

PRACTICE #1
90 MINUTES

WARMUP	BASERUNNING	INFELDERS	OUTFIELDERS	PITCHERS /CATCHERS
0-15	15-20	DEFENSIVE INDY TIME 20-45 (7 MIN PER) A,B,C ROTATIONS		
		ASST COACH 1	ASST COACH 2	ASST COACH 3
JOG DYNAMICS THROWING	H-1 GB H-1 BASE HIT	GROUND BALL REPS ROUTINE, GLOVE SIDE, BACKHAND, SHORT HOP	"I GO" CALLS ONE KNEE WALL SINGLES NO DOUBLES OVER THE SHOULDER	STANCES RECEIVING FRAMING

Arrival: Groups of 3 max, no glove ground balls, work routine, back hands, etc.

Warmup: Kyle lead, assistants move about and physically position kids as needed; elbow high, fingers sky!

Baserunning: Find the ball after 3 steps; run hard!; front edge of base, and short choppy breakdown with look to the right on H-1; Find the ball after 3 steps; run hard!; banana turn, inside corner of base with left foot, think double!; eyes on ball

Infielders: 3 downs- head, butt, glove; hands out front, vacuum to belly button; when side to side shuffle w/o crossing feet; Turn hips when necessary on glove side or back hand; REACH OUT FRONT!
WHITE

Outfielders: Common language, I GO...loud and proud
ROUND angles to the baseball, sometimes means we start by going backwards
Over the shoulder go prompts of GO to turn and run, then BALL to turn head and find ball
SCHROEDER

Catchers: Rest on insides of feet; glove arm firm but not straight, throwing arm behind back
Stick the catch, let the umpire clearly see location - - Sway and Stick, don't reach!
Inside corner vs. outside corner framing, wrist action - first attempt today - difficult skill!
LEMIEUX

TEAM DEFENSE	TEAM OFFENSE			CLOSING GAME
50-65	OFF. INDY TIME 65-85 (85-105) (6 MIN PER) A,B,C ROTATIONS			85-90 (105-110)
	STANCE	TEE WORK	TOSS WORK	
RUN DOWNS	PROGRESSION REVIEW	TEE WORK SEQUENCE DRILL EVERY OTHER TOSS x6	INTRO PLAYER TOSS, SEQUENCE DRILL	SCOREBOOK SKITS

Run Downs: 4 Rules- Ball high, pick a side, cut the distance, ball call

Hitting /Intro: Rebuild Progression: Jump soft landing, toes forward, feet outside of knees; grip knocking knuckles with point, bat lift with rhythm; load to flashlight, front shoulder in, stride hands separate; unlock backside heel, knee, hips, bat from shoulder stay connected; palm up, palm down, finish high with laces forward

Tee Work: 4 Tees set up in corners
3 jobs- hitter, tee loader, on-deck routine
Self-timed hitting progression - think about hitting just below center of baseball, create backspin

Soft Toss Intro: Teaching players how to toss to themselves - NEW THIS YEAR
One knee, positioned 8 feet away at an angle slightly in front of "home plate" and off to the side
Show the ball, arm swing back for load, firm toss to front pocket of hitter
SEQUENCE DRILL, Sets of 6

Scorebook Skits:: Review position numbers from scorebook, show samples 6-3 = ground out to SS, F7 = Fly Out to LF, K = Strike Out, 3U = Ground out to 1B, etc.
When ready, two teams take turns...one acts it out, the other guesses the scorebook code