



Harlingen Cardinal Baseball Varsity Practice Schedule



<u>Time</u>	<u>Real Time</u>	<u>Focus</u>
5	_____	Form Running and Baseball Stretch*
15	_____	Throwing – all {only 10 minutes when doing drill # 3} Team Catch (2) Quick Hands / Short Hops (3) Long Toss (10)
5	_____	Base running – situation as needed
5	_____	Live Base Running versus P / C with OF as base runners - all Straight or Delayed Steal of 2B Straight Steal of 3B
5	_____	Picks x 3 / OF Drill
15	_____	Defense – IF complete series with OF as base runners - all Bunt Defense (5) 1 st & 3 rd (5) Rundowns (5)
10	_____	Fungo – choose one – {Drill # 3 is 20 minutes} 4 Way Fungo Pre-Game In and Out 2 Ball IF
10	_____	Defensive Emphasis - all Cuts and Relays (5) Double Relay (1) Fly Balls (4)
10	_____	Live Game Situation Hit and Run Pepper Squeeze Double Squeeze Drive'em In 4 Corners Sacrifice Drag and Push 2 Strike Bunt Hit Behind the runner Stay out of DP
50	_____	Offense – choose one 6 Outs Carry The Team Situational Hitting Hitting Stations 4 man game @ 10 minutes per group*
5	_____	Field Maintenance - all P - Tamp and rake mound IF - Sweep lips and rake base cutouts C - Tamp and rake home plate OF - Pick up trash and clean out dugouts Coach - Drag and water field; set water hose sprinklers for 30 minutes All equipment in storage room with all gates / doors locked All players picked up before you leave

ANNOUNCEMENTS: _____

WHATEVER IT TAKES!