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| **Practice Plan #8** |
| 6:00 Warm up jog to fence and back, Dynamic stretching  6:05 Warm up playing catch  6:10 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 Break  6:55 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 Race  7:20 Base Running Relay Race  7:25 Team Meeting  7:30 Practice is over on time |