

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](#)