

Rookies Practice 2

Time	Activity		
3 minutes	Team Talk <ul style="list-style-type: none"> Goals, introductions, safety 		
5 minutes	Warm Up <ul style="list-style-type: none"> Butt-kickers, high knees, side shuffles, run to cone and back Arms- Arm circles (fwd, back), field goals, hug yourself, body twists 		
21 minutes	<table border="0" style="width: 100%;"> <tr> <td style="width: 70%; vertical-align: top;"> Station 1. Infield <ul style="list-style-type: none"> 1, 2, ready (preparing for ball to be hit) Roll ground balls with alligator triangle (feet w/ glove in front)(3x each) Ground balls w/ skateboard hop(3x each) Ground balls w/ skateboard hop, and throw to first base Station 2. Base Running <ul style="list-style-type: none"> running to 1st rounding 1st rounding first and running to second Left Field grass- relay race- time players seeing how long it takes for them to run to the cone and back, then next runner runs- stop timer when all 4 have run to cone and back Station 3. Catching and Throwing (3x each one) <ul style="list-style-type: none"> Throwing Progression- show C-grip 1) 4 seam backspin on knees 2) arm swing elbows up 3) step and throw w/ parallel feet ending 4) fake field ground ball and throw Catching- windshield wiper (thumbs up)- good target at chest (tennis balls or baseballs depending on ability) </td> <td style="width: 30%; vertical-align: top; padding-left: 10px;"> Rotate 7 Min 4 players left Side of Diamond 4 players right side of diamond then left field 4 players left field </td> </tr> </table>	Station 1. Infield <ul style="list-style-type: none"> 1, 2, ready (preparing for ball to be hit) Roll ground balls with alligator triangle (feet w/ glove in front)(3x each) Ground balls w/ skateboard hop(3x each) Ground balls w/ skateboard hop, and throw to first base Station 2. Base Running <ul style="list-style-type: none"> running to 1st rounding 1st rounding first and running to second Left Field grass- relay race- time players seeing how long it takes for them to run to the cone and back, then next runner runs- stop timer when all 4 have run to cone and back Station 3. Catching and Throwing (3x each one) <ul style="list-style-type: none"> Throwing Progression- show C-grip 1) 4 seam backspin on knees 2) arm swing elbows up 3) step and throw w/ parallel feet ending 4) fake field ground ball and throw Catching- windshield wiper (thumbs up)- good target at chest (tennis balls or baseballs depending on ability) 	Rotate 7 Min 4 players left Side of Diamond 4 players right side of diamond then left field 4 players left field
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3-5 minutes	Team Talk <ul style="list-style-type: none"> What did we learn- hands when hitting, C grip, how many outs 		

