



**(Minors/Machine Pitch) BATTING/DEFENSE  
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”*

**6:20-6:55 Batting Practice with Live Plays (3 rounds)**

- Soft Toss or Machine Pitch
- 3 groups 6 cuts per round
- Infield makes plays at 1st or 2nd
- Hitters run out last cut to 1st base and return home

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