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| **Practice Plan #7** |
| 6:00 Warm up jog to fence and back, Dynamic stretching6:05 Warm up playing catch6:10 Set up 3 stations and divide team into 3 groups (and 3 coaches)Station 1* Batting practice off pitching machine

Station 2* Pop Flies Bare handed catching tennis balls (build the catch with two hands habit)
* Pop Flies Using gloves and regular softball (Make them go to the left and right)
* Over head softball (or sub a mini football) pass over right and left shoulder

Station 3* V-Drill Practice thrown ball and relay left and right
* V-Drill Practice ground balls from left and right
* V-Drill Work backhand and forehand fielding

6:30 Rotate groups* Group at station 1 goes to Station 2, Group at station 2 goes to station 3 and group at station 3 goes to station 1.

6:50 Water Break6:55 Rotate groups* Group at station 1 goes to Station 2, Group at station 2 goes to station 3 and group at station 3 goes to station 1.

7:15 Defensive Strategies Discussion/Demonstrations* Discuss who has priority on pop flies
* Discuss back up responsibilities

7:25 Team meeting7:30 Practice is over on time  |