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| **Practice Plan #11** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 Team discussion about the quality effort put into each and every drill. Review how to be relaxed and focused in the batters box and stepping out with one foot between pitches in order to take the sign.  6:15 Run hitting circuit.   * One player on deck at each station and one player working that station. After six minutes are up, on deck player steps into that station while the player who just finished that station moves on to the next station and becomes that stations on deck player. If you have twelve players, each player will get thirty minutes of quality work.   Station 1   * 2 minutes of plastic bat & balls right hand only swing of knee * 2 minutes left hand only * 2 minutes both hands   Station 2   * 2 minutes off tee behind back, squish the bug * 2 minutes off tee slow easy perfect compact swings * 2 minutes off tee full speed compact swings   Station 3   * 2 or 4 minutes soft toss into net or fence (if no problem, only 2 minutes) * 2 to 4 minutes soft toss broom stick and wiffle golf balls   Station 4   * 2 minutes bunt straight * 2 minutes bunt 1st base line * 2 minutes bunt 3rd base line   Station 5   * 2 minutes bunting, pitching machine or live pitching * 4 minutes hitting, pitching machine or live pitching   7:30 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 drill  8:00 Practice is over |