

## GEYA Team 2 FB14 Practice Schedule

	Duration	A	B	C	D	E
<b>Warm Up</b>	2.5	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
	5	Throwing - 1 (Back of Hand, Reach w/ Glove and Through)	Fielding - 1 (Butt down, Glove out front, Alligator)	DP-SS	DP-2B	BP/Tee
	5	Throwing - 2 (Step & Throw)	Fielding - 2 Shuffle/Throw/ Follow	DP-2B	DP-SS	BP/Tee
	5	Fielding - 1 (Butt down, Glove out front, Alligator)	DP-SS	Throwing - 2 (Step & Throw)	BP/Tee	DP-2B
	5	Fielding - 2 Shuffle/Throw/ Follow	DP-2B	Throwing - 3 Long Toss	BP/Tee	DP-SS
<b>Break</b>	2.5	Break	Break	Break	Break	Break
	5	Fielding 3 - Pop Fly	Throwing - 2 (Step & Throw)	BP/Tee	Play's at 1B	Play's at 1B
	5	Throwing - 2 (Step & Throw)	Fielding 3 - Pop Fly	BP/Tee	Play's at 1B	Play's at 1B
	5	Play's at 1B	BP/Tee	Play's at 1B	Throwing - 3 Long Toss	Fielding 4 - Pop Fly & Throw
	5	Play's at 1B	BP/Tee	Play's at 1B	Fielding 4 - Pop Fly & Throw	Throwing - 3 Long Toss
	5	BP/Tee	Base Runners	Plays at ?	Base Runners	Plays at ?
	5	BP/Tee	Plays at ?	Base Runners	Plays at ?	Base Runners
<b>Relay Race</b>	5	Relay Race	Relay Race	Relay Race	Relay Race	Relay Race
<b>Total</b>	60					

