

***Coaches Team Practice Checklist***

Check gear

Tees, ball buckets, nets and bats

Check First Aid Kit

1. Meet and Assemble team together 5

Equipment ready

Discuss practice – drills for running, hitting and fielding

1. Warm up 5

Jogging, Stretching

1. Base Running 15

Review:

how to run to first on ground ball, rounding first and running from home to second

How to round bases

1. Hitting Drills

Tees and Nets 10

Coach: 10

Soft toss at home plate

Power hand

Walk up Power Hitting

Full Count

3-ball

5 Minute Break

1. Fielding Drills 20

(Hit to Players – Fungo bat, bucket of BB)

Infield outfield

Catch and Call

Double Play Flip

Full Team Relay

Footwork

Ground Ball Fielding

Around the Horn

Outfield Throwing

1. Team On the Field

Base Stealing – runner at first

Double Play

Beat the Runner

1. Wrap Up

Pep Talk (stay positive)

Collect gear