



Practice for Crummy Weather (60 Minutes)

Stack Gloves and Do Exercises-5 Minutes

- Snake Run or Pole Run
- High 5 Circle
- Jumping Jacks
- Toe Touches
- Spider Push Ups
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand
- Mountain Climbing

Review throwing mechanics (Catch in Pairs) 10 Minutes

- Demonstrate proper grip, show proper throwing technique – “L” shape (or make a muscle), Elbow Higher than Shoulder.

Hit Safe Balls (Practice running to 1st without looking.) 20 Minutes

Fielders try to throw the batter out.

Bubba Baseball (Wiffle Ball) -25 Minutes