



PRACTICE PLAN

:00 - :15

15 MINUTES

- TALK
- PREPARE (*STRETCH / CATCH*)
- MENTAL WORK
- OTHER

:15 - :60

45 MINUTES

- 3-TUNNEL ROTATION (*15 MIN / TUNNEL*)
- **SPLIT TUNNELS:** SWITCH @ 7.5 MIN MARK

:60 - :80

20 MINUTES

- **TEAM DEFENSE:**

BUNT	1ST & 3RD	DOUBLE PLAYS	FLY BALL COMMUNICATION
RUNDOWNS	RELAYS	CUT-OFFS	PFP'S
MASS GROUNDBALLS	MASS FLY BALLS	4-CORNERS	MISC.

:80 - :89

9 MINUTES

- CLEAN-UP / TALK

:90

END

- OUT OF CAGE
- SWITCH TEAMS