

Practice Plan:

HUSTLE HUSTLE HUSTLE

5 - 5:10: Dynamic Warm Up

5:10 – 5:20: Throwing progression (as a team).

5:30-6:00 – Hitting stations – Divide team into 3 even groups. Roughly 9 minutes per station and allows for a minute to rotate stations at the end of each. Stations are as follows:

- 1- Live batting practice from coach on field. 1 batter hitting, one on deck and the rest fielding hit balls. Work on tracking the ball through the finish of the swing, timing, and directional hitting.
- 2- Bownet station (outside field) – Tee work should be done here while the coach focuses on the swing mechanics.
- 3- Bunt station/Bownet station2 (outside field) – A coach will throw front toss to a hitter working on bunt mechanics and focusing on bunting down the third or first base line. You can also have a second bownet set up if there are enough players and coaches. This station can be used for soft toss, working on swing plane and timing.

6:00-6:30: Defensive Drills – There are countless defensive drills that can be done during a practice. This gives a few examples and how to organize the practice time. You can also use this entire time to work on real game situations with the team. Ex. What to do with runners on certain bases, bunts, double plays, tag plays etc..

- 1- 6:00 – 6:10 Basic infield/outfield: Team is divided into an infield and outfield group

-Infielders will take ground balls hit by a coach and throws are made to a player first basemen. A focus should be made on footwork and taking momentum to first base.

-Outfielders will work on flyballs, AND balls hit on the ground and coming up throwing with a crow hop.

-Groups can switch after 5 minutes.

## 2- 6:10 – 6:20 Second base flip drill

- There will be a group of players playing second base and a group playing shortstop. A coach will hit a ball to SS and the 2B will cover the bag. Players involved in the play will swap sides after the play is complete to ensure they are working on both positions.
- Once comfortable switch to hitting the balls to the 2B and having the SS cover the bag.
- Focus here is to work on getting the lead runner out when a runner is on 1B and to potentially complete a double play. Work up to hitting the ball varying distances away from second base. If the fielder is very close to the bag they should just step on in, if they are close to mid-distance it's an underhand flip (player should call out flip to their partner), and if it's a further distance it should be an overhand throw to the chest.

## 3- 6:20 – 6:30 "Passing" drill/drop step drill

- This drill is focusing on a drop step and going back on a pop fly that is over the players head.
- Have the players line up near the throwing coach. One player gets in a ready position in front of the coach. On signal, the player will drop step and start running back in the indicated direction. The coach will throw a fly ball and lead the player similar to a football pass. The goal is to challenge the players and to get them to catch the ball while running. If the throw is short, they should break down under the ball and make the catch. Once the catch is made the ball is thrown into a coach to the side.

6:30 – Reflect, questions, breakdown