

## Sample Practice Outline

1. 6:15 – 6:25 = Introduction – (meet in grass with glove) = Players and Coaches = Players introduce themselves sharing daily High / Low
2. 6:25 – 6:30 = Quick Practice Outline
3. 6:30 – 6:35 = Dynamic Stretching / Warm- up Sequence
4. 6:35 – 6:45 = Throwing Progression
5. 6:45 – 6:55 = General Batting Form / Batting Warm Ups
6. 6:55 – 7:25 = Batting Practice Session = 5 minute rotation if possible
  - A. Front Toss Station = coach toss - In one or both cages with real balls
  - B. Side Toss Station = coach toss – into net with real balls
  - C. Bunting Station = coach or player toss – with real balls – use fence as back stop
  - D. Tee Station = coach or player set balls on tee – hit into net with real balls
  - E. Bat Knob Drill Station = coach or player toss – use whiffle balls with fence as back stop
  - F. Warm up / Mental station = coach – explain and show player how to prepare to hit in warm up circle
7. 7:25 – 7:30 = General Base Running Information = whole team together
  - A. Want to hit the front part of bag then break down – slowing speed to a stop while maintaining athletic position within 10 feet
  - B. Look toward the fence for an over throw and listen to base coach
  - C. Never look at the ball – slows down your running potential
  - D. Never stop running before you get to the base – run all the way through and then break down
  - E. Remember to use banana approach into first base when taking two bases and keep turn tight
  - F. Rocking off the base – when to leave the base depending on the call from the third base coach to the batter
8. 7:30 – 7:40 = Base Running Drill = All players line up at home – players will react to live play
  - A. Coach (Steve) hit from home plate – bucket balls – hit to SS or past SS for double
  - B. Coach play at SS (Dean) – make throw to first / base of over throw / let ball into outfield
  - C. Coach catch at First Base (anyone) - with empty bucket for balls
  - D. Coach Kim at first making calls for base runners
9. 7:40 – 7:45 – 3 Bucket Game
  - A. Set up 3 empty buckets at home plate
  - B. Divide team into two groups – one group at SS on grass line / other group at 2<sup>nd</sup> base on grass line
  - C. Players make clean play then try to throw ball home to knock over buckets and receive points for team.
  - D. Try to play to 10 points or so

