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Team Name: Dominate the Diamond	Date: 1-1-17
Location: 24 Kearney St. Bridgewater NJ	Time: 5:30 – 7:00

TIME	ACTIVITY	COACHES	LOCATION
5:30 – 5:35	Introduction – Rules - Expectations	Coach Steve	Left Field Line
5:35 – 5:45	Dynamic Warm-Up Throwing Program	Coach Steve Coach Duke Coach Chris	Left Field Line
5:45 – 5:50	Introduction of Signs	Coach Duke	3 rd Base Area
5:50 – 6:00	Base Running 1. Home to 1 st	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. Groundballs 2. Fly Balls 3. Hitting – Batting Practice	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:50	Situational Defense: 1. Force vs. Tag Plays 2. Situations	Coach Steve Coach Duke Coach Chris	Full Field
6:50 – 7:00	Team Building Activity: 1. Relay Race – Set up cones and divide the teams into 2 groups randomly. <i>*Great way to do conditioning in a fun way where you can teach your players to pick each other up and cheer one another on</i>	Coach Steve Coach Duke Coach Chris	Right Field <i>Start at Foul line and sprint out and around the cone & back.</i>