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| **Practice Plan #13** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 Team discussion about last week’s games and the weekend tournament. What I saw as our strong points and what I feel we need to work on.  6:15 V-Drill (working on quick infield type throws)  6:25 Practice [defending runners on 1st and 3rd](http://www.coaching-fastpitch.com/first-and-third.html)  6:45 Mini-Batting Circuit (Rotate players through these stations)   * Tee Work for 3 minutes * Fence Drill for 6 minutes (two players, new player every 3 minutes) * One on deck batter for 3 minutes * Hitting off the pitching machine for 3 minutes * Other team members not at one of these stations were shagging balls   7:25 Team Meeting  7:30 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 drill  8:00 Practice is over |