Indoor Practice #5-Practice Plan 7:00 – 8:30

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| 6:30-6:35 | Introduction | Hacky and Soccer warmup |
| 0 - 15 | Warm Up | **Warm up Drills**Casual Jog - 2 laps around gym1. Lines - Jog/ Around Cone, Jog (x2 per side)

Jog, Around Cone, Back Peddle (x2 total)Shuffle, Around Cone, Shuffle (x2 total)Carioca, Around Cone, Carioca (x2 total)Slow High Knees x1Lunge with Elbow turnHigh Knees, Around Cone, Butt Kicks@ 50% (x1)High Knees, Around Cone,Butt Kicks@ 100% (xl)3 Down 2 back - 3 down 2 back?**GET PLAYERS SPREAD OUT IN CIRCLE**Lateral Rotations (10x each side work up to toes)Lateral Rotations with hip Twist (10x)Trunk Circles (Hands together Big circles above head touch toes 10x each side)Overhead Reaches (10x each side, reach over head side to side)Lateral Squats – side to side with holds (?)Tug-o-war (Link hands pull apart rotating hands at chin fw/bw 10x each way)Palm Presses (10x)Prayer (10x Up down in front rotate in front swim with elbows)Arm Circles (Palms Up - Forward & Backward) Increase size 10xArm Circles (Palms Down - Forward & Backward) 10 x Arm Cross-overs (Shoulder Height) Thumbs down alternate top hand 10x |
| 10 - 15 | Throw Drills | Finish * Set, Follow Through past knee
* Throw through the glove
* 5x no ball
* 10 times with ball against wall

Take Aways* Thumb to thigh Ball to Sky
* 10x

Rock & Fire* 10x

2 rocks then throw |
| 15 - 20 | Throwing | * Partner Throw
* Side start (20x)
* Step start (20x)
* Full Throw ¾ (15x)

Full Throw full (15x) |
|  | WATER |  |
| 20-30 | - Glove grounders - 10x straight- 10x forehand- 10x backhand |  |
| 30-50 | Infield | * Regular grounders to 1
* Regular grounders to home
* Regular grounders to 2nd then 1

Coverage* Discuss infield coverage
* Discuss outfield coverage

Discuss catcher coverage |
|  | WATER |  |
| 50-80 | PITCHING*
 | * Break out pitchers and catchers
* Warm up and get reps

Try Pucks |
| 50-80 | Infield* Bunt defence with live bunting
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| 80-85 | Pepper and glover pepper |  |
| 85-90 | Clean up equipment and final meeting. |  |