|  |
| --- |
|  |
| **Practice Plan #19** |
| 6:00 Warm up jog to fence and back, Dynamic stretching6:05 Warm up playing catch6:10 Team discussion about tournament preparation.6:15 Split team into three groups.* Group 1 will be doing a regular infield practice.
* Group 2 will be hitting in the batting cage.
* Group 3 will be catching fly balls

6:30 Rotate Groups6:45 Water Break6:50 Rotate Groups7:05 Toss Drill7:10 Throwing relay race7:20 Base running relay race7:25 Team meeting7:30 Team Practice is over on time except for pitchers and catchers. Pitchers start working on Wrist Snaps while catchers get their equipment on.7:35 Pitchers work on K's* Catchers work on Blocking Drill

7:40 Pitchers Walk Through Drill* Catchers work on the Bunt Drill
* If we do not have as many catchers as pitchers, the parent will have to continue catching and we will rotate the catchers so they become familiar with the pitchers.

7:45 Distance Pitch Drill* Catchers Developing a Strong Throw To Second Base

7:50 Regular pitching and catching.7:55 Pass ball drill8:00 Practice is over |