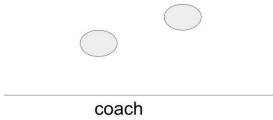


## Minors Practice 2

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>Dynamic Warm up (high knees, butt kickers, backwards run, forwards run)</li> <li>Arm warm up- arm circles forward, backward, field goals, body twists, bent over twists.</li> <li>Running through first base, rounding first base</li> </ul>
30 minutes	<div style="display: flex; justify-content: space-between;"> <div style="width: 70%;"> <p><b>Station 1. Infield</b></p> <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)</li> <li>Ground balls with hop to high elbows</li> <li>Ground balls with throw</li> </ul> <p><b>Station 2. Outfield-</b></p> <ul style="list-style-type: none"> <li>Quarterback drill (coach throwing)</li> <li>Throws for coming in on ball, going out, left, and right</li> <li>2 cone drill- coach throws 1st ball to left cone, 2nd ball to right cone. Tennis balls for players not ready for baseball.</li> </ul> <div style="text-align: center; margin: 10px 0;">  <p>coach</p> </div> <p><b>Station 3. Catching and Throwing</b></p> <ul style="list-style-type: none"> <li>Throwing Progression - backspin throwing, rotational throwing, rock and throw, shuffle and throw, fake field and throw, Quick hands</li> <li>Catching- Solid target center of chest, thumbs up</li> </ul> </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>
30 minutes	<div style="display: flex; justify-content: space-between;"> <div style="width: 70%;"> <p><b>Station 1. Hitting:</b></p> <ul style="list-style-type: none"> <li>Checklist: balance (skateboard), load, hips to 2nd base</li> <li>Bunting Checklist: pivot feet, bat angle, hand placement</li> <li>Tee Work- up the middle drill (points for between cones) 10 pitches</li> <li>Bunting to cones left and right</li> <li>5 pitches switch</li> </ul> <p><b>Station 2. Live Hitting (other 3 are shagging)</b></p> <ul style="list-style-type: none"> <li>4 bunts- 2 left, 2 right</li> <li>10 swings- 5 game situation with runners</li> </ul> </div> <div style="width: 25%; padding-left: 10px;"> <p>Rotate 10 min Right Field</p> <p>Main Field</p> </div> </div>

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