



## Majors Practice Plan 1

| Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                              |
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| 3-5<br>minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Team Talk</b> <ul style="list-style-type: none"> <li>● Game Plan for the day- Goals</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                              |
| 10<br>minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Warm Up</b> <ul style="list-style-type: none"> <li>● Butt kickers, high knees, karaoke, backwards run, forward run</li> <li>● Arm warm up- arm circles forward, backward, field goals, body twists, bent over twists</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                              |
| 30<br>minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <table border="0" style="width: 100%;"> <tr> <td style="width: 70%; vertical-align: top;"> <b>Station 1. Infield</b> <ul style="list-style-type: none"> <li>● 1, 2 ready (preparing for ball to be hit)</li> <li>● Roll ground balls with fielding triangle (feet w/ glove in front) (2x)</li> <li>● Ground balls with hop (2x)</li> <li>● Ground balls with hop to high elbows(2x)</li> <li>● Ground balls with throw (rest of time)</li> </ul> <b>Station 2. Outfield-</b> <ul style="list-style-type: none"> <li>● Quarterback drill (coach throwing)-baseball or tennis ball</li> <li>● Coming in on the ball</li> <li>● Going out on the ball</li> <li>● Throwing to left and right</li> </ul> <b>Station 3. Catching and Throwing</b> <ul style="list-style-type: none"> <li>● Throwing Progression- teach 4-seam grip</li> <li>● 4 seam backspin throwing (1 knee), rotational throwing, rock and throw, shuffle and throw (finish with parallel feet), quick hands.</li> <li>● Catching- Solid target center of chest, thumbs up</li> </ul> </td> <td style="width: 30%; vertical-align: top; padding-left: 10px;">           Rotate 10 Min<br/>           4 players<br/>           left Side of<br/>           Diamond<br/><br/><br/>           4 players<br/>           Right Field<br/><br/><br/>           4 players<br/>           left field         </td> </tr> </table> | <b>Station 1. Infield</b> <ul style="list-style-type: none"> <li>● 1, 2 ready (preparing for ball to be hit)</li> <li>● Roll ground balls with fielding triangle (feet w/ glove in front) (2x)</li> <li>● Ground balls with hop (2x)</li> <li>● Ground balls with hop to high elbows(2x)</li> <li>● Ground balls with throw (rest of time)</li> </ul> <b>Station 2. Outfield-</b> <ul style="list-style-type: none"> <li>● Quarterback drill (coach throwing)-baseball or tennis ball</li> <li>● Coming in on the ball</li> <li>● Going out on the ball</li> <li>● Throwing to left and right</li> </ul> <b>Station 3. Catching and Throwing</b> <ul style="list-style-type: none"> <li>● Throwing Progression- teach 4-seam grip</li> <li>● 4 seam backspin throwing (1 knee), rotational throwing, rock and throw, shuffle and throw (finish with parallel feet), quick hands.</li> <li>● Catching- Solid target center of chest, thumbs up</li> </ul> | Rotate 10 Min<br>4 players<br>left Side of<br>Diamond<br><br><br>4 players<br>Right Field<br><br><br>4 players<br>left field |
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|                               | <p><b>Station 3. Bunting and soft toss</b></p> <ul style="list-style-type: none"> <li>● Checklist: balance (skateboard), load, finish hips to center</li> <li>● Bunting Checklist: pivot feet, bat angle, hand placement</li> <li>● Soft Toss- over the line game- hitter tries to hit ball to warning track- other players try to stop ball from getting to track</li> <li>● Bunting to cones left and right</li> </ul> | Left Field |
| <p><b>3-5</b><br/>minutes</p> | <p><b>Team Talk-</b> Review- Positives-What to work on</p>                                                                                                                                                                                                                                                                                                                                                               |            |