

## Practice Plan

**Practice focus:** Throwing mechanics

**Secondary skill:** Receiving / Glove work

**Practice #** #1

**Date & Time:** 4/1/11 (6:00-7:30)

**Players absent:** \_\_\_\_\_

Activity/Skill	Instruction / Drills	Time
	<b>Practice expectation agreement mtg / **todays plan</b>	<b>15</b>
Ball grip	4 seam / hand on top / partner elbow in glove drill <b>**Receiver= glove position 2 hand target ready</b>	<b>5</b>
Arm motion	Feet squared / rotate trunk away from partner / arm rotates to create long lever / rotate trunk towards partner.	<b>5</b>
5 step throwing program	Partners / 5 throws each step <b>**Recievers are always working on technique</b>	<b>15</b>
Straight-line throwing	4 player/row / down and back / <b>**Receivers</b> (catch & rotate to target) (may be done as a competition)	<b>15</b>
Square throwing	Players form 4 corners / (begin w/ one ball going one direction) (may choose to have players follow ball to target= conditioning)	<b>15</b>

**Practice focus:** Infield skills

**Secondary skill:** oversee app use of throwing mechanics and glove work

**Practice # 2**

**Date & Time:** 4/3/11 (6:00-7:30)

**Players absent:** \_\_\_\_\_

Activity/Skill	Instruction / Drills	Time
Warm-up	Elbow in glove / arm motion / 5 step (review and complete)	<b>15</b>
<b>4 station Glove work</b>	<b>1.</b> ball to middle <b>2.</b> ball to backhand <b>3.</b> ball to glove-side <b>4.</b> 1B one-hop picks (completed in stationary pos.)	<b>20</b>
<b>4 station (GW)w/ feet</b>	Repeat GW w/ footwork.** (players should be transferring ball from glove to straight line throwing pos.)	<b>20</b>
<b>Infield obst. course</b>	Arrange 5 cones to create a course that utilizes 1. ball middle 2.backhand 3. middle charge 4. glove-side 5. charge & circle. **(stop watch used for time / 5 seconds added per error)	<b>20</b>

