



Majors Practice 2

Time	Activity
3-5 minutes	Team Talk <ul style="list-style-type: none"> Game Plan for the day- Goals
10 minutes	Warm Up <ul style="list-style-type: none"> Butt kickers, high knees, karaoke, backwards run, forward run Arm warm up- arm circles forward, backward, field goals, body twists, bent over twists
30 minutes	<div style="display: flex; justify-content: space-between;"> <div style="width: 70%;"> <p>Station 1. Infield</p> <ul style="list-style-type: none"> 1, 2, ready (preparing for ball to be hit) Roll ground balls with fielding triangle (feet w/ glove in front) Ground balls with hop to high elbows Ground balls with throw <p>Station 2. Outfield-</p> <ul style="list-style-type: none"> Quarterback drill (coach throwing) Coming in, going out, left, and right 2 cone drill- coach throws 1st ball to left cone, 2nd ball to right cone. Tennis balls for players not ready for baseball. <div style="text-align: center;"> <p style="margin-left: 100px;">x (player)</p> <p style="margin-left: 100px;">coach</p> </div> </div> <div style="width: 25%; padding-left: 10px;"> <p>Rotate 10 Min 4 players left Side of diamond</p> <p>4 players right field</p> <p>4 players left field</p> </div> </div> <p>Station 3. Catching and Throwing</p> <ul style="list-style-type: none"> Throwing Progression - backspin throwing, rotational throwing, rock and throw, shuffle and throw, fake field and throw, Quick hands Catching- Solid target center of chest, thumbs up
30 minutes	<p>Station 1. Hitting:</p> <ul style="list-style-type: none"> Checklist: balance (skateboard), load, finish hips to center Bunting Checklist: pivot feet, bat angle, hand placement Soft Toss- over the line game- hitter tries to hit ball to warning track- other players try to stop ball from getting to track Bunting to cones left and right <p>Station 2. Live Hitting (other 3 are fielding)</p> <ul style="list-style-type: none"> 4 bunts- 2 left, 2 right

	<ul style="list-style-type: none"> • 10 swings- 5 game situation with runners <p>Station 3. Pitching</p> <ul style="list-style-type: none"> • Throw flatground on grass working on a solid finish (stepping toward target, glove into armpit, and parallel feet II, flat back) 4-seam grip with new pitchers. Use 4 seam, 2 seam, and changeup with pitchers that have thrown before. • Bullpen- Have pitchers throw 5 pitches and rotate-3 rounds- continuing to work on solid finish. 15-20 pitches total 	<p>Main Field</p> <p>Left Field</p>
<p>3-5 minutes</p>	<p>Team Talk- Review- Positives-What to work on</p>	