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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. Go Over running 1 st to 3 rd on a base hit to the outfield. Explain when and when not to put pressure on the out fielder	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. <i>Infield</i> – Mass Reps (At them, Glove Side & Back Hand) 2. <i>Outfield</i> – Work on creating angles and taking a good first step to the ball! 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. Infield / Outfield: Emphasize picking each other up and cheering! We want to be loud!	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	Simulated Game 1. 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

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