



Practice 1 of 14

5 minutes- Dynamic Warm-up (all 3 coaches)

- High knees
- Butt kicks
- Shuffles
- Lunges
- Sprints 4-25yrds 4- 30yrds
- Stretch arms

5min.-16min. Throwing Program (all 3 coaches)

1. WRIST DRILL - 1 min.

Cues- stay behind ball, fingers on top, four-seam grip, finish

2.KNEE DRILL- 1 min. 30 seconds

Cues- Square to target, front side, elbow to waist or glove to chest, chest over knee, finish

3.POWER POSITION- 1 min. 30 seconds

Cues- balanced, head in center, front side mechanics, finish, heel to sky, down back and up, fingers on top, chest over knee

4.THROWING PROGRESSION#BASED ON PLAYERS ABILITY

-45ft step and throw 1 min.

-60 ft step and throw 2 min.

-75ft step and throw 2 min.
60 ft step and throw 1 min.

16min.-20min.-water break

20-40min. Individual defense

Coach Mike-Middle Infielders (4 players 4 balls)

Objective: Ready position, positioning, and
footwork, glove work

-READY POSITION TALK -5 min.

-ANGLES 5 min.

Cues-eyes behind glove, keep feet moving, stay
low, work ground up, count hops, know your
runner, funnel,

-SHORT HOPS- 5 min.

-Cues- stay down, funnel, concentrate, butt down,
glove out in front, eyes behind ball, see ball and
glove

PROGRESSION DRILL -5 min.

Fielder

Watching ready

1st Baseman

Back- up

6 F's Feet, Footwork, Field, Funnel, Fire, Follow

Coach Paul-Outfielders (4 players 4balls)

Objective: create angle with drop step learn crow-
hop; explain difference between INF and OF.

1.READY POSITION TALK – 5 min.

2.ANGLE READS- 5 MIN.

-Drop step drill

Cues- open and go, make sure your straight to ball, run on balls, run then catch, stay low

3.FOOTWORK-5min.

Cues- attack, under control, play thru, know situation, eyes behind glove, finish your throw, stay low

4.PROGRESSION DRILL- 5 min.

Cues- under control, keep ball down, finish, wider base, bend in knees not back.

Field

Ready

Cut-Off

Back up

Coach Tre-Corner Infielders (4 players 4 balls)

Objectives: Know position and footwork, develop hands.

1.READY POSITION TALK – 5 min.

2.SHORT HOPS – 5 min.

Cues stay low, eyes behind glove, funnel, push thru more surface area, react to ball, create throwing angle.

3.FOOTWORK- 5 min.

Cues- foul line in, stay moving, play thru,

accurate, relax, ball then throw, stay low
4. Progression DRILL- 5 min.

1. Field
2. Ready
3. 1st Baseman
4. Back up

Cues- follow throw, keep feet moving, stay low, glove out in front, wide base.

40-42 min. Transition

42min.-52min. TEAM DEFENSE

(FLY BALL COMMUNICATION, BUNT PLAYS, 1ST AND 3RD PLAYS, CUT-OFFS AND RELAYS, RUN DOWNS ETC.)

1ST AND 3RD PLAYS Mike with MINF, Tre with CINF, Paul with OF (Base runners)

A. Throw Thru sign: top of catchers helmet

B. Cut to 2nd sign: facemask

C. Long arm fake sign: Chest protector

D. No throw sign: Down Leg

Cues: Pitcher step off, catcher out in front be loud, know signs, A. Create angle and clear line of vision B. create angle and work vertical towards home, throw to 2nd base not to him check runner first. C. Do not check runner give good arm fake then create throwing lane. D Do not check runner just get in front and then check guy at 3rd.

52min.-55min. Transition

55min.-1 hr 30min- HITTING STATIONS 11 MIN
STATIONS

CAGE- Tre (8 balls)

1.Hit

2. Ready

3. 25 sit-ups

4. 15 push-ups

Objectives: stay thru the middle while maintaining balance.

Round of 8 then pick up

Cues. Knob forward, finish backside, stay square, easy, slow, early, thru the middle, balance.

2.Mirror- Paul (0 balls)

Objective: players understand checklist.

STANCE:

-Knees flexed, head centered, 3 straight lines, staying square, more than shoulder width apart

LOAD:

-Weight shift back, keep knee inside foot, and keep body centered

STRIDE/SEPARATE:

-Easy, stay off toes, allow weight to get hips to center, head centered, good bat angle, and heel up

1-2 inches.

#3 TEE MIKE (4 balls)

Hit

2. Feed

Objective: learn what it looks like to finish

Hit two balls of tee for 4 rounds then switch. Have them pause at the end to check finish.

Cues: stay tall, be direct, knob forward, strong top hand, finish lower body

Three things to look for: 1. Head down

2. balance 3, backside heel pointing to sky.

1.30-1.35 Base Running

Home to 1st Infield single

Cues: breakdown, stay straight, peek and run, look right.