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| **Practice Plan #16** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 Team discussion about teamwork.  6:15 Split team into two groups.   * Group 1 will be doing a regular infield practice. * Group 2 will be working on calling for (and catching) fly balls. Two players will position themselves about thirty feet apart and a coach will hit fly balls between them. Both players should go after the ball but the best positioned to catch the ball needs to call for the catch. Player two will assume a backup role. After a few catches from being 30 feet apart, increase the distance to 60 feet apart and do more of the same drill.   6:40 Water Break  6:45 Rotate groups  6:10 Throwing relay race  6:20 Base running relay race  6:25 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 |