

# Positions



## 1st Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

## 2nd Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

## 3rd Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

## 4th Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

## 5th Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

## 6th Inning

Catcher

Pitcher

1st

2nd

SS

3rd

Left

Center

Right

Bench

Bench

Bench

Available Pitchers:

# Batting Order



	Player Name	Player #
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____

# Practice Plan



**Schedule:**

**Description:**

- 5:15 - 5:30 Setup/Pre-Practice As players arrive, pair up and play catch
- 5:30 - 5:40 Stretching - Basic stretching routine, Coach or Player led
- 5:40 - 5:50 Drill #1 Throwing - Pairs/Close together 8-10' apart gradually increase distance
- 5:50 - 6:00 "The Basics" Instruction - Receiving the ball (demonstrate glove positioning)
- 6:00 - 6:20 Drill #2 Base running - 2 groups, 1st group: home to 2nd, 2nd group 2nd to home
- 6:20 - 6:25 Water Break/Coaches set up next drills
- 6:25 - 6:45 Drill #3 Small Groups Drills - Group 1 Pitching, Group 2 Infield, Group 3 Outfield
- 6:45 - 7:05 Drill #4 Batting Practice - 3 stations Tee, Soft Toss, Coach Pitch
- 7:05 - 7:10 Bucket Game - Throwing game with 2 groups competing
- 7:10 - 7:15 Player/Coach Talk & Team High-5

**Drill #1**

**Drill #2**

**Drill #3**

**Drill #4**

# Practice Plan



Schedule:

Description:

Drill #1

Drill #2

Drill #3

Drill #4

