

Team Sean - Bayes, Nick, Alan

Team John - Otis, Clare, Braden, Sara

Team Nick - Nolan, Dylan, Cormac

Noon - 12:05pm - Players arrive and can play catch

12:05pm - 12:15pm - Team Meeting

- **What was positive - 4 things**

- I saw some really great hits off the live pitching at the end of practice, but even better were some really hard swings. Hitting is hard, but we will get better with practice. If it was easy, it wouldn't be fun, the hardest thing to do in sports is to hit a baseball, the more you practice, the harder you work, the more success you will find. Everyone swung really well and I loved the solid hits.
- Everyone did a great job with the rules of the game at the beginning of practice, being respectful to your teammates by raising your hands and listening.
- Not giving up - player has been hit in the head by a baseball, in the arm, and on the hand by a wiffleball - it's ok to take a break, but its important to come back. You could live in a bubble and never get hurt or you could be out here playing with your friends enjoying the sun
- Race - two players tied the first time and the second race, one player had the lead and the other player dove in at the end to win it!

- **Things to work on**

- We are being too physical with each other - this isn't football, so i don't want to see you pushing each other, keep your hands to yourself and give each other space.
- Let's make sure we are listening to the coaches and be safe with the bats! If we see players not being safe with bats or listening to coaches we'll need the player to take some time to themselves on the bench until they are ready to be respectful and safe. If it continues, we'll have to talk to parents, but we don't need to do that.

- **We are going to select a team MVP, 3 per practice, each coach will pick one from their team**

- Criteria - Listening, hustling, being respectful to their teammates and coaches, and working hard
- What it doesn't mean, no whining, let's keep a positive attitude, putting down your teammates, not listening to the coaches, playing with the dirt, walking around, we want to see everyone hustle!

- **In game scenarios:**

- What is a force out?
- Runner is on 2nd base and a grounder is hit on the ground, does the player on 2nd have to move to the next base?
- Runner on 1st base - a grounder is hit on the ground, does the player on 1st need to advance to the next base?
- Runner on 1st base - ball is hit in the air and the 2B catches it, what should the runner on 1st base do? Why?
- Ball is hit and lands in front of the plate, who should get the ball and what should they do with the ball?
- Always be moving, always think of what you can do?
- Ball is hit to the SS, what should the LF do?
- Ball is hit to the SS, what should the RF do?
- Player is on 1B, and ball is hit to the 2B, what should the SS do? What should the LF do?

12:15 - 12:20pm - Dynamic warmup - 3 teams

- Bear crawl
- Crab crawl
- Open the gate/close the gate
- One leg hops (right leg)
- One leg hops (left leg)
- Pogo jumps
- Jumps for height
- Run forward
- Run backward

12:20pm - 12:25pm - Baserunning

- run through first and time them - we need to encourage them to run harder - whoever runs the fastest gets to go first in the next two drills
- Round first to go to second
- Start at first and run to second - pick up the 3rd base coach who will tell them to stay on the bag or continue on to 3rd base.
- Pick a player on each team - fastest to 2nd base wins - picks if we take a **waterbreak or do throwing drills next**

12:25 - 12:35 pm - Throwing drills - break into 3 teams

- Focus on drills to strengthen their arms - 2-3 drills
- **Reverse throws**
 - on one knee, move ball to your foot and then pull and throw backwards at head level against the fence, back of the hand goes to the fence, do not flip the ball at the wall, make sure doesn't sail high above the level of the head - let's do 10 of these
- **Pivot pickoff**
 - stand with both feet facing forward
 - Rotate the torso 90 degrees to the throwing arm side, with the feet in this position, raise the glove and put the throwing arm in the high cock loaded position
 - Face parallel from the fence, turn towards the fence pulling the glove arm back, athlete throws the ball through release with the thumb turned down
 - Glove arm folds down and the athlete rotates their shoulders powerfully
 - Ball hits the wall near eye level
 - Watch for a wrist dominant "push" throw, make sure they are not pushing
 - Watch for athletes who spike the ball, should be eye level
- **Roll-in throw**
 - stand with both feet facing target, step with the throwing arm leg, then stride leg, keeping both feet facing the target
 - Rotate the shoulders to the arm side, getting ready to throw. As the stride foot lands, throw the ball at the target, ideally at eye level.
 - Throw to the coach and hit them in the chest

12:35pm - 12:50pm - Batting - break into 3 teams

- Quick batting demo - show them how to load and how to swing - everyone is going to do it a little different, but there are a few things that should be similar and the goal is to swing hard
 - If you don't load, you will have less power
 - If you swing before you get your leg down, you will have less power
 - If you do a half swing, you will have less power

- If you step out you won't cover the plate - step at the pitcher
- Station 1 Nick and Kyle - hit off the batting tee
- Station 2 John - soft toss with baseballs
- Station 3 Sean - throw wiffleballs to them to hit - 5 pitcher each and then the rotate, focus on quality of swing instead of making contact, once each player has received five pitches, everyone rotates to the next station.

Team A (infield first) - Sara, Clare, Bayes, Cormac, Alan

Team B (outfield first) - Nolan, Braden, Dylan, Nick, Otis

12:50pm - 1:10pm - Infield/Outfield - rotate after 10 minutes

- Split the players in half - half in the outfield and half in the infield
- Outfield - Nick helping the players (backing up the infield, backing up each other, and throwing to 2nd base)
- Infield - Sean helping the players
- Homeplate - John catching the ball and me hitting the ball, need to have a kid at catcher
- Start off infield outfield with players going around once and then rotate a few times and then switch - switch after 10 minutes

1:10pm - 1:25pm - Live Batting Practice and Pitching

Team Sean - Bayes, Nick, Alan

Team John - Otis, Clare, Braden, Sara

Team Nick - Nolan, Dylan, Cormac

- Station 1 - how to take a pitch - throw wiffleballs at them - Nick (Nolan, Dylan, Cormac)
- Station 2 - live pitching - Kyle - 6 pitches each and then rotate (Bayes, Nick, Alan)
- Station 3 - pitching - Sean and John works with the pitchers and has the players practice throwing - gives them a quick demo and then let each kid throw 8 pitches and rotate Otis, Clare, Braden, Sara - have two go at a time

1:25pm - 1:30pm - end of practice - award the 3 practice MVPs - each coach picks one player

Popsicles for the team - the 3 MVPs get to pick them out first