

Practice 2 Plan

- **Warmups (5 Minutes) (6:25pm)**
 - Stretches while you are waiting to hit
- **Hitting Stations (30 minutes) (6:30pm)**
 - Hit Stick
 - Tee work (One hand drills, Flamingo drill, Happy Gilmore drill)
 - Pitching Machine in the cage - Half a bucket of balls each
- **Star Drill (10 Minutes) (7:00pm)**
 - Home throws to SS, SS to 1B, 1B to 3B, 3B to 2B, and 2B to home
- **Infield Practice (15 minutes) (7:10pm)**
 - Ground balls and pop-ups
- **Outfield (15 minutes) (7:25pm)**
 - Cutoffs: In, Out, Left, Right, All the way, 3, 4
 - Rotate from Left Field, to Right Field, to 2B, to SS
- **Baserunning (15 minutes) (7:40pm)**
 - Run through 1st, turn right
 - Banana turn to 2nd
 - Stealing bases
 - Sliding
 - Catchers try to throw runners out
- **Relay Race (5 Minutes) (7:55pm)**
 - Half girls at home, half at 2B, pass the softball to the next runner