

PRACTICE PLAN #1

INTRODUCTION [5 min]

- Welcome players & parents to team
- Go over team rules/expectations:
- Survey for interest in pitching, catching
- Focus on the reason for being here/tip of the week: Have fun, Try hard, Be a good teammate

STRETCHING AND WARM UPS: [10 min]

- 1-2 laps around the bases as a team
- Dynamic stretching: line-to-line jog, high knees, defensive shuffles, knee hugs, walking kicks; arm circles; upper body twist, lower body pivot
- Baserunning drills:
 - Run through first: line up at home plate; one at a time, player simulates a swing then run to first base; coach stands ~5 ft beyond first base - player should touch the base, run through, and high five coach before slowing down; return to line at home and repeat
 - First-to-third: line up at first base; one at a time, player stands at first base - on command, player runs hard to second base, touches the inside corner of the base and runs to third base; third base coach waves the runner from second to third, then stops them at third

FIELDING/THROWING [20 min]

- Teach/review grip and throwing
- Throwing warmup progression (with partners):
 - Throw from two knees (emphasize upper body, shoulder turn, follow through)
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm
- Players throwing to coach drill (2 coaches/2 lines): line at 2B and SS with bucket of balls; each player makes three throws before rotating through the line - ball from bucket to coach at 1B/3B
 - Emphasize proper throwing form
- Intro to fielding: athletic position - knees bent, chest & eyes up, glove out/in front of body; field with two hands in center of body

- Ground ball work (2 coaches/2 lines): line at 2B and SS, coaches at 1B and 3B; Coaches roll balls to players, players field the ball with proper footwork and throw back to coach; repeat with balls rolled directly to players, then to their forehand, then to their backhand

--- break to return gloves and fielding masks; get batting helmets & bats ---

HITTING [30 min]

- Teach/review batting stance and swing:
 - Point of contact is in front of your front foot (not when the ball is over the plate)
 - Proper mechanics, such as...
 - Knuckles lined up with relaxed hands
 - LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball
 - CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher
 - EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher
 - FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)
 - HEAD STILL, EYES LEVEL THROUGHOUT
- Stations (3 coaches, 4 girls per station):
 - (OF) Tee work with wiffle balls
 - (OF) Soft toss with heavy balls
 - (OF) Coach pitch - 5 swings, rotate, repeat

LIVE HITTING/DEFENSE/SITUATION [20 min]

- Two groups - one group batting, one group in the field: live game simulation with coach pitching
 - Run when the ball is hit; three swings (strikes), switch batters; runners run as in a game
 - Defense make the correct play
 - All batters in group hit, then switch batters-to-fielders, fielders-to-batters

TEAM BUILDING DRILL [5 min]

- Around the Horn throwing drill

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #2

INTRODUCTION [5 min] 12-12:05

- Welcome players & parents to team
- Review team rules/expectations
- Focus on the reason for being here/tip of the week: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." (writer Will Durant). Routines are important. They set us up to take action, they make us more consistent - for better or for worse. Consistency leads to excellence, BUT... we have to practice the right way; do the fundamentals the right way; if you have been doing something wrong for a few weeks, months, years - correct it NOW to set yourself on the path to excellence.

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 12:05-12:15

- Teach/review grip and throwing
- Throwing warmup progression (with partners):
 - Throw from two knees (emphasize upper body, shoulder turn, follow through)
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [10 min] 12:15-12:25

- Intro to fielding: athletic position - knees bent, chest & eyes up, glove out/in front of body; field with two hands in center of body
- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

STATION WORK - 3 groups / 3 stations, 10 min each [30 min] 12:25-12:55

- 1) HITTING (those interested in pitching start in this group) - *set up in right field or batting cage if available*
 - Teach/review batting stance and swing:
 - Point of contact is in front of your front foot (not when the ball is over the plate)
 - Proper mechanics, such as...
 - Knuckles lined up with relaxed hands
 - LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball
 - CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher
 - EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher

- FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)
 - HEAD STILL, EYES LEVEL THROUGHOUT
- Tee work with softballs
 - Slow motion swinging - stop at every mechanics point (load, contact, extension, follow-through) - hitters should just be pushing the ball off the tee after stopping on contact to extension
 - Basketball drill (hit a basketball on the tee) - full motion swing, focus on contact-to-extension through the basketball
 - "Squat to Load" drill: from batting stance, do two squats, then start load and swing - ensures knees are bent and weight is balanced before swing (do this drill with wiffle balls)
- 2) INFIELD - *set up at shortstop position*
 - "Stay Low" drill: Focus on fielding the ball in the middle of the body, staying athletic, fielding and tossing in one motion
 - Players line up behind the shortstop position
 - Active fielder gets into athletic defensive position at SS
 - Coach throws ground ball so fielder has to STAY LOW and slide 1-2 shuffle steps left
 - Player fields the ball and drops it to the side, STAYING LOW through the toss
 - While the player tosses the ball to the side, coach throws a second ball so the fielder has to continue to STAY LOW and slide 1-2 shuffle steps left again, come up and throw the ball to the coach/target
 - After Fielding these two, move to the back of the line
 - Repeat with shuffle steps to the right
 - "Zig Zag shuffle through cones": focus on feet staying in constant motion; timing footwork so that when the ball hits the glove, player can come up throwing in one motion
 - Four cones set up in a line between fielder and coach
 - Active player starts to their right side of first cone and shuffles back and forth through each cone - staying low
 - When the player reaches their right side of the last cone, coach rolls ground ball so they shuffle through the last cone, field the ball, come up throwing back to coach/target in one motion
- 3) OUTFIELD - *set up in left field*
 - "Relay Throw" drill: focus on throwing to the glove side target; proper footwork to make a quick and accurate throw
 - Players line up in a line stretching across the outfield.
 - First player throws the ball to the glove side of the second player in line; this second player catches and turns toward her glove side, then throws to the glove side of the third player, etc. to the end of the line
 - Repeat coming back the other direction
 - Rotate positions in the lines; time them to compete to achieve the fastest time
 - "Drop Step over-the-head" drill: (do this first with a tennis ball, no glove) focus on drop step the correct direction towards the ball, running with "glove" down
 - First player lines up in defensive ready position at LF; coach throws a tennis ball over her shoulder right or left; player makes a drop step and sprints to the ball for the catch; throws back to coach
 - Repeat with tennis ball and gloves; repeat with softball and gloves
- [2b) and 3b) take those interested in pitching through a pitcher's throwing warmup and mechanics introduction, etc...] (these players will do the hitting station and skip infield, outfield) - 20 min



--- break to bring team together ---

LIVE HITTING/DEFENSE/BASERUNNING/SITUATION [30 min] 12:55-1:25

- Talk through basics of defensive play: how to make an out; when to tag a runner vs. touch the base/force out; "easiest play," every position moving on every play, etc...
- Two groups - one group batting (running), one group in the field: live game simulation with coach hitting/rolling balls, live runners run from home plate as in a game
 - Call out where the baserunners are, how many outs; Defense make the correct play
 - Halfway through switch runners-to-fielders, fielders-to-runners

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #3

INTRODUCTION [5 min] 5:15-5:20

- Focus on the reason for being here/tip of the week: "Confidence is a choice!" Confidence is the voice inside us that says "I can make this work - I can be successful at this!" When we face a task or situation that we have prepared for, but not yet found success in, we have a choice - we can worry, or we can visualize success. We can recall all that has gone wrong or that remains unknown, or we can focus on the things that will help lead to success - keep trying, keep working, and visualize what you want to happen instead of worrying about what you don't. Remember you CAN control effort and repetition. Measure success and gain confidence from these things you can control, not those things you can't.

