



**(Minors/Machine Pitch) DEFENSE PRACTICE (IF)**

*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”*

**6:20-6:35 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

**6:35-6:45 Pregame Infield**

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

**6:45-6:55 Baserunning Set**

- Home to 1st (Hit the front part of the 1st base)
- Home to 2nd (Hit inside part of 1st base with “banana”)
- 1st to 3rd (Hit inside part of 2nd base, and angles)

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