

### **3/7/23 Orioles Practice (6:30-7:45, Quinney A)**

- 6:30-6:40 Intros
- 6:40-6:45 Dynamic Warmups
- 6:45-6:50 Glove Work
- 6:50-7:00 Partner Throwing/Long Toss
- 7:00-7:25 Stations-8 mins each station (Group 1 goes 1-3, Group 2 goes to join station 3 when done)
  - Group 1: Toby, Korbin, Dylan
  - Group 2: Jackson, Abram, Nick, Landon
  - Group 3: Carsyn, Hunter, Christian
  - Station 1: Infield Flips (2nd base/SS)
    - Rollers to 2nd or SS, other guy covers base
      - Working on flips
      - Working on timing of getting to the base, to time out a throw to 1st
  - Station 2: 1B Footwork (group stays here longer)
    - Stetch to throw
    - Throws in dirt
  - Station 3: Outfield
    - Drop step, ball under arm, track ball, glove up on-time, not early
- 7:25-7:45 Pitching/Catching
  - Catching 1st: Jackson, Toby, Abram
  - Catching 2nd: Korbin, Nick, Hunter