



### Minors Practice Plan 1

Time	Activity						
3-5 minutes	<b>Team Talk</b> <ul style="list-style-type: none"> <li>Game Plan for the day- Goals</li> </ul>						
10 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 minutes	<table border="1"> <tr> <td> <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> </td> <td>           Rotate 10 Min            4 players            left Side of Diamond         </td> </tr> <tr> <td> <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> </td> <td>           4 players            Right Field         </td> </tr> <tr> <td> <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>           4 players            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>	Rotate 10 Min 4 players left Side of Diamond	<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>	4 players Right Field	<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>	4 players 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> minutes</p>	<p><b>Team Talk-</b> Review- Positives-What to work on</p>	