

## Practice Plan #3

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

6:05 Warm up playing catch

6:10 Play catch with bare hands and tennis ball (impossible to catch without using two hands)

6:20 Toss Drill

6:30 Charging Drill

6:40 Run Down Drill (Three person weave)

6:50 Water Break

6:55 Fly Balls (try using tennis balls and bare hands again to re-enforce using two hands)

7:05 Over the Head Ball Pass Drill

7:15 Practice leading off and stealing

7:25 Team meeting

- How practice went
- When and where the next practice is
- Any special instructions for the next practice
- What they can do on their own time to improve
- End on a positive note (example: I like the hustle I saw today, keep it up)

7:30 Practice is over on time