

SAMPLE PRACTICE PLAN

Team Warm-up (10 min)

- Jog
- Stand in circle and stretch arms and legs

Throwing Progression (10 min)

- Wrist flicks
- Cement feet
 - Feet just wider than shoulders, knees bent, grip ball with fingertips
- Power
 - Think either, “Check time on wrists” or “Spread wings”
 - Follow through → hand in opposite pocket when finished
- Full throwing
- Long toss

Perfect Fielding Position (10 min)

- Tips:
 - Feet shoulder width apart in athletic stance
 - Glove down
 - Straight back
 - Think about a triangle with feet and glove
- Drill:
 - Roll the ball to partner → come up to throwing position, but do not throw
 - Roll front, backhand, and front hop

Hitting (Run 2-3 stations for 7-10 minutes each)

- Tips:
 - Feet wider than shoulders in athletic position
 - Hands → knocking knuckles lined up
 - Bat → bat on shoulder and then lift it up 4 inches at a 45 degree angle
- Drills:
 - Hit off tee
 - Front toss wiffle balls

Bunting

- Tips:
 - Extend arms out front and keep head behind
 - Bend knees
 - Square up to pitcher → slide front foot open

- Drop hand to thumb above barrel

Other Drills

- Star Drill
- Around the Horn
- Line Drill
- Relay Throw
- Hot Box