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| **Practice Plan #14** |
| 6:00 Warm up jog to fence and back, Dynamic stretching6:05 Warm up playing catch6:10 Team discussion about goals for this practice. We will focus on sharpening the individual skills.6:15 Toss Circle6:25 V-Drill (ground balls)6:35 Down the Hill Drill6:45 Water Break6:50 Throwing Relay Race7:00 Star Drill7:10 Over the Head Ball Pass7:20 Base Running Relay Race7:25 Team Meeting7:30 Team Practice is over on time except for pitchers and catchersPitchers start working on Wrist Snaps while catchers get their equipment on.7:35 Pitchers work on K's* Catchers work on Blocking Drill

7:40 Pitchers Walk Through Drill* Catchers work on the Bunt Drill
* If we do not have as many catchers as pitchers, the parent will have to continue catching and we will rotate the catchers so they become familiar with the pitchers.

7:45 Distance Pitch Drill* Catchers Developing a Strong Throw To Second Base

7:50 Regular pitching and catching.7:55 Pass ball drill8:00 Practice is over  |