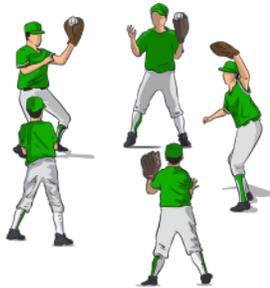


BEGINNER PRACTICE PLAN (60 MINS)

Dynamic Warmup: (5 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

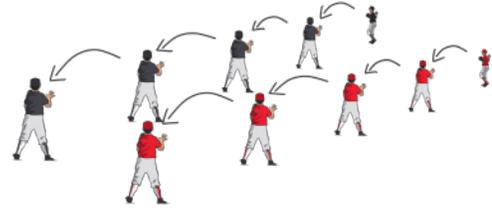
FLIP



6 MINUTES

Players stand in circle and quickly flip balls back and forth using only their glove

RELAY RACE THROW



8 MINUTES

A race between two teams to see who can relay the ball from one end of their line to the other the fastest

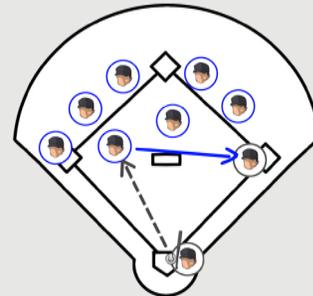
WIDE RECEIVER



8 MINUTES

Players mimic wide receivers and run downfield routes, track the ball, and make the catch

KNOCKOUT

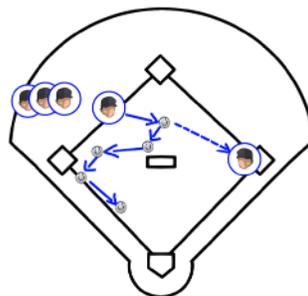


8 MINUTES

An elimination game where players must field the ball and make the throw to first or be knocked out of the game

21

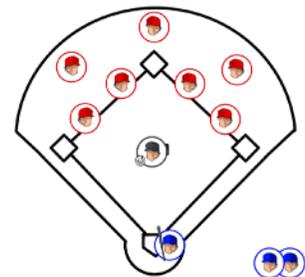
SCRAMBLE



6 MINUTES

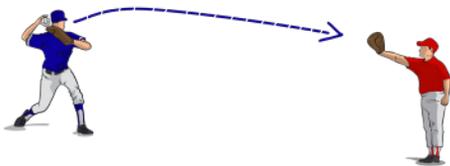
Infielder must field and throw 5 consecutive balls as quickly and as accurately as possible

SOFT TOSS SCRIMMAGE



12 MINUTES

A team scrimmage where the defense must rotate after each at-bat and the coach is soft-tossing to the hitters



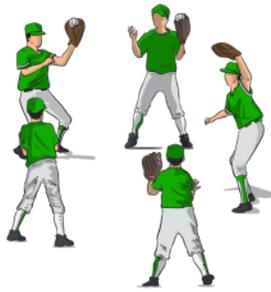
6 MINUTES

Players pair off and one at a time throw to each other, getting points for perfect throws on target - first player to 21 wins

BEGINNER PRACTICE PLAN (60 MINS)

Dynamic Warmup: (5 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

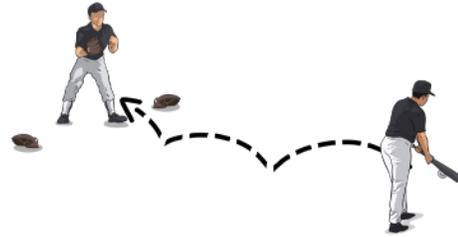
FLIP



6 MINUTES

Players stand in circle and quickly flip balls back and forth using only their glove

GOALIE DRILL



8 MINUTES

Players must defend between 2 goal posts and stop any grounders batted at them or be eliminated

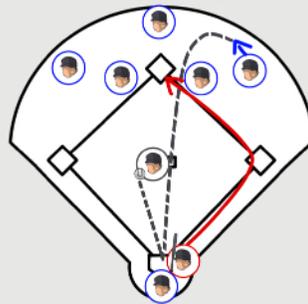
PINBALL



6 MINUTES

2 teams compete to see who can hit the stack of buckets 5 times first

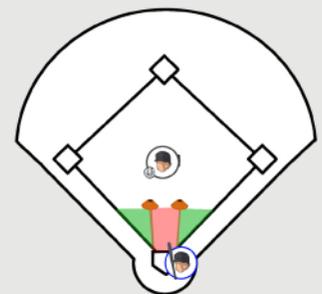
DOUBLES



8 MINUTES

Players attempt to leg out a double on every at-bat while the outfield tries to get the out at 2nd

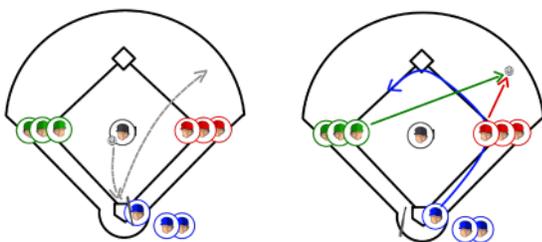
BUNT-OFF!



