

**Practice Outcomes:**

1. Defensive fundamentals
2. Limited throwing
3. Develop bat control

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| --- | --- | --- | --- |
| Time | Practice Element | | **Coaches** |
| 5mins | Review previous game/practice Overview of upcoming practice plan and outcomes | |  |
| 10mins | Dynamic W/U and Activation  * *See “Babe Ruth Dynamic Warm Up” for details on sequence & movement patterns* | |  |
| 15mins | Arrival of all players – BP screens in foul territory*Check player binders – individual missions* | |  |
| 5mins | WATER BREAK | |  |
| 20mins | Throwing Progression – Max 100 feet with arc | |  |
| 5mins | WATER BREAK | |  |
| 30mins | Pitcher Fundamentals – Pick offs | |  |
| 30mins | INF Fundamentals – DBL play feeds | |  |
| 30mins | Catcher fundamentals – Throwing footwork to 2nd | |  |
| 30mins | OF Fundamentals – 1st Step reactions | |  |
| 5mins | WATER BREAK | |  |
| 50mins | On Field BP  * Group 1: Lefties * Group 2: * Group 3: * Group 4: | Stations  1. Hitting - Plate 2. Baserunning - Basepaths 3. Defense – In positions 4. Bunting – Rt field line |  |
| 15mins | Baserunning | |  |
| **15mins** | Cool Down and Stretch | |  |

Reminders:

* Next practice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_at \_\_:\_\_\_\_ – Warm up at \_\_:\_\_\_\_
* Early work at \_\_:\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Next game: \_\_\_\_\_\_\_\_\_\_\_\_\_\_at \_\_:\_\_\_\_ – Warm up at \_\_:\_\_\_\_
* E-mail me any conflicts with schedule

# Warm up and Cool Downs

General Info

* Not optional
* Before every practice and every game
* ALWAYS before throwing
* Don’t forget about the upper body
* Movement patterns are gradual replication of game demands
* Cool downs post event should be dynamic
* Static stretching during post event meetings

## General Warm Up – Game or practice

* One pole at a jog (game)

45 ft

90 ft

* Quarter back routes (practice)
* Ultimate baseball game (practice)

## Dynamic Warm Up – Game or practice

1. Jog – backpedal
2. Shuffle – shuffle
3. Carioca – carioca
4. Slow high knees
5. Straight leg kicks (Frankensteins)
6. Lunge with shoulder rotation
7. High knees 50% – butt kicks 50%
8. High knees 100% - butt kicks 100%
9. Forward skip w/fwd arm circles
10. Backward skip w/bwd arm circles
11. 90 foot sprint

\*\*Walk back and spread lines out\*\*

## Upper Body Warm Up – Game or practice

1. Trunk rotations
2. Truck circles
3. Overhead reaches
4. Arm circles - palms up (fwd & bwd)
5. Arm circles - palms down (fwd & bwd)
6. Lateral arm swings
7. High/low reaches
8. Tug-o-war shoulder rotations
9. Prayer shoulder rotations

# GAME

# PRACTICE

## Pre-Practice Sprint Work

1. Backpedal @ 70%
2. Backpedal @ 100%
3. 90 foot sprints with jumps off pitcher

## Throwing Progression

## Positional Fundamentals

## Pre-Game Hitting

## Play Catch

## Game Prep – fly balls/ground balls

## In & Out

## Pre-Game Sprints

1. Accelerated sprints x2
2. Secondary and sprint x2
3. Steal start sprints x2

## Cool Downs – Post-game or post-practice

1. (Tubing)
2. Groups of 3
   1. Jog from foul line to second base extended
   2. Slow jog!!
   3. 8 total lengths for each player
3. Static stretch during post event meeting