

Practice Plan #2

6:00 Warm up jog to fence and back, Dynamic stretching

6:10 Wrist Snap Drill

6:20 Throwing Form Drill

6:25 Work on catching form

- Glove position Soft hands

6:30 Throwing Relay Race

- Do several races and after each race explain how they can improve. This should become a friendly competition and you should see great skill improvement

6:40 V-Drill

6:50 Fly Ball Drill

7:00 Sliding Drills

7:15 Soft Toss

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

I'm sure that you have figured out that I am trying to cover a lot of basic individual skills. Everything is new to players at the youngest level. Take your time, be patient and the skills will improve. The next step is to teach some of the basic strategies. We will do that a little bit at a time in the next few weeks, however, our main focus will remain improving the individual skills