Edina Baseball Association "1st 30 Minutes"

Meet with the Players and Coaches on the foul line — **2 minutes**
- *review practice plan and games
- * mention next games starter

Run to Center Field and Back — **1 minute**
- * Get loose

Play Catch — **6 minutes**
- * 10 / 15/ 20 / 25 Ft. use common sense
- * Firm Throws
- * Cover Ground- step..turn..throw
- * No Flipping
- * Keep ball above waist of partner

Tempo Catch — **3 minutes**
- * 3-6 times
- * Go 8 - 10 - 12 -14 total throws
- * Have the kids count out load
- * Start on foul line side
- * Have kids take a knee if the ball touches the ground
- * Footwork..catch..step..turn..throw..cover ground

Infield Rounding the Ball — **4 minutes**
- * Get cones out to have them round the ball
- * 3 Separate Lines
- * Catch the ball- Drop- Push- Follow feed to coach
- * Point finger to players/coaches Eye
- * Face of ball should be showing to target at all times
- * Graduate to longer lines and throw to coach

Four Corners | **OUTFIELDERS** | **3min inf. 3 min. OF**
6 minutes Total

INFIELDERS	
* SS to 2nd Flip	* Long hops to partner
* 2nd to SS Flip	* In the air
*catch, drop, push, point, follow	* Cover Ground
* 5 kids needed and start	
wit the corner that has 2 players	

Bunt Defense — **5 minutes**
- * Need Catcher,Pitcher, 3rd, SS, 2nd, 1st in field
- * routine bunts to 3rd, pitch, 1st
- * mix in rolls to the SS and 2nd baseman
- * Goal is to get an out…any out
- * Play it as man on 1st….then 1st and 2nd..just 2nd
- as you go through the year
- * Use extra players to run if you want

Batting Stance Maintenance — **3 minutes**

* Toes/across	* Athletic stance
* Shoulder to Pitcher	* Hands across back shoulder
* Movement back	* Pick foot up / place down
* Connect hinges	* Spin on back foot
* Comfortable finish position	

* 3 OF EACH:	PICK UP HOLD
	PICK UP PLACE DOWN
	PICK UP PLACE DOWN GO TO CONTACT POINT