Pickoffs
PFP's
1st and 3rds
Prep Steps
2 to the bag
Run Downs
Pop-Up Priority

4:50-5:00 Baserunning

Leads
Turns
Reads