

Practice # 3 -- Date

<u>Time</u>	<u>Min.</u>	<u>Accomplishment</u>
4:20 – 4:25	5	Welcome / Attendance
4:25 – 4:35	10	Warm Up
4:35 – 4:40	5	Water
4:40 – 4:50	10	Base running <ul style="list-style-type: none">- H – 1st- 1st – 3rd- 3rd – H (walking lead/tagging up)- H – 2nd- 2nd – H
4:50 – 4:55	5	Water
4:55 – 5:05	10	Throwing Program
5:05 – 5:15	10	Throwing Drills <ul style="list-style-type: none">- Reverse Snaps- Reverse Flips- Backside Throws
5:15 – 5:20	5	Water
5:20 – 5:30	10	Infield <ul style="list-style-type: none">- 3rd – 1st / SS – 2nd- 1st – 3rd / 2nd – SS cover- SS – 1st / 3rd – 2nd- SS – 3rd / 2nd – 1st
5:30 – 5:35	5	Break
5:35 – 6:15	40	Hitting Stations (12 min per station) <ul style="list-style-type: none">- Tee- Toss- Machine

Base Running Reminders:

1. Make the D stop you
2. Find the ball

Expected Attendance:**Announcements**

-

“You miss 100% of the shots you never take.”
~ Wayne Gretzky

Nothing worth having was ever achieved without effort. ~ unknown