**PRACTICE WEEK 2**

This practice is going to mirror Week 1 pretty closely. The idea is to increase the confidence in throwing and hitting while learning the fundamentals of baseball and the roles of each position.

**Begin each practice with**…Team Announcements & Warm Up

Run a Lap

Stretch – i.e., Upper & Lower Body

Form Run (Agility) – i.e., High Knees, Power Skips, Shuffle, etc…

**Warm-Up Arm** – Warm up with starting light and gradually throw harder. Start spacing the team farther and farther apart.

**Throwing –** (4 seam) Grip, Ready, Break, Power Position, Throw, Catch Step Throw, Step Catch Throw, Pitching (Knee Lift and Wind-Up), (Group Work) Relay Drill.

**Fielding-** (Individual Skills) Controlled fielding of groundballs and flyballs. At this stage we are looking for which positions on the field that the players would be most comfortable in. Do you have a strong catcher that could play first base, or someone quick with ground balls that would be suitable for shortstop.

**Hitting –** Set-Up, Stride Position, Slow Motion Swings, Hit off Tees, Drills. Total practice time 10-25 minutes.

**Team Drills –** Introduce 1 or 2 game situations and what each position does and why. Run through various things that may happen during a game and the role of each position in those situations.