

# WORK ON REPITITION

## PRACTICE OVERVIEW WEEK 4

The main component of practice 4 is to continue working on the drills and tips you have shown the team for the first 3 practices. These are the things that will continue to aid their development as young tball players. To keep things interesting, try some different activities for station work.

### **INTRODUCTIONS - 5-8 MINUTES**

Take attendance, go over any announcements for the team, and then cover the positives from the previous game.

### **DYNAMIC WARM UP - 5 MINUTES**

[Click HERE](#) for a great dynamic warm up you can use!

### **STATION WORK - 25 MINUTES**

Divide the team up into small groups and rotate to each station every 7-10 minutes. Keep it fun and the kids busy.

Station 1 - Bounce The Bucket

Station 2 - Partner Pick Up Drill

Station 3 - Batting Practice

See Drill Sheet for Instructions

### **DRINK/SPORTSMANSHIP VALUE**

As the players are getting a drink, gather them together and go over the sportsmanship value (attached in the email).

### **RUNNING ACTIVITY - 5 MINUTES**

Run to first and work on running through the bag. Next, have the kids run to first and round the bag and go to second. Emphasize the direction they are to run.