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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> <ol style="list-style-type: none"> <li>1. Introduce Dirt Ball Reads</li> <li>2. Have a coach throw the ball home and have the players read the ball in dirt</li> </ol>	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	<b>Break into 3 Stations (10 Min each)</b> <ol style="list-style-type: none"> <li>1. Infield – Introduce double play flips</li> <li>2. Outfield – Introduce crow hops</li> <li>3. Hitting – Batting Practice</li> </ol>	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	<b>Situational Play:</b> <ol style="list-style-type: none"> <li>1. Situational Defense</li> <li>2. Emphasize your players communicating and calling out each base</li> </ol>	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	<b>On Field Batting Practice</b> <ol style="list-style-type: none"> <li>1. Create situations with base runners and have the batter (bunt, hit &amp; run, drive him in etc.)</li> </ol>	Coach Steve Coach Duke Coach Chris	Home Plate