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