



## **Sample Practice**

### **1 HR 35 Minutes**

#### Equipment:

- Batting Tees (2)
- 6 Bases and 2 home plates
- Bats
- Helmets
- Balls (Hard and soft, if needed)

#### **10 Minutes**

##### Run and Stretch

- Form Running (high knees, cross over's, shuffles, etc)
- Circle up and stretch legs and arms
- Relay races

#### **10 Minutes**

##### Situational Running

- Runners on 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>
- Say number of outs and roll groundball or throw pop up (to coach) and let
- Pop-ups stay until they hit the ground, groundball run on contact with the ground

#### **15 Minutes**

##### Water Break

#### **15 Minutes**

##### Throwing Progression and working on catching with two hands

- Two feet set facing partners (check grips and circle of arm again)
- Standing-right, left, throw (for righties) to each other-Stretch to 60 feet
- 4 Corner Drill
  - 2-3 squares going
  - Short distance then extend to 45-60 feet along base paths

#### **5 Minutes**

##### Water Break

#### **10 Minutes**

##### Base running-Sliding (teach players not to be afraid of sliding)

- Controlled fall into a figure-4 position with the legs
- Start with just falling, then walking into slide, then jog to run slide
- Do in outfield grass to avoid injury
- Player should land on backside and side of calf to catch self-hands and knees should never hit the ground

#### **20 Minutes**

##### Two 10-minute Stations-Split group in half

1. Hitting off live pitching or machine on infield
  - a. One batter and one on deck, rest of players on outside edge of infield
  - b. Ball bucket in shallow center-all balls go to bucket (no throws-in)
  - c. Limit number of swings to 5-7 per player
2. Fielding (in deep outfield) – Set up make-shift diamond
  - a. Set infield positions
  - b. Throw ground balls or pop-ups and have players react
    - i. Add extra players in as runners
    - ii. Call for balls
    - iii. Set up different situations

#### **10 Minutes**

##### Controlled Scrimmage with coach/machine pitch

- 3-4 players hitting, rest are fielders
- Start with 2-1 count to speed up game