

20 Minutes	Stretching	
	Throwing	
		Wrist Snap
		Short Throws
		Long Throws
	Base Running	
		Run Through First vs. Round First – look at coach
		Rounding Second – look at coach
		Rounding Third – look at coach
	Base to Base Responsibilities – Backups/Ground Balls/Cutoffs	
		What is first, second, third, shortstop responsible for?
		Pitchers and Catchers?
		Outfielders – Corners vs Middle vs each other
	<b>Water Break</b>	
40 Minutes	Pitching/Hitting/Catching Station x2 = 6 Girls	
		Pitcher – Consistency & Control - Field your position
		Hitter – Strike Zone (Balls & Strikes)
		Catcher – Squat & Good Throws back to pitcher - Bunts/short hits
	<b>Water Break</b>	
	Infield/Outfield Station = 4 Girls	
		Cutoffs/Backups
		Ground Balls with hard ball
		Pop ups with hard ball
	<b>Water Break</b>	
	Pitching Machine/Tee = 2 Girls	
		Footwork
		Speed
		Strike Zone
<b>Water Break</b>		
30 Minutes	Situational – Coach hit/Girls Field & Run	
		10 Girls in field (Including Catcher) – 2 girls + Marissa Run
		Cutoffs
		Backups
		Force Outs
		Get ball back to pitcher
	Base Running – Sara Coach 1 <sup>st</sup> / Eric Coach 3 <sup>rd</sup>	

- \* Show up to games 1/2 hour early
- \*\* Will probably have team tent set up near Field 5 (Small Field)
- \*\* Team to meet near pitching machine
  
- \* Catcher can and will throw to first base for leadoffs
- \* Overthrows - girls can run all day - get ball back to pitcher ASAP
- \* Bunting is allowed - we will not do it now.....
- \* Step out and swing/look for signs after each pitch
- \* No coaches allowed in outfield
- \* Girls stay in dugout during games unless emergency