



| <b>Time</b> | <b>Practice Element</b>  | <b>PRACTICE OUTLINE</b>  | <b>Coach Assignment</b>              |
|-------------|--|--|--------------------------------------|
| 0:05        | <b>Lower Body Dynamic W/U</b>  | <i>Jog-Backpedal / Shuffle / Carioca / High Knees-Butt Kicks 50%<br/>High Knees-Butt Kicks 100% / Fwd Skip w/arm circles / Bwd Skip w/arm circles / Sprints x2</i>   | <b>(constant practice component)</b> |
| 0:12        | <b>Station Work Handle the Ball (2-3 min stations, 30 sec to rotate)</b> | Break team into groups of 4-6 players and implement drills to get player's heart rates up while engaging them in practice early and handling the ball without throwing.<br>Examples: <a href="#">Agility drills</a> , <a href="#">ground ball form &amp; feet</a> , <a href="#">infield ladder drills</a> , <a href="#">random short hops</a> , baserunning, <a href="#">box drills with no throwing</a> | <b>(constant practice component)</b> |
| 0:03        | <b>Upper Body Dynamic W/U</b>  | <i>Trunk Rotations / Trunk Circles / Overhead Reaches</i>  | <b>(constant practice component)</b> |
| 0:05        | <b>Shoulder Prep</b>   | <i>Arm Circles Fwd &amp; Bwd (palms up) / Arm Circles Fwd &amp; Bwd (palms down)<br/>Lateral Arm Swings / Tug-o-War / Prayers / Goal Post Rotations<br/><a href="#">CLICK FOR VIDEO</a></i>  | <b>(constant practice component)</b> |
| 0:15        | <b>Throwing Progression</b>  | Have players work through their throwing progression by throwing into a screen or playing catch with a partner.  |                                      |
| 0:20        | <b>Station Work Offence &amp;/OR Defence</b>                             | Examples<br>INF: Glove work progressions, bucket drill<br>OF: Glove work, QB drills<br>HITTING: Tee work, hop-to-hit, Frisbee drill  | <b>Variable Component</b>            |