Practice 1 Outside

* “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
* 3 GROUPS OF 3
  + (one hit, one run, one 2b) rotate (1 coach on tee, 1 pitch, one defense)
* Defense – Grab gloves
  + Roll grounders > jump to Break position
  + 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
* Offense (coach on tee) (coach pitching)
  + - Hit off tee
    - Hit off coach (10 pitches)
    - 1 shagging
* Bring it in – Obstacle Course