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