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