

3 Day Practice Plan

Day 1

Dynamic Warm Up

JBands

Throwing

15 feet from a knee

30 feet rotating the hips

Rhythm catch 50- 120 feet

Baserunning

- Home to 1B Ball pass, Ball stay, Turn,
- Home to 2B

Bunting

- Sac Bunt, knees, feet.

Defensive Groups

	1	2	3
P	Picks @ 1	1/4/6	Pick @ 3
C	Blocks	Relay 4	Throw to 3
1B	Pick @ 1	Relay 4	463
2B	46	1/4/6	463
3B	GB	Relay 4	Throw to 3
SS	64	1/4/6	463
OF	GB/FB	Relay 4	Do or Die

Hitting Controlled Scrimmage

1st- 0-0 no one on

2nd- 1-0 runner on 2nd

3rd- 1-1 runner on 1st

4th- 2-0 runner on 3rd

5th- 0-2 runner on 1st

6th- 0-0 runner on 1st and 2nd

Day 2

Dynamic Warm Up

JBands

Throwing

15 feet from a knee

30 feet rotating the hips

Rhythm catch 50- 120 feet

Baserunning

- 1B to 2B Strait, Delay, Catcher, Pitcher, XPlate
- 1B to 3B

Bunting

- Drag, Push
- Spin

Defensive

	1	2	3
P	Picks @ 2	Bunt	Pitch Out
C	Throw @ 1	Bunt	Pitch Out
1B	Throw @ 1	Bunt	643
2B	Picks @ 2	Relay 3	643
3B	Throw 3	Relay 3	GB
SS	Picks @ 2	Relay 3	643
OF	Throw 3	Relay 3	FB

Hitting Controlled Scrimmage

1st- 0-0 no one on

2nd- 1-0 runner on 2nd

3rd- 1-1 runner on 1st

4th- 2-0 runner on 3rd

5th- 0-2 runner on 1st

6th- 0-0 runner on 1st and 2nd

Day 3

Dynamic Warm Up

JBands

Throwing

15 feet from a knee

30 feet rotating the hips

Rhythm catch 50- 120 feet

Baserunning

- 2B to 3B pass ball, delay steal.
- 2B to Home Stay Go

Bunting

- Safety, Suicide Squeeze
- Spin

Defensive

	1	2	3
P	Cover 4	Bunt	GB
C	Cover 4/Throw 2	K 2-3	Receiving
1B	BG	K-2-3	543
2B	Throw 2	BG	543
3B	BG	Bunt	543
SS	Throw 2	Go 2	GB
OF	Ball in Gap	Go 2	Over Shoulder

Hitting Controlled Scrimmage

1st- 0-0 no one on

2nd- 1-0 runner on 2nd

3rd- 1-1 runner on 1st

4th- 2-0 runner on 3rd

5th- 0-2 runner on 1st

6th- 0-0 runner on 1st and 2nd