



# FGYB

## Jr. Fed Practice



- **5:10pm** - Form grounders with partner: “20 each per drill”
  - Standard (wide base, knees inside feet, butt down, hands out front, fingers of glove hand in the dirt, receive through the ball)
  - Short hop (receive down and through the ball)
  - Backhand (receive down and through the ball)
  - Forehand (shoulders low to get eyes close to glove level)
- **5:20pm** - Form grounders in group at SS: “AMRAP”
  - Coach rolls slow grounders as players attack the ball with wide base chest to knees, glove tip in the dirt - 2 big shuffles in power position to 1B)
    - Backhand (plant back foot 2 big shuffles in power position to 1B)
    - Slow roller
- **5:30pm** - Warmup routine (be intentional about each move making you better)
- **5:45pm** - 4 Man relay drill (1 line of 3)
  - Turn glove side “skateboard”, Fingertips up, Two hands, Step behind “relay”
- **5:55pm** - Drop step Fly Ball drill (2 coaches, 2 lines)
- **6:05pm** - Fly Ball in the gap drill (1 coach, 2 lines)
- **6:15pm** - Infield “Position Work” with pitchers rotating “Bullpen” workouts.
  - Jojo, Tyler, Holden, Che, Jake, Kaleb, Nico, Afton, etc...
    - 15 Fastball
    - 10 Changeup
    - 5 Curveball
- **6:55pm** - Infield/outfield with live baserunners (include pitcher & catcher-Bullpen con)
  - Coach hits fungo as pitcher in “bullpen” delivers home.
    - Bunt “D”, 1st & 3rd “D”, situations...
- **7:55pm** - Base running to end practice...