

Practice 5 Wednesday September 11th

Warm-up (10)

- ◆ Stretch w/ bat
 - Lower body – quads, calves, thighs, abs, core body,
 - Upper body – chest, shoulders, back
 - Sprints & sit ups & leg lifts
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Hitting Work Outs (4) 10 Min. Each - (1 hour):

- ◆ SIGNS
- ◆ Bunting & Plate Position

Group # 4 rotates into hitting last – See P&C work
Group #3 rotates into P&C Next

- 1) Tee – Back Shoulder Hold 1 (turn), 2 (strike), 10 each (T)
- 2) Tee, work out, rapid, 20 each (Turn, Step & Strike) (?)
- 3) Soft toss, bunts (proper), 10 pitches
- 4) Batting cage – 3 bunts, 5 pitches

4 Coaches needed – groups are in the hitting position first, not in the same group – finish together

Pitchers & Catchers work out last

Defense – (1 hour).

Group #4 – Pitchers and Catchers – work out – move into Hitting

Group #3 – Move to Pitchers and Catchers when group 4 moves.

Group #1 & Group #2 work into infield warm up – while hitters and pitchers & catchers are finishing.

- **Grounder warm up - pull chin “Ball” - plays at 1st base**
- **Infield grounders Positions - play’s at 1st base**
- **Work in Pitchers and Catchers**

Defense Play Practice Plan :

Bunt rotation

1-3 split plays

Throw down to third rotation and call.

Batting Station Teams

#1 - Kylee M., Hannah, Molly

#2 – Kylee T., Amanda, Joelle, Nicole

#3 – Riley, Emily B, Kortney

#4 – Jamie, Brooke, Emily S.