Practice Plan 2 K1

* “Bring it Together and Take a Knee”
	+ Knee goes down, eyes on coach, mouth goes closed
* 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
* Break into 2 GROUPS OF 2 (one hit, on defense) rotate. One coach with D. One with O.
	+ Defense (gloves no balls)
	+ Ready > Break > Throw (each kid facing a partner)
		- Point shoulder, hip, eyes at target
		- Hands wide thumbs down
		- Step and throw
	+ Line up fingertip to fingertip
		- Review ready position
			* Feet shoulder width
			* Hands on knees
			* Eyes up
			* Then hands out
		- Coach roll grounders to each
		- Gator chomp, watch ball into glove, flip ball back to coach
		- After 4x thru, move back and have kids throw back to coach instead of flip
		- Exaggerate the ready positin before throwing
	+ Offense (coach on tee) (coach pitching)
		- One kid hit off tee into screen
		- One kid hit off coach (~10 pitches)
		- The rest shagging balls with helmets on
* All together at home
* Obstacle course if time
	+ Dizzy stick 5x
	+ Run to first
	+ Jump the helmets
	+ Round second
	+ Bear crawl to third
	+ Run home
* Break it out