

1. Cone drill.
  - a. Set up 4 cones in a square. 50 feet apart from each other, sprint, shuffle, sprint, shuffle. During the running, keep the head up to find the ball and or your base coach and see what is going on around you, and during the shuffle, keeping your head up and your shoulders square.
2. Pop fly progressions.
  - a. Keeping the hands above the head. Using 2 hands to catch. Bring the catch into their chest and transfer the ball to the throwing hand.
3. Have them catch a beachball with their hands, a wiffle ball with their hands, and a soft ball ball with their glove.
4. Basic tee work.
  - a. Getting in your "same stance" every time you are ready to take a swing. Watching the ball hit the bat, and stepping to the pitcher.
    - *use a Ball with a number on it to keep head on the ball*
5. Basic live pitch practice from the coach
  - a. while working on the same mechanics as tee work and also learning to "drop the bat" and not throw it behind them and run to first base. Taking second, third and going all the way home will be incorporated once the players can grasp running to first.
6. Ready. Break. Throw.

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Practice 1 hr - 1:15

- Team stretch have a different player run stretch each practice
- Run a lap around the outside on infield as a team
- If possible Break up into 2-3 groups
  - throwing drills
  - Batting drills
  - Fielding drills
  - Base running drills
  - catching drills
- end practice with a competition drill or relay race