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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"> Go Over Hard Turns & Review the Importance -Emphasize hitting the inside corner and creating angles towards 2B 	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> – Introduce diving correctly (Starting out on their knees) <i>Outfield</i> – Introduce sliding catches when running in for the ball or avoiding the fence. <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: <ol style="list-style-type: none"> Criss Cross Applesauce -Have a group of players start at SS and a group start at 3B -The coach tries to hit the ball between them while the 3B tries to cut it off and the SS backs up 	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	Simulated Game <ol style="list-style-type: none"> On field BP – Break your players into small teams of 3. Rotate the groups in after getting 3 outs. 	Coach Steve Coach Duke Coach Chris	Home Plate