



Little League Coaches Handbook

Contents

- 1) Practice Outline
- 2) Practice Planner
- 3) Stretches
- 4) Throwing Routine
- 5) Pitching Drills
- 6) Catching Drills
- 7) Infield Drills
- 8) Outfield Drills
- 9) Drill Series
- 10) Practice Plans

Practice Outline

- 1) Practice Goals
- 2) Lap
- 3) Dynamic Stretch
- 4) Baserunning
- 5) Static Stretch
- 6) Throw
- 7) Defensive Team or Indy
- 8) Turtle on a fence post
- 9) Offensive Team or Indy
- 10) Conditioning
- 11) Scrimmage
- 12) Daily Reflection

Practice Planner

Event	Drill	Notes/Explanation
Pre-Practice	<ul style="list-style-type: none"> • Daily Dominator • Dump the bucket • 1 lap 	<ul style="list-style-type: none"> • Wide along fence
Dynamic Stretch	(Stretches Sheet)	<ul style="list-style-type: none"> • Get hot for baserunning
Baserunning	<ul style="list-style-type: none"> • Thru 1st (no D) • Thru 1st (w D) • Rounding 1st (no D) • Leads from 1st • Leads from 2nd • Leads from 3rd • Runners on (no D) • Runners on (no D) • Leads w/ pitcher from 1st • Leads w/ pitcher from 2nd • Leads w/ pitcher from 3rd • Dirt ball reads • Live w/ D (BE AGGRESSIVE) • Augustana (walk thru and live) 	<ul style="list-style-type: none"> • Thru 1st <ul style="list-style-type: none"> ◦ Hard out of box and thru base, break down check right • Rounding 1st <ul style="list-style-type: none"> ◦ Pick up coach, foot hits corner of bag, shuffle feet to slow down • Lead from 1st <ul style="list-style-type: none"> ◦ Left, right, shuffle, shuffle • Lead from 2nd <ul style="list-style-type: none"> ◦ Work backward and back into baseline (stay deep w/ 2 outs) • Lead from 3rd <ul style="list-style-type: none"> ◦ Creep (no lead) <p>*Feet stay moving when leading off</p>
Bunting	<ul style="list-style-type: none"> • Along fence • 4 corners • Scrimmage 	<ul style="list-style-type: none"> • Along fence <ul style="list-style-type: none"> ◦ Partners, one against fence, one throwing • 4 corners <ul style="list-style-type: none"> ◦ One bunter at each base, throwers at mound • Scrimmage <ul style="list-style-type: none"> ◦ Scrimmage setup, bunts only <p>*Lower half rotates like a normal swing, top hand slides up barrel, turn and show barrel to pitcher</p>
Static Stretch	(Stretches Sheet)	
Throwing Routine	(Throwing Routine Sheet)	
Defensive Team	<ul style="list-style-type: none"> • Drill Series (sheet) <ul style="list-style-type: none"> ◦ OF to bases ◦ GB w throws (1-3, 6-3, etc) • Bunt coverages • 1st and 3rd coverages • Run-downs • Situations 	<ul style="list-style-type: none"> • Tee-Double Play <ul style="list-style-type: none"> ◦ INF play positions, OF/C hit off tee and run, coach tells where to hit it ◦ Every play is DP

	<ul style="list-style-type: none"> ● Pre-game infield ● Circus (sheet/armband) ● Tee-Double Play Drill 	
Defensive Group	<ul style="list-style-type: none"> ● IF <ul style="list-style-type: none"> ○ DP, PFPs, Slow rollers ○ Circus ○ Cones ○ Ladders ● OF <ul style="list-style-type: none"> ○ Communication ○ FB from machine ○ Throws thru tee ○ Wall Balls ● Catchers <ul style="list-style-type: none"> ○ Partner feeds ○ Partner directional blocking ● Pitchers <ul style="list-style-type: none"> ○ Pickoffs ○ PFPs 	<ul style="list-style-type: none"> ● IF/OF sheets
Defensive Individual	<ul style="list-style-type: none"> ● IF <ul style="list-style-type: none"> ○ Triangle ○ Contact Freeze ○ Short Hops ○ One-Hand Glove Flips ○ Forehand/backhand ○ Rapid Fire ○ One step thru w/ follow ○ Three step approach ○ Five Step approach ● OF <ul style="list-style-type: none"> ○ Ground balls <ul style="list-style-type: none"> ■ Normal ■ Knee ■ Do-or Die ○ Crow hop ○ Fly ball position ○ Crow hop/throw ○ Soft pop flies ○ Turn/Run ○ Barehand Drill ○ Flyballs ● Catchers <ul style="list-style-type: none"> ○ Blocking ○ Throwing ○ Flyballs ● Pitchers <ul style="list-style-type: none"> ○ Bullpens ○ Pickoffs 	<ul style="list-style-type: none"> ● IF <ul style="list-style-type: none"> ○ Progression through fielding routine ← ● OF <ul style="list-style-type: none"> ○ Progression through fielding routine ← ● Catchers <ul style="list-style-type: none"> ○ Drill sheet ● Pitchers <ul style="list-style-type: none"> ○ Drill sheet
Bomber Batting Practice	<ul style="list-style-type: none"> ● Dead Live Hitting ● 4 swings, run on 4th ● D plays situation, runners run normal ● Play live ball 	

