Practice 1

* “Bring it Together and Take a Knee”
  + Knee goes down, eyes on coach, mouth goes closed
* 3 Rules
  + Be safe
  + Have fun
  + Listen
* 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
* Ready break throw
  + Grab gloves
  + Thumbs down
  + Step and throw
  + Big circles
  + Advanced
    - Glove tuck
    - Follow thru
  + Have kids call it out
* Defense
  + Ready position
    - Bend your knees
    - Eyes on the ball
    - Hands out front
  + 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
* Obstacle course
  + Dizzy sticks
  + Run to first > round the coach
  + Monkey walk to 2b with basketball
  + Grounder from 3b > throw to knock over buckets
  + Run home