

Practice Plan

- a. Introductions
 - i. Expectations/goals/questions
 - ii. Social distancing/sanitizing
- b. Dynamic warm up (10 minutes) *Can be different variations*
 - i. 50%run
 - ii. High knees
 - iii. Knee hugs
 - iv. Walking lunges
 - v. Butt kickers
 - vi. Frankensteins
 - vii. 75% run
 - viii. 100% run
- c. Arm band work (10 minutes)
- d. Throwing progression (20-25 minutes) *Can be different variations* Always point elbow or glove at the target. Receiver needs to give a good target. Follow through across body.
 - i. From 1 knee, elbow above shoulder, ball away from body.
 - ii. Step and throw
 - iii. Flamingos
 - iv. Long toss
- e. Daily Drills (45 minutes)
 - i. Fielding daily's (tennis ball work, pancakes, quick evolutions, ladder)
 - ii. Catching daily's (duck walks, donkey kicks, footwork)
 - iii. Infield
- f. Team Drills (45 minutes) (Pitchers and catchers need to be a priority) Any items that the team needs to work on.
 - i. Fly ball stations
 - ii. Hitting stations

iii. Conditioning drills (wall sits, planks, ladder, run sprints, or incorporate into other drills)
