

Practice Schedule

TODAY'S FOCUS

Game speed, best speed.

- 5:30 Come together.
Today's Focus
Playing in wet conditions
Game rules (ball out of play)
- 5:40 **Warmup**—jog and stretch
- 5:45 **Play catch with a purpose**
4 corner drill— both directions
cutoff drill in a circle (close quarters/expand/multi-ball)
- 6:00 **Whole team infield/outfield**
hitting to outfield first (ball to 2b/3b/Home)
hitting infield (1b/double play/slow roller/"home & 1"
everyone moving on every ball (either playing the ball or backing up someone)
- 6:30 **Hitting**—live on field AGGRESSIVE HITTING with defense
Short toss from pitcher behind net (no catcher)
2 hitters, running on every hit and defense playing live
3 at-bats each and rotate 2 new hitters in
time permitting, maybe rotate through a couple times
- 7:25 **Clean up**, break down net, pick up the balls
- 7:30 **Close practice.**