



# FGYB

## Jr. Fed 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
- **5:40pm** - Form grounders & Fly Balls in partners: 20ea
  - Form (step right-left-filed, chest on knees hands out front)
  - Short hop (fingers in the dirt “down” and to the ball)
  - Backhand (fingers down early behind the ball and to the ball)
  - Forehand (head, shoulders, eyes down at ball level)
  - Fly Balls catching form (glove over chest and up to the ball, fingers pointing left “right hander”)
- **Team Meeting:**
  - Encouragement vs. Degrading talk.
    - “i’m gonna laugh if he strikes out...” Not acceptable!
    - No coaching from player to player. You will be benched!
    - Coach is the only one who will correct/coach players.
    - If you want to start and/or play for this team you have to earn it daily!
- **6:00pm** - Warmup routine (be intentional about each move making you better)
  - Include 4/3 man relay drill “hit your cut off”
- **6:15pm** - Outfield/Infield in two groups: “Focus on line to ball and hit your cut...”
  - Coach fungo’s a grounder to the close group he pops it home.
  - Then Coach fungo’s a fly ball to the outfield group he hits the relay man (close group) and relay’s home.
  - Switch groups when everyone has gone 2 times.
- **6:25pm** - Infield “Position Work” with pitchers rotating “Bullpen” workouts.
  - 20 Pitches each (10 Fastball “5-inside, 5 outside” 5 Change “hit a corner”  
“Jake & Che bullpen only...”)
- **6:55pm** - Infield/outfield with live baserunners (include pitcher “pickoff moves” A&B)
  - Coach hits fungo as pitcher delivers home.
    - Bunt “D”, 1st & 3rd “D”, Pickoff Moves, hot box, etc...
- **7:55pm** - Base running to end practice...