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| **Practice Plan #14** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 Team discussion about goals for this practice. We will focus on sharpening the individual skills.  6:15 Toss Circle  6:25 V-Drill (ground balls)  6:35 Down the Hill Drill  6:45 Water Break  6:50 Throwing Relay Race  7:00 Star Drill  7:10 Over the Head Ball Pass  7:20 Base Running Relay Race  7:25 Team Meeting  7:30 Team Practice is over on time except for pitchers and catchers  Pitchers 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 drill  8:00 Practice is over |