



# FGYB Practice



- **5:15pm** - Batting Practice as kids arrive:
  - “T” into Pop up net. Form work... (knee to balance point then lead with heel to toe tap, heel exchange, hips fire, hands shoulder fire)
  - Bat across front hips working hip fire form... Bat over the plate when done correctly.
  - Bunt Station with tennis balls.
  - Small whiffle ball live pitch station
  - Standard size whiffle ball live pitch station
  - LIVE BP at the plate
- **6:30pm** - Warmup routine (be intentional about each move making you better)
  - Relay drill
- **6:50pm** - Pick Off Plays:
  - Second base:
    - 2-count Play - Coach calls from bucket with a touch to the hat while giving pitching signs to catcher.
    - Shortstop through Second base cover -

“Around the World...”

