

BASIC PRACTICE

PRACTICE MEETING: Go over team goals and practice objectives

Team Stretch and short and long toss

Set up two Soft Toss stations

Two Tee stations

One Cage station - Coach pitched

Two Bunting stations

DRILL A: Ground balls left and right - Two coaches hit to infield

One hits to 1B and 2B and the other coach hits to 3B and SS. Ball is returned to the catcher of each coach

DRILL B: Outfield groundballs

DRILL C: Charging a bunt -1B and 3B

DRILL D: 3 Man relays in outfield.

Group 1: OF - SS - OF

Group 2: OF - 2B - OF

Infield and Outfield Practice - One round

Wrap up meeting and cool down

Drills A + B are done at the same time

Drills C + D are done at the same time