6 MINUTES

A competition to see which team can reliably put down good bunts in the right areas

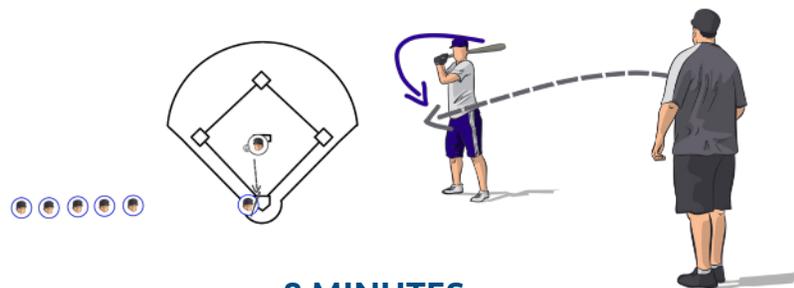
ARIZONA



8 MINUTES

3 teams compete, 2 on defense attempting to run down the batters ball, while the batter tries to rack up as many total bases as possible

PRESSURE HITTING



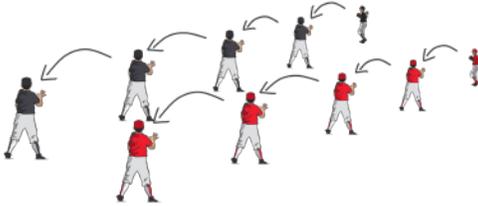
8 MINUTES

A high stakes series of at-bats where players must make contact or their teammates run sprints

INTERMEDIATE PRACTICE PLAN (90 MINS)

Dynamic Warmup: (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

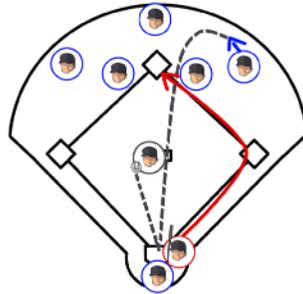
RELAY RACE THROW



6 MINUTES

A race between two teams to see who can relay the ball from one end of their line to the other the fastest

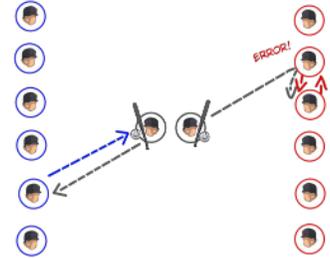
DOUBLES



6 MINUTES

Players attempt to leg out a double on every at-bat while the outfield tries to get the out at 2nd

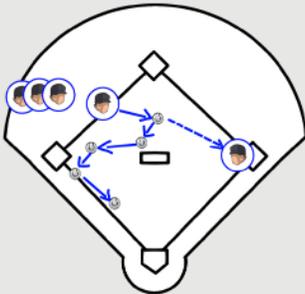
KING OF THE HILL



6 MINUTES

Coaches hit grounders to fielders - on errors they move down the hill - players compete to see who can become and stay King

SCRAMBLE



6 MINUTES

Infielder must field and throw 5 consecutive balls as quickly and as accurately as possible

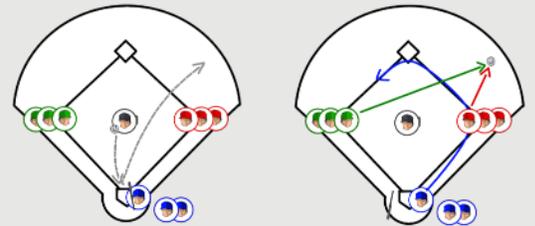
HOLE IN ONE



6 MINUTES

Fielding drill where 3rd baseman must step up, field the ball, and make a throw into a small target at home plate

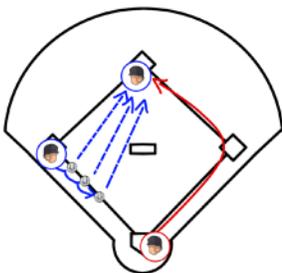
ARIZONA



8 MINUTES

3 teams compete, 2 on defense attempting to run down the batter's ball, while the batter tries to rack up as many total bases as possible

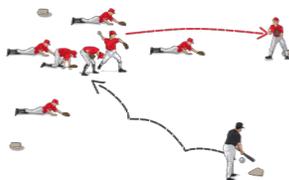
3, 2, 1, RUN!



