**PRACTICE WEEK 4**

At this point you have had 1, maybe 2 games. The goal of this practice is to firm up on some of the basics that may have been missed in the game or some skills that need to be addressed.

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

Run a Lap

Stretch – i.e., Upper & Lower Body

Form Run (Agility) – i.e., Butt kicks, Power Skips, Long Jumps

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

**Fielding-** (Team Skills) Have half the team line up at third base, other half are base runners. One player at a time, hit a ground ball to third and have them throw to a coach at second base. This is going to increase their confidence in throws a little closer. Once everyone has gone, throw over to first. Switch the fielders and runners.

**Hitting –** Tees only. Correct any issue s with the stance and the swing through the tee. The goal is to drive through the ball with a strong and confident swing. This is going to build confidence seeing and following through the ball.

**Wrap Up** - **Hot potato**

Form partners.  Using a tennis ball or bean bag and then eventually graduating to a baseball, have the players softly toss the object back and forth trying simply not to let it fall to the ground.  No gloves required.

1. Variation – whole group in a circle (small)
2. Variation – gloves on