



Practice Plan #4

1. Warm up, Stretch & Small Jog – 7 min

2. Throwing – 10 Min
 - a. Start on knee, Arm high 90 degree, backward “C” throwing,
 - b. Move to standing: Two Hands – catch, turn hand back and throw
 - c. Small line relay drill – glove side turns

3. Defense 45 min
 - a. 15 Min - Two stations – coaches throwing the ball vs hitting
 - i. #1
 1. Grounders
 - ii. #2
 1. Pop flies
 - b. 15 Min - Move ½ the group to outfield / infield pop flies with relay and glove side turn – (Coach – hitting, throwing or rolling balls depending on grouping and skill level)
 - c. 15 Min - Move other half group to base running,
 - i. base stance and bag approach
 - ii. Running through 1stB - everyone
 - iii. Do both rounding and also sticking on bag, 2B to 3B.

Switch groups @ 15 min mark

Scrimmage – for remaining part of practice