Hitting Stations	<ul style="list-style-type: none"> ● Tees ● Soft-toss ● Live ● Bunting ● Etc 	
Scrimmage	<ul style="list-style-type: none"> ● 7th inning, runner on 1st, no outs, tie game ● 7th inning, runner 2nd, no outs, tie game ● 7th inning, runner on 2nd, 1 out, tie game ● 6th and 7th inning, runner on 1st, 1 out, 1-1 count, tie game ● 6th and 7th inning, runner on 2nd, 1 out, 1-1 count, tie game ● 8th inning, runner on 3rd, 2 outs, 1-2 count ● Bunt scrimmage 	
Pre-game (Either during a "pre-game" practice or prior to a game)	<ul style="list-style-type: none"> ● 5 groups rotation ● Group 1 hitting at home <ul style="list-style-type: none"> ○ Live hitting (4-6 cuts) ○ On-deck ○ Post visualization ● Group 2 Running bases ● Group 3 infield ● Group 4 outfield ● Group 5 Cages <ul style="list-style-type: none"> ○ Live ○ Tee/Soft-toss work 	
Conditioning	<ul style="list-style-type: none"> ● Circuit <ul style="list-style-type: none"> ○ Alt 1 min sprint/movement ○ Poles x5 ○ x5 sprint/movement (squat-jumps/supermans/MT) ○ x3 squats/bicycles/line jumps (30 secs) arms up ● 4 corners ● Inning games <ul style="list-style-type: none"> ○ 3 x7 ○ 5 x5 	

BALLARD BASEBALL STRETCHES

1) One Lap

2) Dynamic Stretches:

- Walking knee up
- Walking heel up
- Forward lunge
- Backward lunge
- Tin soldier
- RDL
- Shuffle x2
- Bounds x2
- Broad jumps
- Short hops
- High knees
- Butt kicks
- Shuffle/sprint x2
- Sprint x 4

3) Static Stretches:

- Jacks x10
- Seal jacks x10
- Straight down x10
- Spread R L M x10
- Sitting- straight forward touch toes x10
- Spread R L M x10
- Hurdle stretch x10
- Groin stretch x10 (x2)
- Back- knee to chest x10
- Thrusters x10
- Squats x10
- Lunges R L x10
- Arm circles
- Arm swings
- Across chest
- Wings
- Goalposts
- Overhead
- Partner arms

Agility Ladder Drills

- 1 foot run
- 2 foot run
- Lateral run (2 foot in each hole)
- Cross country skier (hit each hole)
- Hop scotch (2 in/2 out- skip 1 box)
- Straddle hops (Each hole-board between feet)
- Jump Cuts (together side to side)
- Buzz saw (2 in/2 out across)
- Icky Shuffle (2 in/1 out across)

Infield Cone Drills

- Shuffle/throw/follow (3 cones in a line)
- Around the cone field (1 cone to start, step around second to receive ball)
- Around the cone throw (1 cone to start, move forward past second to throw to first)
- Shuffle with slow rollers

Outfield Cone Drills

- Sprint/Sprint/Sprint (Cones 20 yards about, long skinny diamond)
- Sprint/Shuffle/Sprint/Sprint (Cones 10 yards apart, in a diamond)
- Ball locations w/ throw

