Practice 4 Outside

* Catch from a knee
* Run the bases
	+ Swing
	+ Yell name
	+ Run thru first
	+ Doubles
	+ Home run
* 2 Groups
	+ One offense/one defense
* Defense – Grab gloves (3 runners, 2 2b)
	+ 2b to 1B (one group at 2b one running to 1b from home)
		- Coach rolls the ball to 2b.
		- 2b throw to coach on 1b (sit on bucket to give kid sized target)
* Offense (coach on tee) (coach pitching)
	+ - 1 Kid off tee
		- 1 Hit off coach (10 pitches)
		- The rest shagging with helmets on
		- Everybody picks up
		- Once every kid has hit, rotate the 2 groups
* Obstacle course
	+ Dizzy stick 3 times
	+ Round first into a pickle
	+ Pick up a ball – knock over the buckets