

	PLAYER	
1	TOMMY	
2	SCOTTY	
3	TIMMY	
4	VICTOR	
5	SAM	
6	RYAN	
7	RAY	
8	QUINN	
9	NATE	
10	MIKE	
11	OLIVER	
12	JAKE	

		cubs			vs.	nationals		
	PLAYER	#	1	2	3	4	5	6
1	TOMMY		CF	CF	P	X	C	C
2	SCOTTY		C	C	C	C	X	1B
3	TIMMY		3B	LF	X	3B	SS	X
4	VICTOR		SS	X	SS	SS	P	SS
5	SAM		2B	SS	X	1B	CF	P
6	RYAN		1B	1B	1B	X	1B	CF
7	RAY		X	3B	LF	P	2B	RF
8	QUINN		P	P	X	LF	RF	X
9	NATE		X	RF	3B	X	LF	3B
10	MIKE		RF	X	2B	RF	X	LF
11	OLIVER		X	2B	RF	CF	3B	X
12	JAKE		LF	X	CF	2B	X	2B
SCORING								

	HOME	#	1	2	3	4	5	6
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
SCORING								

	pregame	
1	eligible pitchers	
2	who is official scorebook	
3	no new inning after 2 hours	
4	drop dead after 215 or 230?	
5	5 runs max until last inning	
6	last inning is unlimited runs	
7		

	roster	time	activity	
1	TOMMY	10	warm up throws in 3 or 4 lines with coaches playing catch	
2	SCOTTY	10	pop flies in 3 or 4 lines with coaches throwing - practice drop steps, getting under the ball	
3	TIMMY	10	baserunning progression w/ basecoaches - through first base, round and return, round and go for two looking for 3rd base coach, go for three, inside the park home run	
4	VICTOR	10	pickle / run down drill - ball up out of glove, run AT the baserunner, flip not throw, follow, your throw	
5	SAM	15	outfield hits, cutting off ball and hitting cut off man, back ups	
6	RYAN		pitchers - Tommy, Quinn, Ray, _____ , _____ - 25/30 pitches each	
7	RAY	10	review defensive plays, bunt defense, charging the ball	
8	QUINN	30	batting station 1 - wiffles	
9	NATE		batting station 2 - bunting	
10	MIKE		batting station 3 - live hitting	
11	OLIVER	20	live hitting situations with runners - soft toss w/ live play on hit ball	
12	JAKE	5	relay race	
13	Blake Shanberg	120		

	roster	time	activity
1	TOMMY	15	whole team - warm up throws groups of 3 for cut off practice
2	SCOTTY	10	whole team - baserunning basics - feet on the base, stance on the bases, work on leads after every pitch - coach pitcher and coach catcher
3	TIMMY	10	whole team - base running progression w/ base coaches - hit a grounder to ME, coach playing first base
4	VICTOR	15	special plays, pick offs at 3rd and 1st, throws C to 2b, C to 3b. C to P to C
5	SAM	15	Station 1 - outfield hits, cutting off ball and hitting cut off - glove side throws
6	RYAN		Station 2 - PITCHERS AND CATCHERS WITH ME - Play at home - Tommy/Viktor/Oren? catching
7	RAY	15	BACKING UP PRACTICE - hitting balls to them playing live
8	QUINN	30	batting station 1 - wiffles - fast pitching
9	NATE		batting station 2 - bunting - start working on hitting the baselines - two kinds of bunts - basehit and sacrifice
10	MIKE		batting station 3 - live hitting off coach pitcher
11	OLIVER	10	Frisbee outfield practice
12	JAKE		clean up
13	Derek Kim		
14	Kai	120	

	roster	time	activity
1	TOMMY	10	review of equipment - glove sizes & lacing, bat sizes and bpf 1.15, cleat size and tread, helmet size and no stickers
2	SCOTTY	5	chase warm up run
3	TIMMY	5	sliding form practice - break it down - 1, 2, 3 steps, then full speed
4	VICTOR	10	straights and corners
5	SAM	10	bunt form/stance practice as a team
6	RYAN	10	how to apply a tag = all players to second base, then third base
7	RAY	10	baserunning progression WITH basecoaches to review hand signs/signals
8	QUINN	10	Catcher throws to second and third (Scotty, Tommy, Viktor, Ryan)
9	NATE	10	full field situations, back ups, cut offs
10	MIKE		
11	OLIVER		
12	JAKE		
		80	

	roster	time	BATTING PRACTICE ONLY DAY
1	TOMMY	5	chase warm up jog
2	SCOTTY	10	base running progression to warm up
3	TIMMY	5	whole team - batter's box fundamentals and review - foot positioning, how to take signs, ball on plate foul or fair?
4	VICTOR	10	whole team - bunting form practice, when to square, foot placement, sacrifice vs drag bunt
5	SAM	10	station 1 - wiffles with Rob
6	RYAN	10	station 2 - bunt hard balls with Nestor
7	RAY	10	station 3 - tee work with Ken - inside outside and down the middle
8	QUINN	10	station 4 - live hitting off me on field 1
9	NATE	15	soft toss in 4 teams of 3, get 3 outs to switch out the team batting
10	MIKE	15	home run derby off tee - 4 teams of 3, total score for team wins, loser picks up baseballs
11	OLIVER		
12	JAKE		
		100	