

## Practice 2 - Quick Plan (1 Hour)

### **:05 (5 Min) Introduction**

- Welcome players.
- Review names (players and coaches).
- Listen, Hustle & Have Fun

### **:05 — :15 (10 Min) Review Grip and Throwing**

- Players go to their buckets
- Grip ball with whole hand using fingertips.
- Demonstrate grip and throwing with opposite foot.
- INTRODUCE Power Leg and Glove Leg

### **:15 — :30 (15 Min) Team Throwing**

Players are broken into even teams. Players take turns throwing at the ball on the Tee. Each throw that knocks a ball off the Tee counts as an "out" for that team. Players are working toward three outs.

*Coaches monitor for grip and stepping with opposite foot.*

### **:30 — :45 (15 Min) Catching**

- Circle Time - Glove Overview, Fly Ball Intro
- Catching Wheel Introduction, #1, #2, #3, #4 (No ball)
- Catching Stations (3 -4 Players), Coaches kneel and throw to catching wheel

## **Break**

### **:45 — :50 (5 Min) Position Fitness**

- Discuss outfield positions and infield positions.
- Talk about playing games and staying in spots

### **:50 — 1:00 (10 Min) Swing and Run**

- Players start at home plate
- After they swing they advance to first base and so on
- Players continue to advance to next base as others swing and run

## **Conclusion**

- Review what they learned.
- Rebounding from mistakes (Mistake Ritual)
  - On this team it's okay to make a mistake. If we fear mistakes we won't try our hardest. Remember to just keep hustling and working hard, no matter what!
- Remind of next event (practice, game).