

PRACTICE PLAN



DATE: _____

Time

<p>5:00pm</p>	<p>01 WARMUP</p>			
<p>5:15pm</p>	<p>02 INFIELD DEFENSE</p>	<p>03 OUTFIELD DEFENSE</p>	<p>04 PITCHER BULLPENS</p>	
<p>5:30pm</p>	<ul style="list-style-type: none"> • 2 Coach Fungos <ul style="list-style-type: none"> ◦ SS to 1st 3rd to 2nd ◦ 1st to 3rd 2nd to SS ◦ 3rd to 1st SS to 2nd ◦ 2B to 1st 6-hole GB • Double Play Turns • Flyball Communication 	<ul style="list-style-type: none"> • Flyball Fungos <ul style="list-style-type: none"> ◦ All directions • Groundball Fungos • Cutoff Man Throws • Flyball Communication 	<ul style="list-style-type: none"> • Live bullpens with Catchers • Basic Blocking Drills (pitchers throwing) 	
<p>5:45pm</p>	<p>05 SITUATIONAL TEAM DEFENSE</p>			
<p>6:00pm</p>	<p>Bases Empty</p> <ul style="list-style-type: none"> • Ground balls infield • Base hits to outfield 	<p>Runner on First</p> <ul style="list-style-type: none"> • Double Plays • Balls to outfield • Double Cut Relays • Bunt Defense 	<p>Runner on 2nd</p> <ul style="list-style-type: none"> • Play at home (hit cutoff) • Infield Watch Runner <p>Runners 1st & 3rd</p> <ul style="list-style-type: none"> • Bunt Defense • Infield In 	<p>Runner 1st & 2nd</p> <ul style="list-style-type: none"> • Infield Double Plays • Balls to outfield (3rd or home) • Bunt Defense
<p>6:15pm</p>	<p>06 HITTING STATIONS</p>			
<p>6:30pm</p>	<p>1. Tee-Work</p> <ul style="list-style-type: none"> • Round 1: In, middle, away • Round 2: Walk Through Tees • Round 3: High Tee Drill • Round 4: 1-2-3 rhythm tee 	<p>2. Soft Toss (Into Net)</p> <ul style="list-style-type: none"> • Round 1: Swing Away • Round 2: Swing Away • Round 3: Yes/No Front Toss (Hold Load) • Round 4: Yes/No Front Toss (Hold Load) 	<p>3. Front Toss (Cage)</p> <ul style="list-style-type: none"> • Round 1: Angle Flips • Round 2: Yes/No Front Toss (Hold Load) • Round 3: Swing Away • Round 4: Swing Away 	<p>3. Live Hitting (On-Field)</p> <ul style="list-style-type: none"> • Round 1: Bunts • Round 2: Swing Away • Round 3: Swing Away • Round 4: Swing Away
<p>6:45pm</p>	<p>08 BASERUNNING</p>			
	<ul style="list-style-type: none"> • Home to 1st (run through) • Home to 1st (round base) • 1st to 3rd (read off bat) 	<ul style="list-style-type: none"> • 3rd Base to Home Reads • Home to 2nd • 2nd to home (read off bat) 	<ul style="list-style-type: none"> • 1st to 3rd (triple) • 2nd to home (read off bat) • Inside the Park Home Run 	

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