## **Practice Plan**

- 1. Warm-ups high knees, butt kicks. Lunges, Karaoke, opposite hand/arm kicks
- 2. Throwing Progressions
- 3. Water break
- 4. Infield and Throwing Drills
  - a. Ground Ball Shuffle
  - b. Extreme Catch
  - c. Four Corners
- 5. Cross Fire Drill Infield

Split into two groups at 2B and SS; two coaches hit ground balls diagonally to each fielder. After fielder makes the play, they drop the ball in a bucket behind 2B and move to the back of the line; no throwing in this drill

- 6. Water Break
- 7. Hitting Drills
  - a. Force Fields
  - b. Hitting Off Tee into net
  - c. Hit off machine
  - d. Hit whiffle balls
- 8. The Simulator