



## JGSA Dragon Skills Nights – Fall 2018

**Purpose:** To provide quality skills instruction and repetition in an efficient, fast paced, drill dominated, open practice format

**Who can attend:** All JGSA Dragon Select players aged 9U – 14U

**When:** Fridays 5:30p – 7:00p on Jensen 4

**Start Date:** Friday August 17<sup>h</sup> – occurs every Friday, unless otherwise communicated

**Description:** These skills nights will be led by Eric Peterson and PJ Horton, and will include other coaches and assistant coaches from the Dragon Select program. These nights are intended to provide an additional opportunity for any Dragon Select player in 9U – 14U, who would like to get additional work on a variety of skills. Each week will have a unique and focused theme for that week's Dragon Skills Night. The practice will be designed around providing efficient, high rep drills for all participants. The skills nights will start with a plan of 10-20 players in attendance, and will be adjusted/changed based on number of attendees, in an effort to maintain a quality and efficient practice.

Sample Focused Themes (these are just a sample of the various themes that may be focused on at Dragon Skills night):

- 1) Small Ball – bunting and baserunning
- 2) Hitting Stations
- 3) Defensive Footwork/Glove work (Infield)
- 4) Defensive Footwork/Glove work (Outfield)
- 5) Situational infield
- 6) Situational outfield
- 7) Baserunning Basics – leads, running form, etc
- 8) Advanced Baserunning – stealing, delay stealing (what keys to read), various slides, rounding with intention of taking next base, etc)

Note: Players need to arrive by 5:30p, and be dressed and ready to start warmups promptly at 5:40pm