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