

4:00	4:05	Stretching and Throwing
4:05	4:45	Stations
Group A - Fielding		
1		Grounders
1		Fly Balls
Group B - Hitting		
1		Soft Toss
1		Hitting off Tee
6		Live Pitching - 20 minutes
Group C - Throwing		
1		Pitching
1		Pitching
Game Situations & Base Running		
4:45	5:15	Fielding/Tag outs/Force outs - 10 Minutes
		Outfield - Cutoff - 10 Minutes
		Cutoff Game - 5 Minutes
		Baserunning - 5 minutes
5:15	5:30	Hand out Uniforms - review Game Time