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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 Stations -Dirt Ball Reads from 1B -Straight Steal from 2B	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. <i>Pitching</i> – Double Play turns and getting over on a GB to 1 st base 2. <i>Outfield</i> –Power Turns & Corrective Turns on balls hit over their head 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. 18 Outs! 2. Hit the ball to a different player each time. Every 3 rd play is a double play & every time someone makes an error the team goes back to zero!	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	Simulated Game 1. Live batting practice off pitchers on the field.	Coach Steve Coach Duke Coach Chris	Home Plate

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