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

|  |  |  |
| --- | --- | --- |
| 6:50-7:00 | Introduction | Hacky and Soccer warmup |
| 0 - 10 | 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 DrillsFinish * 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 - 25 | Throwing* Partner Throw
* Side start (20x)
* Step start (20x)
* Full Throw ¾ (15x)
* Full Throw full (15x)
 |  |
|  | WATER |  |
| 25-35 | - Glove grounders - 10x straight- 10x forehand- 10x backhand |  |
| 35-45 | BASERUNNING* Hard to first and run through (2x)
* Hard to first and round hard then back (2x)
* Hard to first round and go to second (2x)
* Home to Third. (2x)
 |  |
|  | WATER |  |
| 45-60 | Throw behind runner* Runner on first
* Coach Pitch
* Runner takes leadoff
* Catcher throws behind
 | Line of runnersCatcher1st base |
| 60-80 | Third Strike Miss Practice* Line of batters at home
* Pitch comes in, batter swings, run to first.
* Stay on first, keep running bases as next batter comes up

Pepper PracticeGlove toss around the circle |  |
| 60-80 | Pitcher Practice* Warm up
* Work up to full pitches
 |  |
| 80-90 | Clean up equipment and final meeting. |  |