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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 – Game Plan for the Day	Coach Steve	Left Field Line
5:35 – 5:45	Dynamic Warm-Up Throwing Program	Coach Steve Coach Duke Coach Chris	Left Field Line
5:50 – 6:00	Base Running <ol style="list-style-type: none"> Review Leading & Diving back into the bases Introduce Delay Steals and the timing of the shuffles 	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) <ol style="list-style-type: none"> <i>Infield</i> 1st Baseman: Footwork around bag <i>Outfield</i> – Creating angles to get momentum towards the target <i>Pitchers</i>: Introduce Pick-Off's 	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	Situational Play: <ol style="list-style-type: none"> Review 1st & 3rd Defense Have the pitchers work on their pick off moves and infielders work on their rundowns 	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	On Field Batting Practice <ol style="list-style-type: none"> Live Batting Practice on Field with the defense playing the ball live off the bat. 	Coach Steve Coach Duke Coach Chris	Home Plate