

Practice Plan #4

This practice will require five (5) coaches/parent volunteers and someone keeping time. Make sure you plan the personnel out ahead of time.

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

6:05 Warm up playing catch (always working on good form)

6:15 Run hitting circuit.

- One player on deck at each station and one player working that station. After six minutes are up, on deck player steps into that station while the player who just finished that station moves on to the next station and becomes that station's on deck player. If you have twelve players, each player will get thirty minutes of quality work.

Station 1

- 2 minutes of plastic bat & balls right hand only swing of knee
- 2 minutes left hand only
- 2 minutes both hands

Station 2

- 2 minutes off tee behind back, squish the bug
- 2 minutes off tee slow easy perfect compact swings
- 2 minutes off tee full speed compact swings

Station 3

- 2 or 4 minutes soft toss into net or fence (if no problem, only 2 minutes)
- 2 to 4 minutes soft toss broom stick and wiffle golf balls

Station 4

- 2 minutes bunt straight
- 2 minutes bunt 1st base line
- 2 minutes bunt 3rd base line

Station 5

- 2 minutes bunting, pitching machine or live pitching
- 4 minutes hitting, pitching machine or live pitching

7:30 Practice is over on time