

3:00-3:15

Jog and Dynamic

3:15-3:30

Catch and Throw

3:30-3:35

Coaches Talk and explain defensive drills

3:40-4:00 *Pitchers will pitch during both defensive sessions*

Defensive Station #1

Louie-Middles (progress from last week drills in making short throws into bownets)

Lori-Pitchers (Their warm-up paired up with pitcher, work into long toss)

Kareem-Outfield (Progress from last weeks drills in making short throws into bownets)

Brad-Corners (Progress from last weeks drills in making short throws into bownets)

****No Catchers** (catchers go with other position during this time)

4:00-4:20 *Pitchers will pitch during both defensive sessions*

Defensive Station #2

Louie-Middles (progress from last week drills in making short throws into bownets)

Lori-Pitchers 20FB in, 20FB out, 20 change up snap from 25 ft, 20FB from 60 ft (QUICK PACE)

*****Focus on posture/spine angle AND effectiveness of pitch, lets miss in the right spot!**

Kareem-Outfield (progress from last week drills in making short throws into bownets)

Brad-Corners (progress from last week drills in making short throws into bownets)

****All Catchers with pitchers during this time, go to primary position during 1st defensive session**

Intermission/Break

4:30-5:30 Group split in half

Offensive Work (two 30 minute intervals, hitting/baserunning)

10-12 Stations

-3 PVC Pipe Drills

*Posted hands at back foot, hip thrust

*Shoulder tilt

*Full Swing

-Slow to contact point, pause, finish

-Hard to contact

-Hard to extension (If hand path is correct, end of barrel should be pointing through CF)

-Balance on back leg, stride, pause, full swing

-Get on plane, pause, swing

-Front toss

-Front toss

-Bunt (lax stick)

-Cuse Drill

Baserunning led by Bryan

- Home to 1st

- Leading off first

- Reads off first off batter

- Reads of first to fielders

- When we tag

- Reads off pitcher

5:30-6:00 Team Time

Coach's discretion