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

