

Comp Minors Practice #3

60 Minutes

4:50 – 5:00

Play catch when arrive – Close enough to catch every ball, making good throws
(No Gloves- Tennis Balls Only)

5:00 – 5:10

Run to and past first base (twice) – Coach as base coach
Run to second base and stop on 2nd base – Coach as base coach

Windmill circles with arms to loosen shoulders (20 each direction) – Led by player
Grab the candy (2 sets of @15 seconds) –Led by player

5:10 – 5:20

Rapid Fire Drill –Left Right Drill

Line up players – One player jumps out between cones
Coach throws to player who catches ball in front of him and throws back to coach
Next player jumps out (Quick tempo)
Move to Left right drill – Player fields ball at end of cones – Get in front of it.
Focus on ready position, quick feet, receiving ball in front and body control
5-6 of each. Catch, One-Hopper, Grounder

5:20 – 5:30

Relay race – Practicing hitting the cut-off man and making good throws.

5:30 – 5:40

Break the water balloon contest (6 teams of 2)
Players throw balls at water balloons clothes pinned to fence.

5:40 – 6:00

Game-Like Situations w/ Real Balls

Players rotate positions (Practice taking the field to positions)
Take turns batting with live balls from coach pitching
2 base runners at a time
Rotate Catchers
Coaches verify First Basemen and final line-up.