

## Day 2 Practice Plan:

6:30 – 6:35: Dynamic Warm Up

6:35 – 6:50: Intro to throwing progression. Playing Catch (as a team)

- As a team, lineup on foul lines. Have cones or spots for them to stand on. Start closely. As the entire group gets better. Partners in field of play, pick up cones/spots, 2 steps back. Progress until players cannot successfully get the ball to their partners. Start slowly progressing in closer. Explain when its necessary to work at close and far ranges.

6:50 – 7:20: Brief intro to swing progression. Spread out, 5 good dry cuts. Explain Hitting Stations.

- Explain why we hit from tees, take soft toss, etc. Explain what players should be doing while someone else is hitting. Explain how all players rush to help clean up after someone is done with their specific drill. Split players into three groups.
- Station 1: Tee work into net. League balls.
  - o 10 hits into net, pick the balls up. Rotate player. Keep rotating until 8 minutes is up.
- Station 2: Soft toss with wiffle balls into fence. May need demonstration here.
  - o 10 hits into fence, pick the balls up. Rotate player. Keep rotating until 8 minutes is up.
- Station 3: Live pitch with wiffle balls into open field. Extra players play defense.
  - o 10 hits into open field, pick the balls up. Rotate player. Keep rotating until 8 minutes is up.
- Each group gets one rotation through each station.

7:20 – 7:35: Rapid Ground Balls

- Split the group up into three even teams. Station one group at second base position, one group at short stop position, one group at third base position.
- One coach for each group, stand back by home plate. Each coach rolls a ground ball within arms reach of the initial position, player scoops up ground ball, and tosses over to first base. Net will be stationed there. As each group is throwing at the same time.
- Once the player has made the play, go to back of the line quickly, and next player is up. Continue until we run out of baseballs. Fast paced. Lots of reps.
- When we run out of baseballs, all players help pick up – and we will rotate positions.

7:35 – 7:45: (if light enough): Ground Ball Game

- Keep track of how many successful fielded ground balls and good throws make it into the net as an entire team from short stop. One full round – full bucket.
- Second time through, beat score. If they beat score, no conditioning, if they don't – fun activity for conditioning.

7:45: recap - breakdown

