



PRACTICE TEMPLATE

DAY: _____ DATE: _____

TOTAL TIME	GROUP		ACTIVITY
0:5-0:10	TEAM		Dynamic Warm Up
0:8-0:10	TEAM		Progressive Throwing Drills
0:30-0:45	GROUPS		Skill Work - (2 or 3 Stations each day) (EX:)Infield, Outfield, Hitting, Pitcher&Catcher, Baserunning
0:15-0:20	TEAM		Team Defense or Offensive Topics (EX:) 1+3 Defense, Cutoffs/Relays Pop Fly Priorities, Regular situational play
0:20-0:30	TEAM		Scrimmage (Coach Pitch/Machine/Groundball/Bunt)
0:05	TEAM		Announcements/Wrap Up

Group 1	Group 2	Group 3	Group 4
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4

SCRIMMAGE GAME TEAMS/ OBJECTIVES OF THE DAY