BALLARD THROWING ROUTINE

Time (mins)	Movement	Notes
1.5(1)	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck
1.5(1)	One Knee- T	20 feet; Forearm inside elbow
1.5(1)	Knees- Square to Partner	20 feet; (T)
1.5(1.25)	Standing- Square to Partner	30 feet; Be athletic
1.5(1.25)	Standing- Perpendicular to Partner (T)	30 feet
1.5(1.25)	Perpendicular- 1 Leg Follow Thru	50 feet
1.5(1.25)	Perpendicular- Rock Front/Back	50 feet
1.5(1)	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag
1.5(1)	1 Shuffle	70 feet; Positional Throw & Catch (IF/C/OF.)
2	On Your Own	90 feet/Long Toss
1.5(1.25)	Work back in	@10ft-quick catch, compete- consequence

Pitching

1. Balance
 - a. Strong base
2. Power T
 - a. Hand at ear
 - b. Frame Elbows
3. Step
 - a. Side Step
 - b. Plant
 - c. Finish
4. Drills
 - a. Arm Action
 - b. Arm Action to finish (snap)
 - c. Power Catapult
 - d. Balance Throws
 - e. Bullpen (5-10 Pitches)
 - f. Contest
 - i. Hit target (award points)
 - ii. Radar gun

Catching

1. Fielding Position
 - a. Feet shoulder width
 - b. On balls of feet
 - c. Butt suspended
2. Receiving
 - a. Hands
 - i. Glove hand (form a C)
 - ii. Opposite hand behind heel
 - b. Drills
 - i. Tennis Balls no glove
 - ii. Real ball with glove
3. Blocking
 - a. Work around ball
 - b. Glove between legs
 - c. Tennis Balls
 - i. Number and point
 - ii. Short hops
4. Throwing
 - a. Pop up and forward
 - b. Hand/ball to ear
 - c. Feet square to target
 - d. Quick
5. Contest
 - a. Blocking (throw ball-judge how they block-award points)
 - b. Throwing (pop and hit target-award points)
 - c. Pop time

Infield

1. Fielding Position
 - a. Feet Shoulder width
 - b. Butt up
 - c. Chest over thighs
 - d. Hands in front of hat
2. Triangle drill
 - a. Simulate without balls
 - b. Hands reaching to ball (receive out in front)
 - c. Elbow into shoulder pocket
3. Approach
 - a. Steps
 - b. Work around ball
 - c. Small steps at contact
 - d. Banana step
 - e. Right/left (left/right)
4. Footwork through throw
 - a. Step right/left
 - b. Forward
 - c. Pull ball out with elbow up to ear
 - d. Follow through to target
5. Slow rollers
 - a. Focus on Approach
6. Ground Balls
 - a. Contest
 - i. Ground balls with throw to target
 - ii. Time throws

Outfield

1. Fielding position
 - a. Feet Shoulder width
 - b. Glove at side
2. Ground Balls
 - a. Infield groundball
 - i. Chest over thighs
 - ii. Hands out in front
 - b. Down on a knee
 - i. Throwing knee down
 - ii. Pop up off front knee
 - c. Do or Die
 - i. Emphasize how to work up through ball
 - ii. Scoop
 - iii. Crow Hop
3. Fielding position for fly balls
4. Drills
 - a. Turn and run
 - b. Barehand Drill
 - c. Live Fly Balls
 - d. Contest
 - i. Flyballs with throw between tees (award points)
 - ii. Time through cone drills

DRILL SERIES 1

OF Throw from RF to 2nd
1-3, 4-3, 6-3, 2 Block Recover
OF Throw from CF to 3rd
3-6-1, 5-3, 4-6-3, 2 Pop up to Catcher
OF Throw from LF to 2nd
1-2 Squeeze, 5-3 Slow Roller, 6-4-3, 2-6 Missed Bunt

DRILL SERIES 2

OF Throw from RF to 3rd
1-6, 6-3, 5-3, 2-5
OF Throw from CF to Home
5-4-3, 6-3 slow roller, 4-6-3, 2 Pop up to Catcher
OF Throw from LF to 2nd
3-1, 4-3 Slow Roller, 6-4-3, 2-3 Back Pick

DRILL SERIES 3

OF Throw from RF to Home
1-5(bunt), 6-5-4, 2-3 (bunt)
OF Throw from CF to 3rd
6-2-3, 4-6-3, 1-2-3 (pitchout)
OF Throw from LF to Home
4-2-3, 3-6-1, 5-4, 2-6-3

Practice #1 Monday, April, 30
 "DUMP THE BUCKET"

