

Practice 11 - Plan (1:00 Hour)

5:30 — 5:33 Introduction

Welcome players

Review positions and bases

5:33 — 5:43 (10 Min) Base Running Advanced *New*

Players run through 1st, turn & look, take 2

5:43 — 6:00 (17 Min) Charge It *New*

Line up players at deep pitcher position. Position coach at Home Base with 2 players in catcher's gear. The goal of this drill is a quick bare hand throw to Home, from a stationary and running position.

Stage 1 – Stop and & Throw

Coach rolls a slow grounder to player who then must bare hand pick it up, stop and throw to Home. Coach catches the ball.

Stage 2 – Run & Throw

Coach rolls a slow grounder to player who must then bare hand pick it up and throw to Home without stopping.

Break

6:05 — 6:20 Fly Ball Circle

3 Stations players divided up equally between 3 coaches
Each player has a ball, throws to coach, runs to glove side and tries to catch on the run.

6:20 – 6:30 The Staggered Stance

Relaxed, ready and reset position overview. Bring glove leg forward a bit.

- Relaxed, hands on knees
- Ready – glove out front, shuffle up when pitcher throws the ball
- Reset – Turn around and go back to original position

6:30 — 6:40 King of the Diamond If time allows

Practice that 2 step throw from SS and 3rd

6:40— 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)