



Valley Stomper 12U

Practice Schedule

1/10/2010

Normal Session				
Begin	Duration	End	Segment	Assignments
1:00	0:10	1:10	Jog and Stretch	
1:10	0:20	1:30	Throwing	Every Day Drills
1:30	0:05	1:35	Water Break	
1:35	0:40	2:15	Individual Defense	Separate Infield and Outfield 5-3 / 6-4 & 4-6 6 / 4-3 5-4 / 6-3 / Doubles
2:15	0:05	2:20	Water Break	
2:20	0:30	2:50	Group Defense	Between innings / after an out / Cut-offs - 1st & 3rd - Pick Offs - Bunt Coverage
2:50	0:05	2:55	Water Break	
2:55	0:45	3:40	Hitting Circuit	6 Stations - 7 mins rotation 3 min each player Shag - Bunt-Cage 1 - Cage 2 - Tee - Soft Toss - Bouncey
3:40	0:05	3:45	Water Break	
3:45	0:30	4:15	Team Session	Situations
4:15	0:10	4:25	Conditioning	Dive Back Drill - Relay
4:25	3:25	<=Duration	End Practice	

Practice Notes: