David Jaynes

Practice Plan

**Day 1**

Warm-up Stretch (15 min)

Bunting/ Throwing (30 minutes)

Bunting- Rightfield line

* Bunt from a knee paired up. 5 and switch. (5 minutes)
* Stand up bunt. 3rd and 1st line. 5 and switch. (5 minutes)
* Drag and Push. (5 minutes)

Throwing-

* 15 feet from a knee. (5 minutes)
* 30 feet rotating the hips. (5 minutes)
* Rhythm catch 50- 120 feet. (5 minutes)

3 team hitting

Live hitter

* 2 bunts
* 2 hit-n-runs
* 3 move him over
* 5 score him

Left Tee

* 5 no stride
* 5 outside
* 5 inside

Right Tee

* 5 no stride
* 5 curve balls
* 5 high

Runners-

1st base- Live runner that defense is trying to get out.

2nd base- Score, one look, timing, ball through.

3rd base- Tag, Squeeze, ball down, ball through

Defense- Playing the runner at 1st base live.

**Day 2**

Warm-up Stretch (15 min)

Bunting/ Throwing (30 minutes)

Bunting- Rightfield line

* Bunt from a knee paired up. 5 and switch. (5 minutes)
* Stand up bunt. 3rd and 1st line. 5 and switch. (5 minutes)
* Drag and Push. (5 minutes)

Throwing-

* 15 feet from a knee. (5 minutes)
* 30 feet rotating the hips. (5 minutes)
* Rhythm catch 50- 120 feet. (5 minutes)

Defense- (5 minute rounds)

Round 1

* OF- Individual Drills (Fly Balls)
* 2B/SS/3B- Individual drills
* P/C/1B- Bunts down 1B line

Round 2

* OF- Individual Drills (Ground Balls)
* 2B/SS/3B- Turns at 2nd
* P/C/1B- Bunts (Push Bunt)

Round 3

* OF- Individual drills (Over their head)
* 2B/SS/3B- Turns at 2nd
* P/C/1B- Pitcher covering 1b

Round 4

* OF- Individual drills (Do-or-die)
* 2B/SS/3B- Turns at 2nd for 3-6-1 DP
* P/C/1B- 3-6-1 DP

Round 5

* OF- Water
* 2B/SS/3B- Turns at 2nd for 1-4/6-3 DP
* P/C/1B- 1-4/6-3 DP

Round 6

* OF- Positions Playing Shallow ready for ball in the gap
* 2B/SS/3B- Turns 1-4/6-3 DP, goes to double cut ball in the gap
* P/C/1B- 1-4/6-3 DP, 1B throws the ball to the gap and a double cut to third base is executed.

3 team hitting

Live hitter

* 2 bunts
* 2 hit-n-runs
* 3 move him over
* 5 score him

Left Tee

* 5 no stride
* 5 outside
* 5 inside

Right Tee

* 5 no stride
* 5 curve balls
* 5 high

Runners-

1st base- Live runner that defense is trying to get out.

2nd base- Score, one look, timing, ball through.

3rd base- Tag, Squeeze, ball down, ball through

Defense- Playing the runner at 1st base live.

**Day 3**

Warm-up Stretch (15 min)

Bunting/ Throwing (30 minutes)

Bunting- Rightfield line

* Bunt from a knee paired up. 5 and switch. (5 minutes)
* Stand up bunt. 3rd and 1st line. 5 and switch. (5 minutes)
* Drag and Push. (5 minutes)

Throwing-

* 15 feet from a knee. (5 minutes)
* 30 feet rotating the hips. (5 minutes)
* Rhythm catch 50- 120 feet. (5 minutes)

3 team hitting

Live hitter

* 2 bunts
* 2 hit-n-runs
* 3 move him over
* 5 score him

Left Tee

* 5 no stride
* 5 outside
* 5 inside

Right Tee

* 5 no stride
* 5 curve balls
* 5 high

Runners-

1st base- Live runner that defense is trying to get out.

2nd base- Score, one look, timing, ball through.

3rd base- Tag, Squeeze, ball down, ball through

Defense- Playing the runner at 1st base live.

Defense- (5 minute rounds)

Round 1

* OF- Individual Drills (Fly Balls)
* 2B/SS/3B- Individual drills
* P/C/1B- Bunts down 1B line

Round 2

* OF- Individual Drills (Ground Balls)
* 2B/SS/3B- Turns at 2nd
* P/C/1B- Bunts (Push Bunt)

Round 3

* OF- Individual drills (Over their head)
* 2B/SS/3B- Turns at 2nd
* P/C/1B- Pitcher covering 1b

Round 4

* OF- Individual drills (Do-or-die)
* 2B/SS/3B- Turns at 2nd for 3-6-1 DP
* P/C/1B- 3-6-1 DP

Round 5

* OF- base running with helmet on.
* 2B/SS/3B- Runner on 2nd bunt
* P/C/1B- Runner on 2nd bunt

Round 6

* OF- Running bases with helmet on.
* 2B/SS/3B- 1B crash play, Runner on 2nd
* P/C/1B- 1B crash play, Runner on 2nd

**Day 4**

Warm-up Stretch (15 min)

Bunting/ Throwing (30 minutes)

Bunting- Rightfield line

* Bunt from a knee paired up. 5 and switch. (5 minutes)
* Stand up bunt. 3rd and 1st line. 5 and switch. (5 minutes)
* Drag and Push. (5 minutes)

Throwing-

* 15 feet from a knee. (5 minutes)
* 30 feet rotating the hips. (5 minutes)
* Rhythm catch 50- 120 feet. (5 minutes)

Scrimmage- By inning

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