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 5:20-5:30

- Throwing warmup progression (with partners):
 - Throw from two knees (emphasize upper body, shoulder turn, follow through)
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [10 min] 5:30-5:40

- Intro to fielding: athletic position - knees bent, chest & eyes up, glove out/in front of body; field with two hands in center of body
- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

STATION WORK - 3 groups / 2 stations (4 players/group), 10 min each [30 min] 5:40-6:10

- 1) HITTING - *set up in the outfield*: Load, Contact, Extension, Follow-Through
 - Front toss with heavy balls
 - Tee work with heavy balls
 - Slow motion swinging - stop at every mechanics point (load, contact, extension, follow-through) - hitters should just be pushing the ball off the tee after stopping on contact to extension
 - "Squat to Load" drill: from batting stance, do two squats, then start load and swing - ensures knees are bent and weight is balanced before swing

- 2) FIELDING - *set up in the infield*
 - Partner tennis ball grounders: Focus on soft hands, using two hands to field the ball and bring to throwing start
 - Players partner up and line up in lines ~10' across from partner; without gloves on, roll ground balls back-and-forth. After fielding, bring the ball up to chest to simulate beginning of throwing motion; footwork to field and move into throwing motion
 - Rotational fielding drill: focus on making good throws to the target
 - Line up players at 1B, 2B, 3B, C (remaining players in line behind 3B)
 - Coach hits/rolls ball to 3B; player fields the ball and throws to 2B (2B covers)
 - 2B catches and throws to 1B; 1B catches, throws to C;
 - All players follow their throw; C drops ball in bucket at home and runs to 3B position
 - Repeat until all players have rotated through

--- break to bring team together ---

LIVE HITTING/DEFENSE/BASERUNNING/SITUATION [30 min] 6:10-6:40

- Talk through basics of defensive play: how to make an out; when to tag a runner vs. touch the base/force out; "easiest play," every position moving on every play, etc...
- Two groups - one group batting (running), one group in the field: live game simulation with coach hitting/rolling balls, live runners run from home plate as in a game
 - Call out where the baserunners are, how many outs; Defense make the correct play
 - Halfway through switch runners-to-fielders, fielders-to-runners

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #4

INTRODUCTION [5 min] 12-12:05

- Focus on the reason for being here/tip of the week: "What would you do if you knew you could not fail?" We often tend to avoid challenging (hard) things out of a fear of failure; a fear of doing something wrong; feeling shame and self-doubt. If we could get rid of this fear of failure, who knows where the limit to our accomplishments might lie? More often than not, we DON'T fail - the things we fear will happen DON'T. Fear is overcome one small step at a time, and slowly we begin to believe in ourselves.

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 12:05-12:15

- Throwing warmup progression (with partners):
 - Throw from two knees (emphasize upper body, shoulder turn, follow through)
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [10 min] 12:15-12:25

- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

TEAM OUTFIELD WORK: [20 min] 12:25-12:45

- "Outfield Range Drill": focus on getting outfielders to move to the ball and catch it - *use tennis balls, no gloves*
 - Teach running to the ball with (glove) down - sprint to the spot, then prepare to catch; catch with glove out in front of face, back of hand towards face, fingers towards sky; teach footwork upon catch - right-left-throw (step through the catch)
 - Form a single line in center field
 - Coach throws a pop fly to a spot towards left-center field
 - Player runs to catch the ball and throws it to another coach at second base
 - Player who just completed the catch and throw then sets up in (new) line in left field
 - Repeat through the line, moving from left field to center field to catch the ball
- "Drop Step over-the-head" drill: (do this first with a tennis ball, no glove) focus on drop step the correct direction towards the ball, running with "glove" down
 - First player lines up in defensive ready position at LF; coach throws a tennis ball over her shoulder right or left; player makes a drop step and sprints to the ball for the catch; throws back to coach

