

Practice Plan

Date:

2:30 Out of locker room

2:35 Setting up practice

2:40 Start Run-Stretch

2:50 Debrief/Agenda at bleachers

2:55 Baserunning (leads at 1B/2B/3B and 4 man drill)

3:10 Throw and Defensive Stations

3:30 PFP's

3:45 Hitting stations with base running station (GAME SPEED/LIKE)

4:05 Situations/Rundowns/pickoffs/double cuts

Remainder of time: 21/speed round hitting

END WITH BASERUNNING!