Rookies Practice 1

Time	Activity	
3 minutes	**Team Talk** ● Goals, introductions, safety	
5 minutes	**Warm Up** ● Butt-kickers, high knees, side shuffles, run to cone and back ● Arms- Arm circles (fwd, back), field goals, hug yourself, body twists	
21 minutes	**Station 1. Infield** ● 1, 2, ready (preparing for ball to be hit) ● Roll ground balls with alligator triangle (feet w/ glove in front)(3x each) ● Ground balls w/ skateboard hop(3x each) ● Ground balls w/ skateboard hop, and hit first base **Station 2. Base Running** ● running to 1st ● rounding 1st ● rounding first and running to second ● Left Field grass- relay race **Station 3. Catching and Throwing** ● Throwing Progression- show C-grip ● 1) 4 seam backspin on knees 2) arm swing elbows up 3) step and throw w/ parallel feet ● Catching- windshield wiper (thumbs up)- good target at chest (tennis balls or baseballs depending on ability)	Rotate 7 Min 4 players left Side of Diamond 4 players right side of diamond then left field 4 players left field
30 minutes	**Station 1. Hitting**: ● Soft toss- balanced (skateboard) ● 5 pitches then switch ● Game- over the line (hitter tries to hit ball to gravel track) **Station 2. Hitting Mechanics Breakdown** ● Checklist: grip (pointer fingers to sky), balance (skateboard), hands together ● Tee Work- between the cones (points for between cones) 10 pitches **Station 3. Pitching Machine** ● 10 Pitches ● Other 3 players are shagging (have to pick up balls before next person hits) motivation to move quicker	Rotate 10 min 4 players Left Field 4 players Right Field 4 players left field
3-5 minutes	**Team Talk** ● What did we learn- hands when hitting, C grip, How many outs in an inning?	