- Repeat with tennis ball and gloves; repeat with softball and gloves

STATION WORK - 2 groups, 2 stations, 10 min each [20 min] 12:45-1:05

- 1) HITTING (interested pitchers/C start here) - *set up at home plate - hit towards backstop*: Load, Contact, Extension, Follow-Through
 - Inside/Outside Tee work with wiffle balls
 - Set up tee for inside/outside balls and teach different swing approach for each (inside: keep hands in and fast through the zone; outside: arms extended, "go with the pitch")
- 2) "Relay Drill": Players set up at 2B, SS, LF, RF; coach near pitching rubber
 - Coach hits ball to RF; RF fields the ball and quickly gets the ball in to 2B, who has lined themselves up in a straight line between the fielded ball and second base (as cutoff); 2B should be flagging/waving themselves, asking for the ball
 - SS covers second base, catches the relay throw from 2B, and gets the ball back to coach at pitchers mound
 - LF should back up the throw to second base
 - Repeat but hit to LF; SS is relay/cutoff; 2B covers second base; RF backs up second base
 - Rotate through positions
 - Focus: line up properly as cutoff (straight line between fielded ball and the base); who covers the base, who acts as cutoff; *get the ball into the infield ASAP*
- *[2b) take those interested in pitching through a pitcher's throwing warmup and mechanics introduction, etc...]*
(these players will do the hitting station and skip relay drill) - 10 min

--- break to bring team together ---

BASERUNNING/SITUATION [20 min] 1:05-1:25

- Teach sliding - *set up in outfield; cleats off*: Sit in "Figure 4 position," arms up as on a roller coaster; then arms up and lean back, keeping hands off the ground
 - Explain that the bottom touches the ground first with one leg extended, one leg tucked under as above; imagine an airplane landing - this is a gradual lowering towards the ground at full speed - not a stop and drop or tumble - velocity and momentum are needed for a good slide, so keep running at full speed into the slide
- Home through first running drill (high five coach past the base)
- Home, run to first, round the base and retreat to first
- Steal second base (slide)
- Run from second base, round third, run home

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #5

INTRODUCTION [5 min] 5:15-5:20

- Focus on the reason for being here/tip of the week: "Go confidently in the direction of your dreams." (Ralph Waldo Emerson) Live a life where you let your dreams guide you, to build a foundation for the path you want to take. Find success in taking the journey of following those dreams rather than on an arbitrary result. Take ownership of the choices you make on your path.

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 5:20-5:30

- Throwing warmup progression (with partners):
 - Throw from two knees
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [10 min] 5:30-5:40

- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

TEAM DEFENSE WORK: [20 min] 5:40-6:00

[While this is going on, rotate pitchers through throwing work with one catcher – groups of 2-3 pitchers at a time]

- "Outfield fly ball, ground ball, shoestring catch Drill": focus on getting outfielders to move to the ball aggressively and field it [divide into two groups, two coaches, left field and right field]
 - Form a single line in outfield
 - Coach throws a pop fly to the first player up
 - Player catches the ball and quickly throws it back to coach – proper footwork, continues charging towards the throw
 - Coach immediately throws a grounder, and the player who just caught & threw fields the grounder and quickly throws it back to coach, continues charging towards the throw
 - Coach immediately throws a short pop that the player must charge/run hard after or dive for – fields then throws back to coach
 - Repeat through the lines
- "Defensive Rotation Drill": Focus on the players responsibility on any ball put into play. The SS and 2B think about "following the ball" when the ball is put in play.
 - Start with just infielders - P, C, 1B, 2B, 3B, SS; may add OF time permitting

- Coach hits the ball to any position. Players execute the proper fielding rotation to be in position to make a play on a runner at any base
- If a ball is hit to 3B, the SS follows the ball (covers third), 2B moves toward the ball (covers second), 1B covers her base
- If a ball is hit to SS, the 2B follows the ball (covers second), 1B and 3B cover their bases
- If the ball is hit to 2B, the SS follows the ball (covers second), 1B and 3B cover their bases
- If the ball is hit to 1B, the 2B follows the ball and covers first base; the SS follows the ball and covers second base. The third baseman covers her base; P follows the ball and moves towards covering first base
- GET THE BALL BACK TO PITCHER AFTER EVERY PLAY
- Each position has a responsibility when a ball is put in play.

LIVE PITCHING/HITTING/DEFENSE/SITUATION [40 min] 6:00-6:40

BASERUNNING RELAY RACE

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #6

INTRODUCTION [5 min] 12:00-12:05

- Focus on the reason for being here/tip of the week: "Support and be supported." High-performing teams - teams that are fun to be a part of - consist of players and coaches who feel supported and validated by one another. Motivate your teammates by cheering them on, showing them you care about their hard work, and encouraging them if they are down. Expect your teammates to do the same for you.

