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| **Practice Plan #13** |
| 6:00 Warm up jog to fence and back, Dynamic stretching6:05 Warm up playing catch6:10 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 Meeting7:30 Team Practice is over on time except for pitchers and catchersPitchers 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  |