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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
5:50 – 6:00	<b>Base Running</b> 1. Set up 2 lines: Group 1: Delay Steals from 1 <sup>st</sup> Group 2: 2 <sup>nd</sup> to Home after secondary lead	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	<b>Break into 3 Stations (10 Min each)</b> 1. Groundballs – Line Drill 2. QB Drill with 2 lines 3. Hitting – Batting Practice	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	<b>Situational Play:</b> 1. Teach Bunting and set up 2 groups. 1 <sup>st</sup> group bunting at home plate & 2 <sup>nd</sup> group bunting towards pitcher's mound from 2B	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	<b>Team Building Activity:</b> 1. Relay Race 2. Break into 2 groups 3. 1 <sup>st</sup> group to Left Field Foul Pole and Back and 2 <sup>nd</sup> group to Right Field Foul Pole and back.	Coach Steve Coach Duke Coach Chris	Home Plate