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