Practice 2

* “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
* Run to the Positions (home plate)
	+ Call out a defensive position
	+ Kids run to defensive position
	+ Kids run back to home
* Defense
	+ Ready break throw (partner up)
		- Grab gloves
		- Thumbs down
		- Point elbow
		- Step and throw
		- Big circles
	+ Snake drill – ground balls
		- * Watch ball into glove
			* Run with the glove on
			* Glove tuck
			* Follow thru
	+ 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
	+ Beach ball (drop the bat)
	+ Run to first > round the coach
	+ Monkey walk to 2b with basketball
	+ Grounder from 3b > throw to knock over buckets
	+ Run home