6 MINUTES

Baserunner attempts to get from home to 2nd before 3rd base can deliver 3 throws to 2nd base

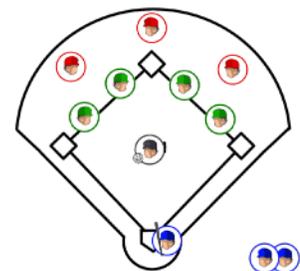
BELLY UPS



6 MINUTES

Players spread out in the infield on their bellies - they must then get to their feet and make a throw to 1st when the ball is hit to them

3 TEAM SCRIMMAGE



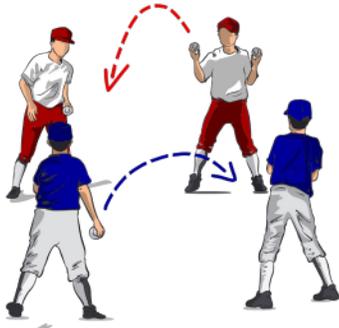
10 MINUTES

A scrimmage game where the team is divided into 3 groups - 1 in outfield, 1 infield, 1 batting

INTERMEDIATE PRACTICE PLAN (90 MINS)

Dynamic Warmup: (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

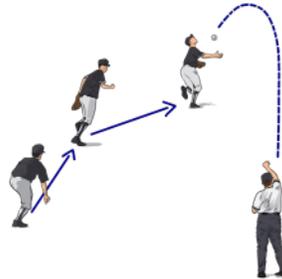
2 BALL TOSS



6 MINUTES

A warm-up game where players must pass their own ball to a teammate before receiving a pass and are eliminated on errors

WIDE RECEIVER



6 MINUTES

Players mimic wide receivers and run downfield routes, track the ball, and make the catch

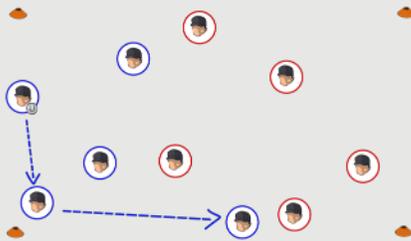
PINBALL



6 MINUTES

Coaches hit grounders to fielders - on errors they move down the hill - players compete to see who can become and stay King

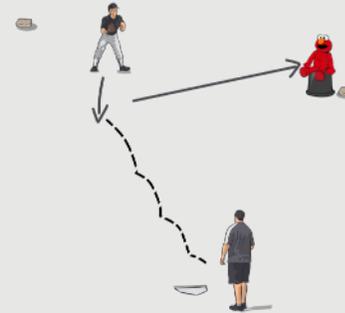
ULTIMATE BASEBALL



10 MINUTES

Team is split into two groups who compete to advance the ball into their opponents endzone - but they can only move forward by throwing and catching passes to their teammates.

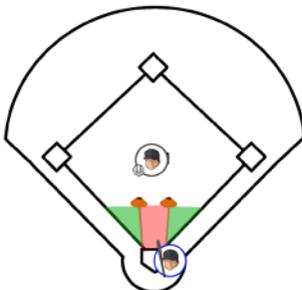
ELMO



8 MINUTES

2nd baseman must field the ball and hit the teddy bear target at first base - points are awarded for accuracy

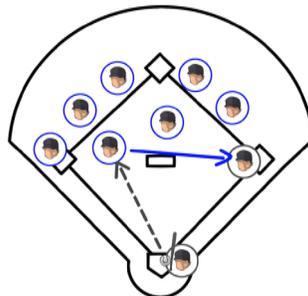
BUNT-OFF!



