

Practice 1:

- 1) Rapid Throw: 6-10min
- 2) Line Throw Drill: 6-10min Line up balls at Short stop and throw to 1st
- 3) Lead Drill: 6-10min toss over players head on the run (Tennis Ball)
- 4) Goalie Drill: 5-10
- 5) Soft Fly Ball: 5-7 min Throw tennis ball into outfield

Practice 2:

- 1) Rapid Throw: 3-5
- 2) Short Batting Practice: 3 hits off tee
- 3) Circle Drill: 5-8 min, players make circle and throw grounders to anyone around circle
- 4) Line Master Drill: 6-10 min line up players next to each other with one in front as the line master
- 5) Scream Drill: 5-10 start with Tennis ball and work up to hard ball
- 6) Short stop or 3rd base knee drill: 5-10: kneel and try to throw to 1st.

Practice 3:

1A) Rapid Throw

- 1) Short Batting Practice, Off Tee
- 2) Kneel and throw from short to 1st 5-10min
- 3) Circle Drill : players throw grounders to anyone in circle
- 4) Base Running: 3-6 min
- 5) Short hop Drill 5-10min

Practice 4:

- 1) Rapid Throw
- 2) Coach hit to players around field, get one
- 3) Other Coach hits or works on fly balls
- 4) Relay from outfield to 2nd base. Split squad, left and right. Coach drops ball and player races to ball and throws to cut to 2nd base
- 5) Scream Drill

Practice 5:

- 1) Rapid Throw
- 2) Coach pitch, with Catcher
- 3) One coach help kids on deck hit into fence

Practice 6:

- 1) Rapid Throw
- 2) Coach pitch with 3 teams of 4 Play 6 outs
- 3) Fly Balls, Fly Balls and more Fly balls

Practice 7:

- 1) Rapid Throw
- 2) Small group go for pitching tryouts
- 3) Hard Grounders by bat from coach
- 4) Fly Balls
- 5) Work on getting ball into second with Man On 1st