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| **Practice Plan #8** |
| 6:00 Warm up jog to fence and back, Dynamic stretching6:05 Warm up playing catch6:10 Set up 3 stations and divide team into 3 groups (and 3 coaches)Station 1* Batting practice off pitching machine

Station 2* Infield Practice

Station 3* 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 pass (or sub a mini football) over right and left shoulder

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 Break6:55 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 Throwing Relay Race7:20 Base Running Relay Race7:25 Team Meeting7:30 Practice is over on time  |