TEAM-BUILDING WARM UP/STRETCHING [10 min] 12:05-12:15

- Each player leads the team in a static or dynamic stretching/movement exercise

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 12:15-12:25

- Throwing warmup progression (with partners):
 - Throw from two knees
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw
 - Standing, regular throws: players should be about 10-15' apart, depending on ability; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [10 min] 12:25-12:35

- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

BASERUNNING RELAY RACE [5 min] 12:35-12:40

BASERUNNING/SITUATION [10 min] 12:40-12:50

- Home through first running drill (high five coach past the base)
- Home, run to first, round the base and retreat to first
- Steal second base (slide)
- Run from second base, round third, run home

LIVE PITCHING/HITTING/DEFENSE/SITUATION [35 min] 12:50-1:25

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer

PRACTICE PLAN #7

INTRODUCTION [5 min] 1:30-1:35

- Focus on the reason for being here/tip of the week: **"Focus on the process and not on the outcome."** Let's say our goal is to win a tournament championship this week. This is a great goal and motivator; however, you can still achieve value from this week/season even if we don't achieve that ultimate outcome. We still grow as athletes & softball players. Our ultimate goals require hard work, skill building, and overcoming adversity. Let's focus on the steps we've taken to achieve our goals - building our skills on defense; building our confidence at the plate; increasing our knowledge of the game. How far have we come already since the first practice in April? All those small steps along the way are required to achieve our ultimate goal; but even if that team goal eludes us, we've already come a long way in advancing as softball players and as teammates this season.

WARM UPS / THROWING MECHANICS ROUTINE: [10 min] 1:35-1:45

- Throwing warmup progression (with partners):
 - Throw from two knees (emphasize upper body, shoulder turn, follow through)
 - Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
 - "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
 - Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives
 - Standing, regular throws: players should be about 10-15' apart; then spread apart further as arms become warm

INFIELD WARMUP ROUTINE: [5 min] 1:45-1:50

- Ground ball field and throw work: line at 2B position, line at 1B position, coach near 2B position with bucket of balls
 - Coach rolls ball to player at 2B position, player fields the ball with proper footwork and throws to player at 1B
 - Player who fielded the ball follows their throw and goes to back of line at 1B position; Player who caught the ball at 1B runs to drop the ball into coach's bucket then gets in line at 2B position
 - Repeat with balls rolled directly to players, then to their forehand, then to their backhand

HUSTLE & THROW - WARMUP DRILL: [10 min] 1:50-2:00

- Divide players evenly in lines at first base and third base; spread a number of balls = number of players in line around the first base and third base position; two coaches, one on first base side of home plate and one on third base side of home plate
- Players start on 1st and 3rd base and race into the infield on their respective sides and field a ball, then make a good throw to the coach on their side, and then run back to tag in the next player waiting in line on the base
- Once one team has retrieved and thrown in all of their balls and raced back to their base the game ends - first team complete with the most balls thrown accurately to coach wins
- Players switch sides & repeat

HITTING STATION WORK - 3 groups, 3 stations, 10 min each [30 min] 2:00-2:30

- 1) TEE HITTING (wiffle balls / in right field) - Load, Contact, Extension, Follow-Through
 - Inside/Outside Tee work with wiffle balls
 - Set up tee for inside/outside balls and teach different swing approach for each (inside: keep hands in and fast through the zone; outside: arms extended, "go with the pitch")
- 2) FRONT TOSS (heavy balls / in batting cage)
- 3) LIVE/COACH PITCH (with L-screen, waiting hitters in the field)

--- break to bring team together, water ---

LIVE DEFENSE & BASERUNNING/SITUATION [20 min] 2:30-2:50

WATER BALLOON HITTING / ETC...

CONCLUSION

- Review what was learned/tip of the week
- Reminder of next event
- Team huddle/cheer