

# PRACTICE PLAN



DATE: \_\_\_\_\_

## Time

**5:00pm**

**01 WARMUP**

<b>Team Meeting</b> <ul style="list-style-type: none"> <li>Discuss last game and practice plan</li> <li>Sign Reading Practice</li> </ul>	<b>Dynamic Stretching &amp; Warmup</b> <ul style="list-style-type: none"> <li>Follow the leader</li> <li>Leadoff and Steals</li> </ul>	<b>Throwing Program</b> <ul style="list-style-type: none"> <li>120 ft. max</li> <li>Start w/ Picks</li> <li>Finish w/ Quick Toss</li> </ul>
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**5:15pm**

**02 INFIELD DEFENSE**

- 2 Coach Fungos
  - SS to 1st | 3<sup>rd</sup> to 2nd
  - 1<sup>st</sup> to 3<sup>rd</sup> | 2<sup>nd</sup> to SS
  - 3<sup>rd</sup> to 1<sup>st</sup> | SS to 2nd
  - 2B to 1<sup>st</sup> || 6-hole GB
- Double Play Turns
- Flyball Communication

**03 OUTFIELD DEFENSE**

- Flyball Fungos
  - All directions
- Groundball Fungos
- Balls in the Gap
- Cutoff Man Throws
- Flyball Communication

**04 PITCHER BULLPENS**

- Pitcher bullpen warmup routine:
  - Arm Bands
  - Lower Body Activation
- Live bullpens with Catchers
- Basic Blocking Drills (pitchers throwing)

**5:30pm**

**05 SITUATIONAL TEAM DEFENSE**

<b>Bases Empty</b> <ul style="list-style-type: none"> <li>Infield Grounders</li> <li>Balls to outfield</li> <li>Double Cut Relays</li> </ul>	<b>Runner on First</b> <ul style="list-style-type: none"> <li>Double Plays</li> <li>Balls to outfield</li> <li>Double Cut Relays</li> <li>Bunt Defense</li> </ul>	<b>Runner on 2nd</b> <ul style="list-style-type: none"> <li>Play at home (hit cutoff)</li> <li>Infield Watch Runner</li> </ul> <b>Runners 1st &amp; 3rd</b> <ul style="list-style-type: none"> <li>Bunt Defense</li> <li>Infield In</li> </ul>	<b>Runner 1<sup>st</sup> &amp; 2nd</b> <ul style="list-style-type: none"> <li>Infield Double Plays</li> <li>Balls to outfield (3<sup>rd</sup> or home)</li> <li>Bunt Defense</li> </ul>
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**5:45pm**

**6:00pm**

**06 HITTING STATIONS**

**6:15pm**

<b>1. Tee-Work (Cage)</b> <ul style="list-style-type: none"> <li>In, middle, away</li> <li>Walk Through Tees</li> <li>High Tee Drill</li> <li>1 player re-teeing</li> </ul>	<b>2. Machine (Cage)</b> <ul style="list-style-type: none"> <li><b>Round 1:</b> Swing Away</li> <li><b>Round 2:</b> Live At Bat</li> <li><b>Round 3:</b> Live At Bat</li> <li><b>Round 4:</b> Live At Bat</li> </ul>	<b>3. Live Hitting (Cage)</b> <ul style="list-style-type: none"> <li><b>Round 1:</b> Bunts &amp; Opposite Field</li> <li><b>Round 2:</b> Situations</li> <li><b>Round 3:</b> Swing Away</li> <li><b>Round 4:</b> Swing Away</li> </ul>	<b>4. Live Hitting (On-Field)</b> <ul style="list-style-type: none"> <li><b>Round 1:</b> Bunts &amp; Opposite Field</li> <li><b>Round 2:</b> Situations</li> <li><b>Round 3:</b> Swing Away</li> <li><b>Round 4:</b> Swing Away</li> </ul>
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\*Rotate hitters every 6 pitches/swings

**6:30pm**

**6:45pm**

**08 BASERUNNING**

<ul style="list-style-type: none"> <li>Home to 1<sup>st</sup> (run through)</li> <li>Home to 1<sup>st</sup> (round base)</li> <li>1<sup>st</sup> to 3<sup>rd</sup> (read off bat)</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Base to Home Reads</li> <li>Home to 2<sup>nd</sup></li> <li>2<sup>nd</sup> to home (read off bat)</li> </ul>	<ul style="list-style-type: none"> <li>1<sup>st</sup> to 3<sup>rd</sup> (triple)</li> <li>2<sup>nd</sup> to home (read off bat)</li> <li>Inside the Park Home Run</li> </ul>
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