**CMLL Sample Practice Plan**

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| Warm Up * **Plyos/Stretching** - 3 lines with equal number of players.
	+ Jog to Foul pole
	+ Walking Arm Swings
	+ Walking Arm Circles
	+ Frankensteins/Toe Touches
	+ Walking Quad Stretches
	+ Lunge/Twist/Twist
	+ Shuffle, Shuffle, Side Lunge/Reach
	+ Skips/High Skips
	+ Bounds (broad jumps)
	+ 50%/75%/100% Runs (Simulated Baserunning)
 | 10 minutes |
| Throwing Fundamentals* **Throwing Warm-up**
	+ Face Forward - elbow & wrist toss (ball rolling off ends of fingers)
	+ Rock, Rock, Throw - Back foot stays planted, Focus on hips (belt buckle to partner, shoulders “coil” and release)
	+ Hop, Hop, Throw- Focus on shift from back to forward
	+ Gather (hands apart, hands together), Foot Behind, Throw
	+ Long Toss **-** step, then crow hop
* **4 Corners**
	+ Drop down bases at 30’ - equal number of players at each base; throw ball turning to glove side around diamond until all players have thrown. Move to full size diamond and repeat - focus on quick transfers, quick feet, accurate throws, and backup by players waiting
	+ Repeat entire drill going opposite direction
 | 20 minutes |
| Fielding Fundamentals* **Partners** - roll ball back and forth while on knees
	+ Fingers Down, Palm forward, Cushion ball
	+ Then Cushion ball, bring to sternum
	+ Forehand/Backhand cushion, then cushion to chest
	+ Repeat ALL STEPS in standing fielding position - butt back and down, back down, hands forward (fingers down/palm forward)
* **Crossfire** - 2 lines of fielders @ SS & 2B; 2 Hitters with Catchers (Coaches). Hit ground balls and throw in “X” pattern across diamond
 | 20 minutes |
| Situations* **Mini Diamond Walk Through** - Create a small diamond (20 ft base paths or less) and put all players at a position. Walk through various scenarios with “runners” at various bases. Focus on where the correct play should be AND appropriate back-up positioning.
* **Live Runner Situations** - 9 players in the field. The other 2 or 3 running (rotate runners every 5 or 6 hits - works conditioning as well).
	+ Runners focus on running skills (running through 1B, stutter step after hitting base, looking right toward fence, rounding the base on hits, taking wide turn on a ball in the gap, etc.)
	+ Fielders use knowledge from Mini Diamond work to execute plays.
 | 30 minutes |
| Hitting* Divide players into 3 or 4 groups, depending on numbers
* Quality over Quantity - Go SLOW at all stations. Make the reps count. Garbage or rushed reps do not make hitters better.
	+ **Group Instruction -** Pick 1 Concept (see options below) and Use 2 cues per session. Review with ALL players before breaking into stations:
		- Load (“Launch Position”) - Cues: Stride to 50/50 balance, Hands Back w/knob to catcher
		- Load - Cues: “Sit” into rear hip, front shoulder low/rear elbow high
		- Swing - Cues: Palm up/Palm down @ contact, firm front leg
		- Swing - Cues: Driver rear knee inward, rear elbow into “slot”
		- Swing - Cues: Hip Turn before shoulders, elbow “switch” to start barrel acceleration
	+ **Tee Work -** practice Concept and Cues for the day
	+ **Soft Toss** - 2-4 players rotating through soft toss (from side) and Heavy Toss
	+ **Front Toss** - Sit on bucket to simulate appropriate pitcher height and throw hard balls/wiffles/yellows
	+ **Heavy Balls** - Give Heavies their own station if there are enough players and coaches.
 | 40 minutes |