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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 1. Review Signs & Go Over Early Break & Dirtball Reads	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. <i>Infield</i> – Double Play Turns 2. <i>Outfield</i> – Teach the players how to dive correctly (Start them out on their knees) 3. <i>Pitchers</i> : Flat Ground Bullpens to each other in the outfield	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	Situational Play: 1. Go over the new cut's and relay's responsibilities on the bigger field	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	On Field Batting Practice 1. Live Batting Practice on Field with the defense playing the ball live off the bat.	Coach Steve Coach Duke Coach Chris	Home Plate

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