

Practice Plan #1

6:00 Short team meeting

- Introductions
- Season goals
- Individual goals

6:10 Warm up jog to fence and back, dynamic stretching* (this will take less time in the future as the players understand how it's done)

6:20 Wrist Snap Drill

6:25 Throwing Form Drill

6:30 Work on catching form

- Glove position Soft hands

6:35 Throwing Relay Race

- Do several races and after each race explain how they can improve. After first race, explain how a accurate throw is most important. After second race, explain how throwing to the glove side makes it easier for the next player.

6:50 Soft Toss Hitting (two coaches makes it twice as fast)

- Allow players to get a drink of water after batting, before returning to field.

7:00 V-Drill

7:15 Fly Ball Drill

7:25 Team meeting

- Have the players do some static stretching** while they listen to you giving a quick review of what was accomplished in practice When and where is the next practice Any special instructions for the next practice (example: wear long pants for sliding) What they can do on their own time to improve End on a positive note (example: I saw a lot of hustle, great job)

7:30 Practice is over on time

* Dynamic stretching should be done as a team after a warm up jog and prior to starting practice drills or before a game. This type of warming up activity is good for preparing the body for action. Put together five or six exercises that work all parts of the body, teach the athletes to do them properly and you can be assured that your players are going to be adequately prepared. A regular set of

exercises can get the heart going and be done in a relatively short and consistent period of time. This is important when it comes to keeping your practice plan on time and being ready at game time on time.

This type of warming up activity involves moving parts of your body and gradually increasing reach, speed of movement, or both. It consists of controlled leg and arm swings that gently take you to the limits of your range of motion.

****Static stretching should be done after a game or practice. Following a game or practice, you usually have a short team meeting. This is a good time to have the players stretch while they listen to you.**

1. Increase the Range of Movement

After a game or practice, your muscles are tighter. The length of the muscles and the tendons are increased by stretching. This will help in improve your range of your movement.

2. Injury Prevention

You can prevent injury to joints, tendons and muscles with stretching. When the muscles and tendons are stretched, they are considered in good working order. This will help in a faster muscle recovery and decreased soreness.

3. Reduce Muscle Tension

If the muscles are given their regular exercises and stretching, it is less likely that they will contract. This will reduce any muscle pain or problems.

4. Enhance Energy

Being able to move more will also give you more energy. Stretching will also help enhance your awareness, like knowing that you have a body that is capable of doing many things.