

# MUD HENS 2018

Pre practice BP

May 24th 5:30 to 7:15

Activity

P11-AAA Town Hall  
+/- Time

105

Warm Ups

Jog the bases  
Ball Handling  
Toss and Shuffle Race

15 90

Review 1

Running the bases  
Home past 1st  
Home past 1st look and go  
Home to 2nd

15 75

WB

2 73

Skill Drill

Pitcher Chaos  
1-5 : 1-6-3 : 1-3

25 48

Rotation is 1 up

1 to 2 to 3 to 4 to 5 to 6 to 7 to 9 to 1

Skill Drill BP /Kid Fungos

1-3-4-5-6-9

Hit-Base Runner (2)

3-O and 6-D  
Kid hit off Tee with Runners  
5 Kid Pitch Kid Hit 2 bunts  
Coach pitch to finish

35 13

Conditiong

3 up 3 down

7 6

Pick up

Weekend Off  
BP Next Tuesday  
Game 5-30

3 3



TM