

Example 2 hour Practice Plan

	Cage 1	Cage 2	
Hour 1	5 Warm-up/Talk		
	10 2 cages, 3 stations per cage		
	15		
	20		
	25 Tee Station		Skill Focus Extension After Contact
	30		
	35 Soft toss Station		
	40		
	45 Short Screen Station		
	50		
	55 10-12 pitch rotations		
	60 Talk/Teach		

	Fielding Area	Pitching Area	
Hour 2	5 <u>Group 1</u>	<u>Group 2</u>	Split team into 2 groups Work with each group for 25 minutes
	10 Infield	Flat bullpen	
	15 Focus on foot-	sessions, work	
	20 work, fielding	on balance	
	25 through ball	point	
	30		
	35 <u>Group 2</u>	<u>Group 1</u>	
	40 Infield	Flat bullpen	
	45 Focus on foot-	sessions, work	
	50 work, fielding	on balance	
	55 through ball	point	
	60		

Post practice talk
Extension after contact
Fielding through the ball
Pitching balance point