

Practice Plan #9

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

6:05 Warm up playing catch

6:15 Station Drills

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

- Infield practice

6:40 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.

7:00 Water Break

7:05 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.

7:25 Team meeting

7:30 Practice is over on time for everyone except pitchers and catchers.

Pitchers start working on Wrist Snaps while catchers get their equipment on.

7:35 Pitchers work on K's

- Catchers work on Blocking Drill

7:40 Pitchers Walk Through Drill

- Catchers work on the Bunt Drill
- Up until now, the pitchers parents have been catching for the pitchers. If we do not have as many catchers as pitchers, the parent will have to continue catching and we will rotate the catchers so they become familiar with the pitchers.

7:45 Distance Pitch Drill

- Catchers Developing A Strong Throw To Second Base

7:50 Regular pitching and catching.

7:55 Pass ball drill

8:00 Practice is over