

Practice Planning

10 Stretch and form run

15 Throwing program

40-50 Individual groups

45-55 team defense

Individual Group Options

- daily def

 - *infield- glove work, dry ball exchange

 - *outfield- fly ball exchange, ground ball exchange, drop step

 - *catching- receiving, dry ball blocking, exchange to 2b,3b

- coach reps (use this to focus on specific skills within the position)

- steals, sprints

- hitting group (if space allows create multiple hitting groups)

- tee hitting

- whiffles

- flat ground pitching work

Team Defense Options

- cuts and relays

- run downs

- controlled scrimmage

- steals, holding runners

- bunt defense

- first and third defense

- bunt scrimmage

- pop up priority

- live hitting scrimmage

- mass fungo (if you don't have 4 fungo guys move players into 3 positions)

 - round 1 5-4, 6-3, 4-f, 3-f

 - round 2 5-3, 6-f, 4-6, 3-f

 - round 3 5-f, 6-4, 4-3, 3-f

 - round 4 5-f, 6-f, 4-f, 3-6

 - finish with a round of slow rollers and infield in play at 4

- Pro style BP (return balls to buckets in foul ground near 1st and 3rd)

 - live

 - base running reads off the bat

 - live off the bat

 - fungo

