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| **Practice Plan #7** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 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 Break  6:55 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 meeting  7:30 Practice is over on time |