

Coaches: Caiazzo, Coutts, ABrochu, DBrochu, Murrell, Treadwell, Apt, Provost, Gray, Nicholson, Bryant, Burnham, Ouellette

11:00am

WARM UP w/ Station Work (2.5 minutes and rotate)

1. 2- Speed Agility Ladder : 18's Lynn
 - a. Hop Scotch
 - b. Ali Shuffle
 - c. In-In-Out
 - d. 180° turns
 - e. 2 foot diagonal hops
2. Plyo's: 12's Treadwell
 - a. Lateral Bound – 10 each leg
 - b. Broad jumps – 10 total (2 sets of 5)
 - c. Scissor Lunge - 10 total
2. Core Stability: 14's Nick
 - a. Elbow Plank open up (5 reps each side)
 - b. Push Ups (5reps – coach command down and up)
 - c. Leg Raises (10 reps each leg)
3. Dynamic Stretch : 16's FApt
 - a. Iron cross – 10 each leg
 - b. Roll up ham stretch – 5 each leg - switching
 - c. Lunge +twist – 5 each side
5. Diamond Dancing: S.Provost
 - a. High Knees – 2 cones 45' apart
 - b. Butt Kicks
 - c. Side Shuffles
 - d. ½ Cariaoca only cross in front
 - e. Skipping low – toes up
 - f. Backpeddles
 - g. Steal 2B

11:15am

Drink + Talk about Station Work (LYNN)

11:20am

STATION WORK (13 minutes each and rotate) (see chart p.3 for PSC station breakdown)

1. Hitting inside FRTC : (3 cages) (Caiazzo, Murrell, Bryant)
 - a. 2 Tee Stations (Youk + VG), 1 Soft Toss Station (From Back), 2 Frontside Underhand Flip Station (Middle, Oppo) 1 Hitting off Machine Station (see p.2 chart for cage breakdown)
2. OF : (A&D Brochu)
 - a. Toss Flyballs to players throwing hand side while running back on angle
 - b. Toss Flyballs to players glove side while running back on angle
 - c. NO THROWING IF PLAYERS HAVE NOT BEEN TO PROGRESSIVE THROW!
3. Progressive Throwing: (Apt, Gray)
 - a. 1 Knee – 10 throws each
 - b. 10 Toes
 - c. Power Position
 - d. Step + Throw
 - e. Shuffle + Throw
 - f. Move close and count quick to 10 and sit - race
4. INF : (Libby, Provost)
 - a. Throw short hops to glove side – toss ball behind
 - b. Throw short hops to back hand
5. Baserunning – Home to 1B – First to 3B (Treadwell, Nicholson)
 - a. Run straight through the bag on groundball hit to 2B
 - b. Seeing Eye Single groundball
 - c. Definite base hit to OF (think 2 = put pressure on defense!)
 - d. As a baserunner at 1B – going all the way to 3 on Bunt – read hitter

THUNDER TEAM PRACTICE

Sunday, Nov 14th, 2010

12:30pm

ALL PITCHERS & CATCHERS (Coutts and Caiazzo) Field 1

1. Work FB/CH grips
2. Catchers focus on primary and secondary stance (create a routine)

ALL OTHER POSITIONAL PLAYERS Field 2 (All Coaches)

Working on Relays – glove work, footwork, catch and throw

Getting body in proper position to receive ball and footwork to get rid of it.

1:00pm

CLEAN DOME

1:05pm **EXTRA WORK inside FRTC**