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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	<b>Introduction – Game Plan for the Day</b>	Coach Steve	Left Field Line
5:35 – 5:45	<b>Dynamic Warm-Up Throwing Program</b>	Coach Steve Coach Duke Coach Chris	Left Field Line
5:45 – 5:50	<b>Review of Signs</b> 1. Line the players up at first and practice receiving the sign from you.	Coach Duke	3 <sup>rd</sup> Base Area
5:50 – 6:00	<b>Base Running</b> 1. Running Home – 2 <sup>nd</sup> base 2. Practice Sliding into second base	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	<b>Break into 3 Stations (10 Min each)</b> 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 – 6:40	<b>Situational Defense:</b> 1. Pop Fly Communication 2. Set the players up and discuss who has priority.	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	<b>Team Building Activity:</b> Wiffle Ball Home Run Derby	Coach Steve Coach Duke Coach Chris	Home Plate