**Practice Plan – Day 9**

**EQUIPMENT NEEDED:**

* Baseballs
* Tennis balls
* Whiffle balls
* Cage and L screens
* Bases
* Hitting “sticks”
* Tees
* Ladder/paddles

**SET UP/ANNOUNCEMENTS/COLLECT ORDER FORMS**

**VIKING STRETCH – 5min**

**SPLIT INTO TEAMS – 30min rotations**

**CONCRETE GYM - HITTING**

Stations

-Regular Tee

-Top/Bottom Hand

-Side Toss (wiffle hitting sticks)

-Front Toss

-Bunt Tournament

-Live in Cage

**MAIN GYM – DEFENSE**

* Throwing progression
  + JV – Pitching Lessons
* Individual Defense – stations
* Varsity – Mass Fungo – OF HIT
* Varsity – Bunt Defense – OF RUNNERS
* JV/Fresh – Mass Fungo

**BASERUNNING** *combined*

* Run through 1st
* Round 1st
* Lead-offs/secondary – 1st to 3rd
* Score from 2nd (1/2 out lead)
* 3rd base (lead-off, tag) lead-off, score

***4CORNER PICK OFF***

***NOTES:***

**TO PLAYERS:**

*-Bring your Packets? (everyday)*

*-Outside Clothes*

*-Insurance Card/Athletic Fee*

*-Did you get a text from Maxpreps?*

*-8 DAYS until first pitch*

*-Parents Meeting – Monday March 11*