



®

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	Introduction – Game Plan for the Day	Coach Steve	Left Field Line
5:35 – 5:45	Dynamic Warm-Up Throwing Program	Coach Steve Coach Duke Coach Chris	Left Field Line
5:50 – 6:00	Base Running 1. Introduce Leading Correctly & Go over signs	Coach Steve Coach Duke	Infield Area
6:00 – 6:30	Break into 3 Stations (10 Min each) 1. Infield – Line Drill / 3 Cone Drill to work on approaching the ball 2. Outfield – Drop Steps & Discuss the importance of hitting the cut-off man 3. Batting Practice in Cages	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 – 6:40	Situational Play: 1. Introduce 1 st & 3 rd Defense 2. What to do when the runner steals second with a runner on 3 rd 3. (Throw through, cut it off, arm fake) etc.	Coach Steve Coach Duke Coach Chris	Full Field
6:40 – 7:00	On Field Batting Practice 1. Live Batting Practice on Field	Coach Steve Coach Duke Coach Chris	Home Plate