-NIGHTHAWK FIELD

Time	Mins	Event	Notes/Explanation	Equipment
5:00: PM	6	PRE-PRACTICE		
	2	2 Laps	Wide along wall	
	4	Dynamic Stretch	Bodies hot for baserunning	
5:06: PM	11	BASERUNNING		
	3	Thru First no D		
	4	Thru First with D	Hit Ground Balls, beat it out	
	4	Rounding first no D	Read ball get thru 1st, get to second	
5:17: PM	2	TRANSITION/DRINK		
5:19: PM	4	STATIC STRETCH		
5:23: PM	13	THROWING ROUTINE		
	1	One Knee- Wrist Snaps	Ball in Glove, Gloveside 15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
5:36: PM	13	DEFENSIVE GROUP		
		Infield	Outfield	Ball Bucket/group
	1	2 knee blocking	Ground Balls- Infield, Knee, Do or Die	
	1	2 knee front hand/back hand	Fly Ball Position- Feet Under Ball, Glove by ear, 2 hands	
	1	Triangle	Crow Hop/ Throw	
	1	Contact Freeze	Soft Pop Flies	
	1	Short Hops	Directional turn and run, no glove	
	1	One-Hand Glove Flips		
	1	Forehand/Backhand		
	1	Rapid Fire		
	1	One Step thru w/ follow		
	2	Three Step Approach w/ follow		
	2	Five Step Approach w/ follow		
5:49: PM	2	TRANSITION/DRINK		
5:51: PM	2	PLAYER PERSPECTIVE-Tanner		
5:53: PM	5	TURTLE ON A FENCE POST	How did your get here? Tell us your story 1 min/player or coach	
5:58: PM	24	DEFENSIVE TEAM		
		Drill Series 1		
	4	OF Throw from RF	Alt. hit to OF, then IF	Baseballs, fungo
	4	1-3, 4-3, 6-3, 2 Block Recover	OF-FB in center when IF receiving	
	4	OF Throw from CF	IF-GB when OF receiving	
	4	3-6-1, 5-3, 4-6-3, 2 Pop up to Catcher		
	4	OF Throw from LF		
	4	1-2 Squeeze, 5-3 Slow Roller, 6-4-3, 2-6 Missed Bunt		
6:22: PM	14	DEFENSIVE GROUP		
		Infield	Outfield	
	14	Slow rollers, PFPs, DP	Flyballs, Wall Balls, Communication	
6:36: PM	5	CONDITIONING	Circuit- Alt 1min sprint/movement (Line Jumps, Bicycles) x4	
6:41: PM	15	SCRIMMAGE	7th inning, runner on 2nd 1 out	
6:56: PM	2	TRANSITION/DRINK		
6:58: PM	2	DAILY REFLECTION		
7:00: PM	1	PRACTICE MVP		
7:01: PM	5	ANNOUNCEMENTS	Bio Sheets, Contracts, Pictures-Fri	

Practice #5 Friday, May 4th

-Nighthawk Field-

"Flush It"

<u>Time</u>	<u>Mins</u>	<u>Event</u>	<u>Notes/Explanation</u>	<u>Equipment</u>
5:00: PM	30	PICTURES	SMILE!!!	
5:30: PM	12	PRE-PRACTICE		Baseballs
	2	Release	"Dump the Bucket"	
	2	1 Lap	Wide along fence	
	8	Dynamic Stretch	Bodies hot	
5:42: PM	7	STATIC STRETCH		
5:49: PM	13	THROWING ROUTINE	Ball in Glove, Gloveside	
	1	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
6:02: PM	1	TRANSITION/DRINK		
6:03: PM	5	TURTLE ON A FENCE POST	How did you get here? 1 min/player or coach	
6:08: PM	15	DEFENSIVE GROUP		
		Infield	Outfield	Pitchers
	15	Rapid Fire	Groundball progression	Nic E, Clay
		-4 hitters to IF positions	Turn and Runs	Nolan, Brooks
		-2 hitters w/ throws	Flyballs	
6:23: PM	10	CONDITIONING	3- 7 inning games	
6:33: PM	2	PLAYER PERSPECTIVE-Gannon		
6:35: PM	26	DEFENSIVE TEAM		
	8	Run downs	2 teams split between 1st and 3rd	
	8	Bunt coverages		
	10	Live situations	2 teams split, (w/ runners)	
7:01: PM	1	TRANSITION/DRINK		
7:02: PM	3	DAILY DOMINATOR	"Flush It"	
7:05: PM	12	SCRIMMAGE	8th inning, runners on 2nd and 3rd, 1 out, 1-1 count	
7:17: PM	2	DAILY REFLECTION	DD, Process Eval, Partners	
7:19: PM	1	PRACTICE MVP		
7:20: PM	5	ANNOUNCEMENTS	Bio Sheets, Contracts, Practice tomorrow (8am + clean-up)	

