



## Practice Routine

- Early Bird Whiffle Ball Hitting - -30 to 0
- Dynamic Stretching and Jog – 0 - +7
  - Warm up lap
  - Side step Jumping Jacks
  - Knees up/butt kicks/Frankenstein steps
  - Walking butterfly
  - Greatest stretch ever
  - Grape vine twist
  - Spider Crawl
- Line Drills – +7 to +17
  - Receiving ball and throw
  - Ground ball & throw
  - Drop step right, run, catch and throw
  - Drop step left, receive and throw triple step
  - Base running routine
    - Secondary lead – back
    - Secondary lead - go
    - Sliding
  - Load exercise
- Catch Routine – +17 - +30
  - Knee big circle 10' – 10 reps
  - Elbow up hip rotation 20' – 10 reps
  - Crow hop 45' - 10 reps
  - Two step 60' – 10 reps
  - Long toss triple step 100' – receive glove side – 4 reps
  - Quick hands – 15' – 10 reps
  - Four corners –
- Skills and Drills - +30 - +60
- BP - +60 - +90
- Scrimmage; 3 outs; or Fungo +90 - +115
- Clean up and talk
  - Gloves in a pile until cleanup is finished;
  - All players will help pick up and move equipment to coaches truck
  - All trash must be picked up
  - Gloves returned and Coaches Good Job