

Date: 01-15-23	Time: 5:30 – 7:00
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TIME	ACTIVITY	VIDEO LINK	COACHES	LOCATION
5:30 – 5:35	Introduction Rules & Expectations		Coach Steve	Left Field Line
5:35 – 5:45	Warm-Up 1. Dynamic Warm-Up (Welcome) 2. Throwing Program (Foundational / Rookies)	 	Coach Steve Coach Duke Coach Chris	Left Field Line
5:45 – 5:50	Introduction of Signs Review Signs		Coach Duke	3 rd Base Area
5:50 – 6:00	Base Running 1. Home to 1 st : Running Through the Base (Foundational / Rookies)		Coach Steve Coach Duke	Infield Area
6:00 – 6:30	3 Stations - 10 minutes each 1. Ground Balls: Fielding Triangle (Foundational / Rookies) 2. Fly Balls: Catching Fly balls Using 2 Hands (Foundational / Rookies) 3. Hitting – Batting Practice: Soft Toss (Developmental / Minors)	  	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:50	Situational Defense 1. Force vs. Tag Plays: Tag Plays (Foundational / Rookies) 2. Situations: (Create your own)		Coach Steve Coach Duke Coach Chris	Full Field
6:50 – 7:00	Team Building Activity Relay Race: (Create your own) Set up cones and divide the teams into 2 groups randomly.		Coach Steve Coach Duke Coach Chris	Right Field <i>Start at Foul line and sprint out and around the cone & back.</i>