Indoor Practice #2-Practice Plan 6:00 – 7:30

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| 5:50-6:00 | Introduction |  |
| 6:00-6:10 | Warm Up | **Warm up Drills**  Casual Jog - 2 laps around gym   1. 1. Lines - Jog/ Around Cone, Jog (x2 per side)   3. Jog, Around Cone, Back Peddle (x2 total)  4. Shuffle, Around Cone, Shuffle (x2 total)  5. Carioca, Around Cone, Carioca (x2 total)  6. Walking Lunge With Twist (x1)  7. High Knees, Around Cone, Butt Kicks@ 50% (x1)  8. High Knees, Around Cone,Butt Kicks@ 100% (xl)  **GET PLAYERS SPREAD OUT IN LINES**  9. Trunk Rotations  10. Trunk Circles  11. Overhead Reaches  12. Arm Circles (Palms Up - Forward & Backward)  13. Arm Circles (Palms Down - Forward & Backward)  14. Arm Cross-overs (Shoulder Height) |
| 6:10-6:25 | Throwing  - Start with wrist tosses 15x each  - Feet planted 15x each  - Full Throw to gym width throws 20x each |  |
| 6:25-  6:35 | - Bare hand grounders 10 each  - Glove grounders  - 10x straight  - 10x forehand  - 10x backhand |  |
| 6:35- 6:36 | Water |  |
| 6:36-6:50 | INFIELD   * Balls hit to fielders at all positions 1x each then rotate * 3x to each person then switch bases * Throw to first |  |
| 6:50-  7:10 | INFIELD and running   * 3 ball drill * Set out three balls * Runner starts at home and ties to run all bases * Player at home goes to three balls, throws first to 1b, second to 2b and 3rd to 3b before runner scores * Alternate players and teams |  |
| 7:10-  7:20 | BASERUNNING  Players on each base   * Stop/go on coach directions * Rotate players after 2-3 reps |  |
| 7:20-7:30 | Clean up equipment and final meeting. |  |