



11-12 (Majors) DEFENSE PRACTICE

Date: _____

6:00-6:10 Throwing Progression

- Wrist Flips
- Throwing Knee
- Parallel Feet
- Working Back
- Long Toss (5 at Max)
- Work Back in Quick Hands and Feet

6:10-6:25 Infield SOS with Everyone (Same Old Stuff)

- Short hops (No Gloves)- *“Down and through!”*
- Forehand (No Gloves)- *“Swing the butt, make the throw!”*
- Backhand (No Gloves)- *“Pinch-It”*
- Repeat 1-3 with Gloves- *“Smooth is fast!” Get the ball out of the glove*

6:25-6:35 Infield Ground Balls (Everyone)

- 2 Coaches Hitting (One to shortstop and 3rd, the other to 1st and 2nd)
- Players drop balls in bucket
- Middle Infield Work Double Play Balls

6:35-6:45 Outfield Fly Balls (4 rounds)

- Hit cut-offs for 2nd and 3rd
- Last round work cuts home

6:45-6:55 Pregame Infield

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