Practice #6 Saturday, May 6th

-Nighthawk Field-

<u>Time</u>	<u>Mins</u>	<u>Event</u>	<u>Notes/Explanation</u>	<u>Equipment</u>
8:00: AM	12	PRE-PRACTICE		
	2	Release	"Dump the Bucket"	Baseballs
	2	1 Lap	Wide along fence	
	8	Dynamic Stretch	Bodies hot	
8:12: AM	7	STATIC STRETCH		
8:19: AM	13	THROWING ROUTINE	Ball in Glove, Gloveside	
	1	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
8:32: AM	1	TRANSITION/DRINK		
8:33: AM	5	TURTLE ON A FENCE POST	How did you get here? 1 min/player or coach	
8:38: AM	3	DAILY DOMINATOR		
8:41: AM	1	PLAYER PERSPECTIVE-??		
8:42: AM	25	DEFENSIVE TEAM		
	10	1st and 3rds	IF at bases, OF run	
	15	Live situations	2 teams split, (w/ runners)	
9:07: AM	20	SCRIMMAGE	3 innings, no runners, no outs, 1-1 count	
9:27: AM	2	DAILY REFLECTION	DD, Process Eval, Partners	
9:29: AM	1	PRACTICE MVP		
9:30: AM	5	ANNOUNCEMENTS	Bio Sheets, Contracts, Field work, 5pm Monday	

Practice #9 Wednesday, May 9th

-Nighthawk Field-

"A.B.C."

<u>Time</u>	<u>Mins</u>	<u>Event</u>	<u>Notes/Explanation</u>	<u>Equipment</u>
4:00: PM	12	PRE-PRACTICE		
	2	Release	"Dump the Bucket"	Baseballs
	2	1 Lap	Wide along fence	
	8	Dynamic Stretch	Bodies hot	
4:12: PM	7	STATIC STRETCH		
4:19: PM	13	THROWING ROUTINE	Ball in Glove, Gloveside	
	1	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
4:32: PM	1	TRANSITION/DRINK		
4:33: PM	5	TURTLE ON A FENCE POST	How did you get here? 1 min/player or coach	
4:38: PM	15	DEFENSIVE TEAM		
		Drill Series 1		Pitchers
	2	OF Throw from RF	Alt. hit to OF, then IF	??
	3	1-3, 4-3, 6-3, 2 Block Recover	OF-FB in center when IF receiving	
	2	OF Throw from CF	IF-GB when OF receiving	
	3	3-6-1, 5-3, 4-6-3, 2 Pop up to Catcher		
	2	OF Throw from LF		
	3	1-2 Squeeze, 5-3 Slow Roller, 6-4-3, 2-6 Missed Bunt		
4:53: PM	12	DEFENSIVE TEAM		
	12	Tee-double play drill (OF/pitchers-hit)		
5:05: PM	5	DAILY DOMINATOR	"A.B.C."	
5:10: PM	15	DEFENSIVE TEAM		
		Drill Series 2		Pitchers
	2	OF Throw from RF to 3rd	Alt. hit to OF, then IF	??
	3	1-6, 6-3, 5-3, 2-5	OF-FB in center when IF receiving	
	2	OF Throw from CF to Home	IF-GB when OF receiving	
	3	5-4-3, 6-3 slow roller, 4-6-3, 2 Pop up to Catcher		
	2	OF Throw from LF to 2nd		
	3	3-1, 4-3 Slow Roller, 6-4-3, 2-3 Back Pick		
5:25: PM	1	TRANSITION/DRINK		
5:26: PM	15	CONDITIONING	7 bicycle seats(?) [Poles w/ straight sprint]	
5:41: PM	20	SCRIMMAGE	5th, 6th, 7th inning 1-1 count	
6:01: PM	5	ANNOUNCEMENTS	Bio Sheets, Contracts; Cancer Game, Nets	
6:06: PM	1	PRACTICE MVP		

Practice #13 Monday, May 14th

-Nighthawk Field-

"PRESSURE"

