|  |
| --- |
|  |
| **Practice Plan #17** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 Team discussion about tournament preperation.  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 Groups  6:45 Water Break  6:50 Rotate Groups  7:05 Discussion about the finer points of base running.  7:10 Throwing relay race  7:20 Base running relay race  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 |