

Practice Schedule

5:30 **Game Points**

- Good stuff:
1. Aggressive hitting. Putting pressure on defense
 2. High energy and good communication
- Needs work:
1. Satisfied making one play or getting to next base.
 2. Listening to the other team/paying attention to opponent's actions

TODAYS FOCUS

Pay attention to your own actions and making your team better.

5:35 **Warmup** jog and stretch

5:40 **Play catch with a purpose**

- Focus on strong accurate throws
Catch the ball using 2 hands
4 corner drill—beat old record of 18 in 30 seconds

5:55 **Individual position drills**

- Infield—focus on charging the ball and getting rid of it quickly
outfield—focus on catching the ball and getting it to cutoff person quickly
Catchers—tag plays and home to first double play

6:15 **Whole team**

- infield/outfield— outfield get ball to cutoff quickly/infield make tags at 2b, 3b and H.
double plays (include bases loaded Home to first double plays)

6:35 **Situational plays**

- infield/outfield—vary baserunners and outs

6:45 **Baserunning**

- Home to first— run through or make aggressive turn and read play
First to second—read ball in LF or read 3b coach if ball in center or right
Second to 3b or **home— read 3b coach and on deck batter**

7:05 **Shadow** swings

7:10 **Hitting**—3 stations, 5 minutes each

- Tee into net with baseballs
Live whiffle ball on field
Fence drill

7:25 Clean up, break down nets, pick up the balls

7:30 Come together. Close practice.