

## Practice 10 - Plan (1:20 Hour)

### **:00 - :03 Introduction & Warmups**

### **:03 - :10 (7 Minutes) Rounding First**

Introduce the sign for rounding 1<sup>st</sup>. Set up plates along the 1&2 line and line up players along the 3/home line. Practice running through and rounding 1<sup>st</sup>.

### **:10 — :20 (10 Minutes) Run the Bases ADVANCED Relay**

Divide players into two teams. One team begins at home and the other team at second base. They run one at a time with a tennis ball or baseball as a baton. Set up cones ½ way between 1&2 and 3/home and as the runner approaches their respective team's cone, they throw to the next person in line. First team done wins.

### **:20 - :35 (15 Minutes) Bucket Throwing**

Line up buckets around the outfield and work on 2 step throwing routine with throws to home plate.

- Focus on throwing hard
- Thumb always towards ground on every throw

## **Break**

### **:40 — :50 (10 Minutes) Advanced Fly Ball Circle**

3 Stations players divided up equally between 3 coaches

Each player has a ball, throws to coach, runs to glove side, CALLS OUT, and tries to catch on the run.

### **:50 — 1:10 (20 Minutes) Hitting Stations**

### **1:10 — 1:20 King of the Diamond or Natti Ball If time allows**

## **Dismiss Conclusion**

Review what they learned

Remember to be good sports. We are respectful to our teammates and encourage them. Can you give me some examples of showing respect to our teammates and opponents?

Remind of next event (practice, game)