

Practice Plan

1. Warm-ups – high knees, butt kicks. Lunges, Karaoke, opposite hand/arm kicks
2. [Throwing Progressions](#)
3. Cross Fire Drill - Infield and Outfield
 - a. 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
 - b. Alternate version involves throwing to 3B (from 2B) and 1B (from SS)
 - c. Use the same version of the cross fire drill in (a) and move to the outfield
4. Split team into three groups:
 - 1) Hitting drills - cage (overhand), cage (soft toss underhand), heavy balls, tee
 - 2) Pitching drills
 - a) [Working in Set Position](#)
 - b) [Pitching from the Slide Step](#)
 - 3) Fly Balls
 - a) [Drop Steps](#)
 - b) QB and WR toss drill - one player acts as QB and throws over shoulder fly balls to second player
5. Cutoffs and relay throws
6. Fly balls and relay drills – [tagging up](#)
7. Two strike hitting drill - split into two teams. Players hit in the batting cage until they fail to make contact and tally the number of hits until the miss. Pitches called a strike or a swing and miss count as an out. After one out, batter's turn is over. After all players hit, the team with the most balls hit wins. Players are encouraged to shorten their swing and try to make contact.