

## C-1 Baseball Practice Schedule - 4/30/07

### Coach 1

### Coach 2

### Coach 3

### Coach 4

pre	<b>Pair up and warm up - easy throwing</b> - SQUARE UP - back foot perpendicular to line of throw; POINT/POWER POSITION - point glove (or elbow) where going to throw, other hand power position; Tuck the glove, FOLLOW THROUGH			
1 - 5	STRETCHING (Arms, shoulders, hamstring)			
5 - 10	KNEE DRILL - Pair up. 1) "power position" - On knee with glove foot extended, ball hand up, ball facing behind them, glove at target; "Throw" - pop glove to side of chest, chest to knee, follow through; 2) Standing, feet wide, "power position", "Throw" pop glove to side of chest, flat back.			
10 - 15				
15 - 20	<b>RUN DEFENSE GAME</b> Defending the run- Running Team (1 point for each base stolen) Defense team (2 points for each out made for each)  Hitters - review CONCEPT- focus on pitcher hat, pick up ball, think YES YES YES			
20-25				
25-30				
30-35				
35-40				
40-45				
45-50				
50-55				
55-1hr				
60-65				
65-70				
70-75				
75-80				
80-85				
85-90				
Sliding - tuck leg under, Toes up hands up. ---Slide unless you are told not to!!				

General - Good team can't make mistakes (making outs on baserunning, vs not making them in the field)

Base running notes:

1. no hesitation out of box
- 2) run through the base at first on single
- 3) Primary lead, diving back. Watch the pitcher. (front foot raises=GO, back foot=BACK)
- 4) no hesitation to second.
- 5) leadoff from second if not being held on (weatherstealing or not)
- 6) secondary lead at third (are you being held or)
- 7) When to go? when coach says so.

Defending against the run Hold in runners on, pick off move, communication -2nd & Short (covering or backing up)

Pick off move

fly balls - easy out

Cutoff - go out and get it