

## TEAM NAME

<b>Sample Practice 1</b>	<b>Activity Time</b>	<b>Total</b>
<b>Early Activity</b> - Pepper	5	5
<b>Stretches / Warmup</b> <ul style="list-style-type: none"><li>● Jumping Jacks</li><li>● Super Mario Jumps</li><li>● Side Skips</li><li>● Zombie Kicks</li></ul>	5	10
<b>Throwing Routine</b>	10	20
<b>Stations (5 min each)</b> <ol style="list-style-type: none"><li>1. <u>Grounders</u> (1 coach)<ol style="list-style-type: none"><li>a. One line, along the side</li><li>b. Kid catch</li></ol></li><li>2. <u>Pickle throwing</u> (1 coach)<ol style="list-style-type: none"><li>a. Along the baseline</li><li>b. Elbows up, run it through</li></ol></li><li>3. <u>Hitting</u> (2 coaches)<ol style="list-style-type: none"><li>a. Tee (baseballs into Net)</li><li>b. Soft Toss (heavy balls or wiffles)</li></ol></li></ol>	15	35
<b>Baserunning Drill</b> <ul style="list-style-type: none"><li>● Everyone takes a base</li><li>● Coach “pitches”</li><li>● Coach hits ball to outfield<ul style="list-style-type: none"><li>○ Players take a secondary lead<ul style="list-style-type: none"><li>■ Flyball = turn and look</li><li>■ Groundball = run</li></ul></li></ul></li><li>● Coach catches or drops<ul style="list-style-type: none"><li>○ Players respond (tag or run)</li></ul></li><li>● Alternate force runs or not</li></ul>	15	50
<b>Game</b> <ul style="list-style-type: none"><li>● “Rooster”</li></ul>	10	60