8 MINUTES

A competition to see which team can reliably put down good bunts in the right areas

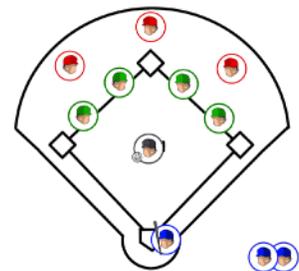
KNOCKOUT



8 MINUTES

An elimination game where players must field the ball and make the throw to first or be knocked out of the game

3 TEAM SCRIMMAGE



10 MINUTES

A scrimmage game where the team is divided into 3 groups - 1 in outfield, 1 infield, 1 batting

ADVANCED PRACTICE PLAN (120 MINS)

Dynamic Warmup: (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

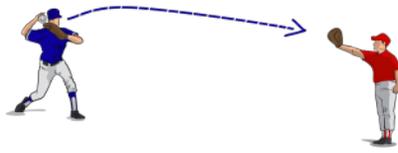
FLIP



6 MINUTES

Players stand in circle and quickly flip balls back and forth using only their glove

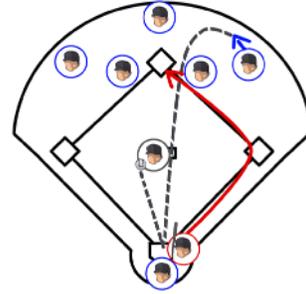
21



8 MINUTES

Players pair off and one at a time throw to each other, getting points for perfect throws on target - first player to 21 wins

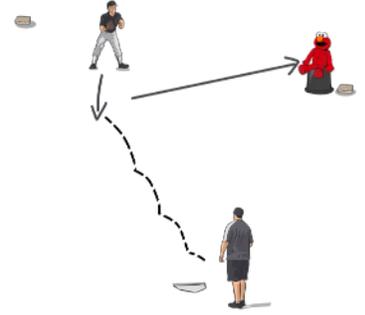
DOUBLES



6 MINUTES

Players attempt to leg out a double on every at-bat while the outfield tries to get the out at 2nd

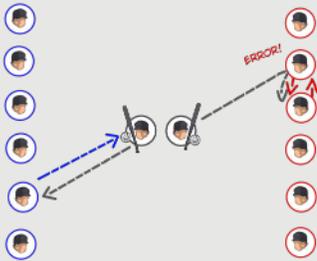
ELMO



8 MINUTES

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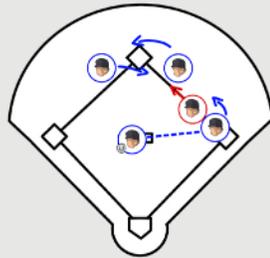
KING OF THE HILL



10 MINUTES

Coaches hit grounders to fielders - on errors they move down the hill - players compete to see who can become and stay King

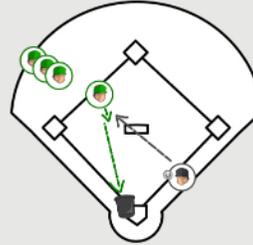
CHASEDOWN



8 MINUTES

A rundown drill that emphasizes proper techniques when chasing the runner on the basepath

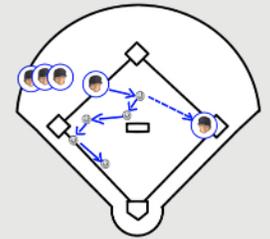
HOLE IN ONE



6 MINUTES

Fielding drill where 3rd baseman must step up, field the ball, and make a throw into a small target at home plate

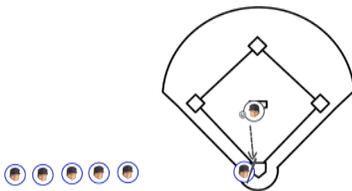
SCRAMBLE



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Infielder must field and throw 5 consecutive balls as quickly and as accurately as possible

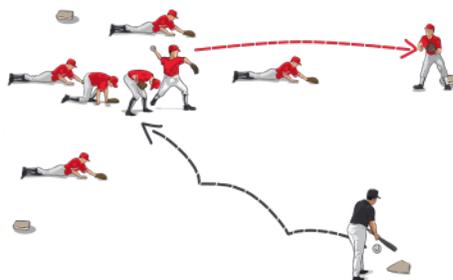
PRESSURE HITTING



8 MINUTES

A high stakes series of at-bats where players must make contact or their teammates run sprints

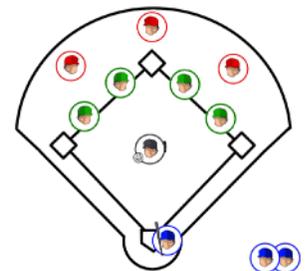
BELLY UPS



10 MINUTES

Players spread out in the infield on their bellies - they must then get to their feet and make a throw to 1st when the ball is hit to them

3 TEAM SCRIMMAGE



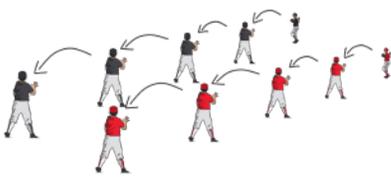
10 MINUTES

A scrimmage game where the team is divided into 3 groups - 1 in outfield, 1 infield, 1 batting

