



## **(Majors) DEFENSE/BATTING PRACTICE**

*Date:* \_\_\_\_\_

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### **6:00-6:10 Throwing Progression**

- Wrist Flips
- Throwing Knee
- Parallel Feet
- Working Back
- Work Back in Quick Hands and Feet

### **6:10-6:20 Infield SOS with Everyone (Same Old Stuff)**

- Short hops- *“Down and through!”*
- Forehand- *“Swing the butt, make the throw!”*
- Backhand- *“Pinch-It”*

### **6:20-6:30 Infield Ground Balls (Everyone)**

- 2 Coaches Hitting (One to shortstop and 3rd, the other to 1st and 2nd)
- Players drop balls in bucket
- Focus on getting in front of the ball

### **6:30-6:55 Tee Work/Soft Toss with Live Ground Balls (3 Groups-10 minutes)**

- Batters hit and run everything through 1st base
- Fielders make plays at 1st, 2nd, or 3rd base
- Baserunners stop at 3rd

### **6:55-7:00 Field and Equipment Clean-Up**