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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 groups of base runners -1 group straight steal from 1B -1 group dirt ball read from 2B	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	<b>Break into 3 Stations (10 Min each)</b> 1. Infield – Go Over Bunt Coverages & who goes where on a bunt 2. Outfield – Work on getting behind the ball. Have the players drop step and have a coach toss the ball up so they work behind it. 3. Pitching – Have pitchers throw bullpens to the catchers	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	<b>Situational Play:</b> 1. Practice Run Downs. -2 Throws or Less! -Have baserunners get picked off on purpose	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	<b>On Field Batting Practice</b> 1. Live Batting Practice on Field	Coach Steve Coach Duke Coach Chris	Home Plate