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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. Set up 2 Groups -1 Early Break From 1B -1 Tag Ups from 3B after taking the correct lead off the bag	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. <i>Infield</i> – Infield in – Play at the plate 2. <i>Outfield</i> – Introduce do or die plays. Full speed to throw the runner out at the plate. 3. <i>Batting</i> : BP in the cages	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	Situational Play: 1. Review Cuts & Relay's 2. Full Team Infield/Outfield	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	Conditioning – Team Building 1. Teach the players how to take the field correctly and time them running on to the field to different positions each time. Set Goals!	Coach Steve Coach Duke Coach Chris	Home Plate