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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. Go over tagging up correctly. -Set up 3 lines at second base and simulate the ball being caught by having a coach toss it up in the air	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	<b>Break into 3 Stations (10 Min each)</b> 1. Infield – Introduce Slow Roller Footwork 2. Outfield – Review Communication. Set up 2 lines and make them call the ball! 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. Throw downs to bases. Set the catchers behind home plate and go over throwing the ball down to bases and have the players receive the throws	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