

Practice Plan #7

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

6:05 Warm up playing catch

6:10 Set up 3 stations and divide team into 3 groups (and 3 coaches)

Station 1

- Batting practice off pitching machine

Station 2

- Pop Flies Bare handed catching tennis balls (build the catch with two hands habit)
- Pop Flies Using gloves and regular softball (Make them go to the left and right)
- Over head softball (or sub a mini football) pass over right and left shoulder

Station 3

- V-Drill Practice thrown ball and relay left and right
- V-Drill Practice ground balls from left and right
- V-Drill Work backhand and forehand fielding

6:30 Rotate groups

- Group at station 1 goes to Station 2, Group at station 2 goes to station 3 and group at station 3 goes to station 1.

6:50 Water Break

6:55 Rotate groups

- Group at station 1 goes to Station 2, Group at station 2 goes to station 3 and group at station 3 goes to station 1.

7:15 Defensive Strategies Discussion/Demonstrations

- Discuss who has priority on pop flies
- Discuss back up responsibilities

7:25 Team meeting

7:30 Practice is over on time