

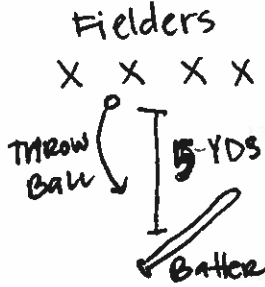
PRACTICE PLAN

Use this template to help you create an organized, detailed practice plan.

Date & Time:	Tuesday, April 8
Name:	Introduction to Team / Fundamentals
Location:	Pierce Field
Announcements:	Attention Getter - Coach: Strike 3 Kids: You're outta here!
Quote of the Day:	
Skill/Tactic Emphasis:	Throwing and Fielding
Player Attendance Report:	9/11 expected

#	Activity	Min	Time	Focus/Cues
1	Name Game w/ Dancing - each player says name and dance move - team repeats - now do Player 1 & 2 → team repeats - now do Player 1, 2 & 3 → team repeats.	10	530-540	

This practice plan was based on a sample practice plan provided by Jeff Quackenbush, Newark Senior High School Athletic Director & Head Basketball Coach.

#	Activity	Min	Time	Focus/Cues
2	Rotation 1: Throwing Progression		540 - 550	Throw <ul style="list-style-type: none"> · Flick Wrist · Field Goal
	Rotation 2: Fielding Box/Goal	10x 3	550 - 600	Field <ul style="list-style-type: none"> · Square · Starting Position · Straight Back
	Rotation 3: Hitting (3 groups of 3-4 kids)	30	600 - 610	Hitting: Eyes on Ball
3	Pepper - 2 Groups  <ul style="list-style-type: none"> · IF STRIKE, switch Batter · IF HIT & Fielded, throw again · IF pop fly & caught, switch w/ Batter 	10	610 - 620 - 630	FUN! · Good Fielding Stance w/ square and straight back.
4	Debrief → Review CUES FOR <u>Fielding</u> Team name Discussion Position Review Sheet		620 - 630	