

PRACTICE PLAN # 1

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Team Bonding 2 Establishing warm-up routine, practice routines, and behavioral expectations	3 Fundamental skills assessment 4 Teach overhand throw mechanics	5 Teach the ready position, ground ball, and fly ball fielding technique		

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 15 minutes

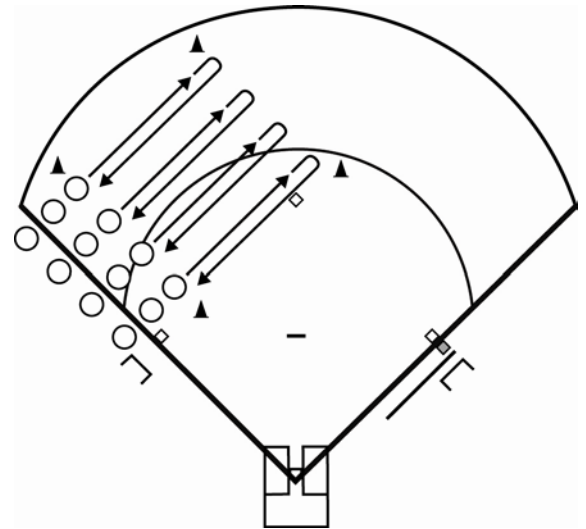
Equipment: Cones

Objective(s) of Drill:

- Warm-up the body

Drill Description: See Appendix B for full descriptions of each movement

- Divide players up into 4 groups of 3 and line them up along one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line up to the cone and back.
- Players will complete 8-10 of the following exercises selected by the coach:
 - Jumping Jacks
 - Horizontal Arm Swing or "Self-Hug"
 - Shoulder Rotation
 - Horizontal Elbow Swing
 - Bent Over Swing
 - Iron Cross
 - Scorpion
 - Inchworm
 - Cowboys Squats
 - Backward Moving Toe Touch
 - Side Lunge
 - Lunge and Twist
 - Deep Lunge and Reach
 - High Knees
 - Butt Kicks



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: TEAM TAG

Time: 5 minutes

Equipment: Base or cones, Helmets

Objective(s) of Drill:

- To warm-up
- To learn teammates names

Drill Description:

- Select 2 players as "it" who will wear helmets.
- Using the infield with the basepaths as the boundary, play a game of tag. Players who are "it", must call the name of the player they are tagging before they tag them.
- Players who are tagged must perform an exercise outside the playing area before continuing (i.e. 5 jumping jacks, 5 sit-ups, etc.).
- Switch "it" players so all players have a chance to be "it".

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

