

2 HR. PRACTICE PLAN



DATE: _____

Time				
5:00pm	01 WARMUP Coach Led Stretching <ul style="list-style-type: none">Hold each stretch for 10 seconds <ul style="list-style-type: none">Dynamic Warmups with Movement Partner Throwing Warm Up <ul style="list-style-type: none">Shuffle partners each practice <ul style="list-style-type: none">Focus on accurate throws to chestMax 60 ft			
5:15pm	02 INFIELD DEFENSE <ul style="list-style-type: none">Fundamentals w no ballCoach rolled groundersGround balls off batGround balls from Shortstop w throw to 1st Base (players alternate between shortstop and 1st base)			
5:30pm	03 OUTFIELD DEFENSE <ul style="list-style-type: none">Two hand form practice w no ball and coming through baseballCoach thrown flyballs (sprint to cones)Flyballs off bat			
5:45pm	04 SITUATIONAL TEAM DEFENSE <ul style="list-style-type: none">Rotate players around different positions with remaining players as baserunnersHit ball to various positions and simulate game like scenariosFocus on plays that incorporate multiple players and playing catch			
6:00pm	05 HITTING STATIONS <table border="0"><tr><td>1. Tee-Work (Cage)<ul style="list-style-type: none">In, middle, awayWalk Through TeesHigh Tee Drill1 player re-teeing</td><td>2. Live Hitting (Cage)<ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away</td><td>3. Live Hitting (On-Field)<ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away</td></tr></table>	1. Tee-Work (Cage) <ul style="list-style-type: none">In, middle, awayWalk Through TeesHigh Tee Drill1 player re-teeing	2. Live Hitting (Cage) <ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away	3. Live Hitting (On-Field) <ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away
1. Tee-Work (Cage) <ul style="list-style-type: none">In, middle, awayWalk Through TeesHigh Tee Drill1 player re-teeing	2. Live Hitting (Cage) <ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away	3. Live Hitting (On-Field) <ul style="list-style-type: none">Round 1: Bunts & SlashRound 2: Swing AwayRound 3: Swing AwayRound 4: Swing Away		
6:15pm	*Rotate hitters every 6 pitches/swings			
6:30pm	06 FUN COMPETITION/GAME Fun Game Ideas: <ul style="list-style-type: none">Grass Game (Each player gets one swing to hit a ball that lands past the infield into the outfield grass. Last player remaining wins)Zombie Game (Variation of the grass game where players that get out play defense. If they catch a ball in the air, they get "revived" and get to hit again)Baserunning Relay RaceBeat the BallSimulated Game with Coach Pitch			
6:45pm				