ADVANCED PRACTICE PLAN (120 MINS)

Dynamic Warmup: (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

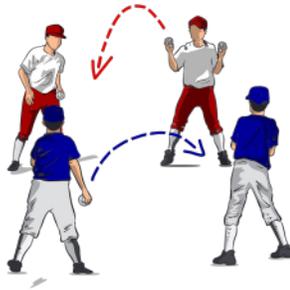
RELAY RACE THROW



6 MINUTES

A race between two teams to see who can relay the ball from one end of their line to the other the fastest

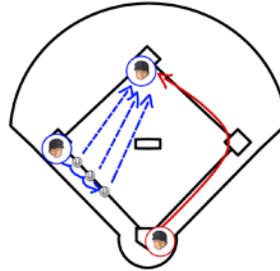
2 BALL TOSS



8 MINUTES

A warm-up game where players must pass their own ball to a teammate before receiving a pass and are eliminated on errors

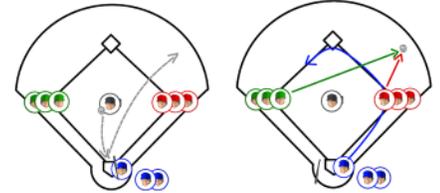
3, 2, 1, RUN!



6 MINUTES

Baserunner attempts to get from home to 2nd before 3rd base can deliver 3 throws to 2nd base

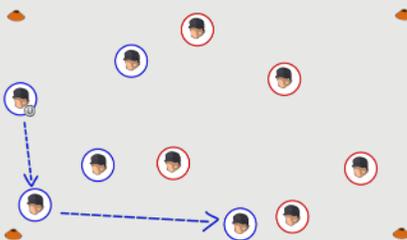
ARIZONA



8 MINUTES

3 teams compete, 2 on defense attempting to run down the batter's ball, while the batter tries to rack up as many total bases as possible

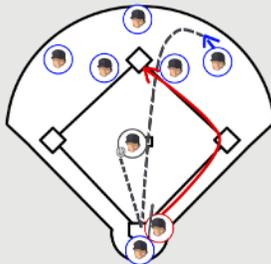
ULTIMATE BASEBALL



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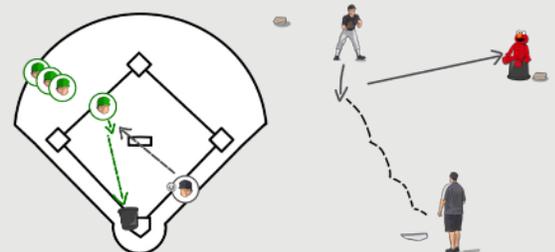
DOUBLES



8 MINUTES

Players attempt to leg out a double on every at-bat while the outfield tries to get the out at 2nd

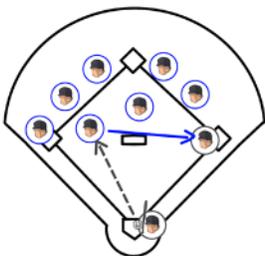
HOLE IN ONE/ELMO



10 MINUTES

Fielding drill where 3rd baseman must step up, field the ball, and make a throw into a small target at home plate / 2nd baseman must field the ball and hit the teddy bear target at first base - points are awarded for accuracy

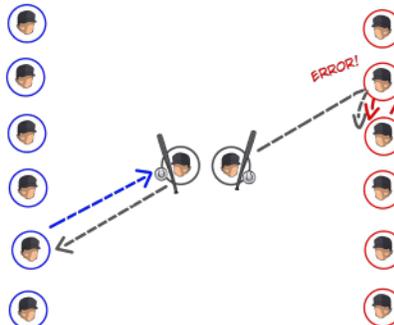
KNOCKOUT



8 MINUTES

An elimination game where players must field the ball and make the throw to first or be knocked out of the game

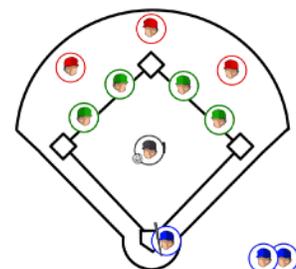
KING OF THE HILL



8 MINUTES

Coaches hit grounders to fielders - on errors they move down the hill - players compete to see who can become and stay King

CRUNCH TIME SCRIMMAGE



12 MINUTES

A scrimmage game where either the pitcher or the batter is put at disadvantage in the count