<u>Time</u>	<u>Mins</u>	<u>Event</u>	<u>Notes/Explanation</u>	<u>Equipment</u>
5:00: PM	12	PRE-PRACTICE		
	2	Release	"Dump the Bucket"	
	2	1 Lap	Wide along fence	
	8	Dynamic Stretch	Bodies hot for baserunning	
5:12: PM	8	BASERUNNING/BUNTING		
	8	Runners on 1st and 2nd w/ D	Single to OF, Runner on 2 scores Runner on 1st pushes to 3rd Hitter listens for "4" call then heads to 2nd Work to draw throw	Baseballs, fungo
5:20: PM	1	TRANSITION/DRINK		
5:21: PM	5	STATIC STRETCH		
5:26: PM	13	THROWING ROUTINE	Ball in Glove, Gloveside	
	1	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	Baseballs
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
5:39: PM	3	DAILY DOMINATOR	"Pressure"	
5:42: PM	12	DEFENSIVE TEAM		
	6	Live 1st and 3rds	w/ runners	
	6	Live Bunt Coverages	w/ runners	
5:54: PM	1	TRANSITION/DRINK		
5:55: PM	5	SET-UP FOR HITTING		
6:00: PM	45	3-WAY "LIVE" HITTING		
		Hitters in groups of 4		Turtle
		5 Stations		Screens
		1) 3-way pitchers	3 pitches each from L,C,R (all bats)	Mound
		2) Bunting (from machine)		Machine
		3) Shag (field position)		Mats
		4) GB/FB (deep outfield)		Baseballs
		5) Golf/wiffleballs (on field)		
6:45: PM	2	DAILY REFLECTION	DD, Process Eval, Partners	
6:47: PM	2	ANNOUNCEMENTS	Practice Schedule this week T: Field work 3:30-4:30 scrimmage 5-7 (5inn) W: Practice 4-5:30 Th: Field work 3:30-4:30 scrimmage 5-7 (5inn) F: Field work 3:30-4:30 practice -6:30 S: 8-7 scrimmage, field work after COLIN, SAM A, JETER, SAM P, MASON	

Practice #17 Monday, May 18th

-Nighthawk Field-

<u>Time</u>	<u>Mins</u>	<u>Event</u>	<u>Notes/Explanation</u>	<u>Equipment</u>
5:00: PM	12	PRE-PRACTICE		
	2	Release	"Dump the Bucket"	
	2	1 Lap	Wide along fence	
	8	Dynamic Stretch	Bodies hot for baserunning	
5:12: PM	1	TRANSITION/DRINK		
5:13: PM	5	STATIC STRETCH		
5:18: PM	13	THROWING ROUTINE	Ball in Glove, Gloveside	
	1	One Knee- Wrist Snaps	15 feet; 1-2-3 gooseneck	
	1	One Knee- T	20 feet; Forearm inside elbow	Baseballs
	1	Knees- Square to Partner	20 feet; (T)	
	1.25	Standing- Square to Partner	30 feet; Be athletic	
	1.25	Perpendicular- 1 Leg Follow Thru	50 feet	
	1	Perpendicular- Rock Front/Back	50 feet	
	1.5	2 or 3 Shuffle	70 feet; Receiver Cut/Double Play/Tag	
	1.5	1 Shuffle	70 feet; Positional Throw & Catch	
	2	On Your Own	90 feet	
	1.5	Work back in	@10ft-quick catch, compete- consequence	
5:31: PM	10	DEFENSIVE TEAM		
	10	Live Bunt Coverages	w/ runners	
5:41: PM	5	SET-UP FOR HITTING		
5:46: PM	45	BOMBER BATTING PRACTICE		Turtle
	5	Stations		Balls
	1)	Live (4,4,2,2)	4, 4(bunts), 2(2-0), 1(0-2)	Screens
	2)	Bunting (from machine)		Buckets
	3)	Cages (Tee, soft-toss)		
	4)	GB/FB (deep outfield)		
	5)	Shag (field position)		
6:31: PM	1	DAILY REFLECTION	DD, Process Eval, Partners	
6:32: PM	2	ANNOUNCEMENTS	Practice Schedule this week S: 8-? scrimmage, field work after <u>Contract:</u> COLIN, SAM A, JETER <u>Bio Sheet:</u> COLIN, SAM A, SPENCER, CODEY E, ZACH, GABE, SAM P HAIR/FACE	