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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
5:45 – 5:50	Review of Signs	Coach Duke	3 rd Base Area
5:50 – 6:00	Base Running 1. Explain the Importance of a hard turn	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. Groundballs (Underhand Flips) 2. Drop Steps for Outfielders 3. Hitting – Batting Practice	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:50	Situational Defense: 1. Call out different situations and have your players make the play	Coach Steve Coach Duke Coach Chris	Full Field
6:50 – 7:00	Team Building Activity: 1. Base Running Race 1 st Group runs Home – 2 nd 2 nd group runs 2 nd - Home	Coach Steve Coach Duke Coach Chris	Home Plate