Practice 3

* “Bring it Together and Take a Knee”
	+ Knee goes down, eyes on coach, mouth goes closed
* Run to the Positions (home plate)
	+ Call out a defensive position
	+ Kids run to defensive position
	+ Kids run back to home
* Run the bases
	+ Home to first
		- Thru the bag – high five the coach
		- Turn right – run around the coach
	+ Make the turn
		- Watch coach
	+ Home runs
* Water break
* Defense
	+ Ready position
		- Bend your knees
		- Eyes on the ball
		- Hands out front
	+ Ready break throw
		- Grab gloves
		- Thumbs down
		- Step and throw
		- Big circles
		- Advanced
			* Glove tuck
			* Follow thru
		- Have kids call
* 3 GROUPS OF 3 (one hit, one run, one 2b) rotate
	+ 2b to first (one group on D one at plate running to 1b)
		- Coach rolls the ball to 2b.
		- Player runs to first
		- 2b throws to coach at 1b
		- Each player gets 3 turns then switch
	+ Offense (coach on tee) (coach pitching)
		- Hit off tee
		- Hit off coach (10 pitches)
		- 1 shagging
* Bring it in