

3:00-3:15

Jog and Dynamic

3:15-3:30

Catch and Throw

3:30-3:35

Coaches Talk and explain defensive drills

3:40-4:10 *Primary Positions: no Pitching this week. P/C's working on other positions*

Defensive Station #1

Louie-Middles (progress from last week drills in making throws for force outs at 2nd and 3rd)

Kareem-Outfield (Progress from last weeks drills in making short throws to cuts)

Brad-Corners (Force out footwork, receive throws from coach from 20-25 ft)

4:10-4:40 *Secondary Positions*

Defensive Station #2

Louie-Middles (progress from last week drills in making throws for force outs at 2nd and 3rd)

Kareem-Outfield (Progress from last weeks drills in making short throws to cuts)

Brad-Corners (Force out footwork, receive throws from coach from 20-25 ft)

Intermission/Break

4:50-5:50 Group split in half

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

10-12 Stations

-3 PVC Pipe Drills

*Hip Thrust

*Shoulder tilt

*Full Swing

-2 Front toss stations, move L screens closer to divider net and make the front toss 10 or so, stress line drives, middle of field.

-Bunt station, sneaky bunts

-Rock the baby drill

-Babe Ruth Drill

-Bucket Drill

Batters Box Battle
