**PRACTICE WEEK 1**

This is your introduction, line all the kids up and make sure you have everyone attending practice.

Run a Lap or to a spot in the outfield and back

Stretch in a circle – i.e., Upper & Lower Body – this is where you can find out who has baseball experience, who knows each other etc.

Form Run (Agility) – i.e., High Knees, Power Skips, Shuffle, etc. This is to get the heart rate up.

***YOU ARE 10 MINUTES INTO YOUR PRACTICE***

**Evaluate Experience Level**

**Warm-Up Arm** – Pair off the players and warm up with starting light and gradually throw harder. Spend 5-15 minutes. This is going to give you a rough idea as to throwing and catching ability and a baseline for the season.

**Throwing –** (Individual Skills) Grip, Ready, Break, Throw, Catch Step Throw, Step Catch Throw, Pitching (Knee Lift and Wind-Up),

(Group Work) Relay Drill – line up, ball down the line and back up the line

**Fielding-** (Individual Skills) Controlled fielding of groundballs and flyballs.

**Hitting –** (Individual Skills) Set-Up, Stride Position, Slow Motion Swings, Hit off Tees, Drills.

**Team Drills –** Introduce 1 or 2 game situations and what each position does and why.

To finish up your first practice meet with the families and make sure you can field (pardon the pun) any questions they may have about the season and maybe give some drills that we can work on at home.