Time	Duration	Equipment	Lead	Practice item		
515p	15		Team	**Arrival**	Coaches - 4	Players - 11
		Jbands, space	Team	**Pre-practice routine**	Seth	
				jbands	David	
				dynamic warm up	Jared	
					Devin	
530p	**5**		Seth	**Culture - message - compete** - this is the time to take chances		
535p	**10-15**		**David/Jared**	**Long Toss 10-15 (integrate crow hop drill)**		https://www.youtube.com/shorts/MMxU2Rbbabo
550p	**30**			**Hit (5 stations - 5 groups - 30 mins)**	Groups	
			Self	Tee	1	Owen, Andrew
			Seth	Rope bat	2	Jonah, Cole
			Jared	Stick bat	3	Sam, Daniel
			David	heavy balls	4	Dylan, Riley
			Devin	Flip toss	5	Lincoln, Beckett, Xavier
620p				**Groups Offense with Defense - message - slow down**	**Groups**	**Runners, pitchers, basemen**
				Drill 1 - Offensive rhythm with Pitcher / Batter - 1st base only	1	Cole, Riley, Andrew
				Drill 2 - Offensive rhythm with Pitcher / Batter - 2nd base only	2	Jonah, Lincoln, Beckett, Daniel
				Drill 3 - Rundowns	3	Owen, Dylan, Sam, Xavier
700p				**Team Defense with BP**		
				Install 1,3 offense/defense, team choice		
730p				Cleanup		
735p				Practice on wednesday, awards		
Awards						
			Sam	home run, hits leader, rbi, picked off		
			Beckett	home run, OPS leader, slugging, triple		
			Riley	walks leader, runs leader, iq		
			Owen	average and OBP leader, put out leader		
			Xavier	double, whip leader, iq		
			Cole	double		
			Todd	SB		

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Time	Duration	Equipment	Lead	Practice item		
515p	15		Team	**Arrival**	Coaches - 4	Players - 11
		Jbands, space	Team	**Pre-practice routine**	Seth	
				jbands	David	
				dynamic warm up	Jared	
					Devin	
530p	**5**		Seth	**Culture - message - compete** - this is the time to take chances		
535p	**10-15**		**David/Jared**	**Long Toss 10-15 (integrate crow hop drill)**		https://www.youtube.com/shorts/MMxU2Rbbabo
550p	**30**			**Hit (5 stations - 5 groups - 30 mins)**	Groups	
			Self	Tee	1	Owen, Andrew
			Seth	Rope bat	2	Jonah, Cole
			Jared	Stick bat	3	Sam, Daniel
			David	heavy balls	4	Dylan, Riley
			Devin	Flip toss	5	Lincoln, Beckett, Xavier
620p				**Groups Offense with Defense - message - slow down**	**Groups**	**Runners, pitchers, basemen**
				Drill 1 - Offensive rhythm with Pitcher / Batter - 1st base only	1	Cole, Riley, Andrew
				Drill 2 - Offensive rhythm with Pitcher / Batter - 2nd base only	2	Jonah, Lincoln, Beckett, Daniel
				Drill 3 - Rundowns	3	Owen, Dylan, Sam, Xavier
700p				**Team Defense with BP**		
				Install 1,3 offense/defense, team choice		
730p				Cleanup		
735p				Practice on wednesday, awards		
Awards						
			Sam	home run, hits leader, rbi, picked off		
			Beckett	home run, OPS leader, slugging, triple		
			Riley	walks leader, runs leader, iq		
			Owen	average and OBP leader, put out leader		
			Xavier	double, whip leader, iq		
			Cole	double		
			Todd	SB		

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Time	Duration	Equipment	Lead	Practice item		
515p	15		Team	**Arrival**	Coaches - 4	Players - 11
		Jbands, space	Team	**Pre-practice routine**	Seth	
				jbands	David	
				dynamic warm up	Jared	
					Devin	
530p	**5**		Seth	**Culture - message - compete** - this is the time to take chances		
535p	**10-15**		**David/Jared**	**Long Toss 10-15 (integrate crow hop drill)**		https://www.youtube.com/shorts/MMxU2Rbbabo
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730p				Cleanup		
735p				Practice on wednesday, awards		
Awards						
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			Riley	walks leader, runs leader, iq		
			Owen	average and OBP leader, put out leader		
			Xavier	double, whip leader, iq		
			Cole	double		
			Todd	SB		

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Time	Duration	Equipment	Lead	Practice item		
515p	15		Team	**Arrival**	Coaches - 4	Players - 11
		Jbands, space	Team	**Pre-practice routine**	Seth	
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			Xavier	double, whip leader, iq		
			Cole	double		
			Todd	SB		

Pre Game Routine

1. **Arrive 1p**
2. **Warmup - 10 mins**
    a. Jaeger routine
    b. Jog
    c. Skips
    d. Frog jumps
    e. skaters
    f. Bear crawl
    g. Home to 1st (1st to 2nd)
    h. 3 Cone drill
3. **Throwing - 15 mins**
    a. Four seam flicks
    b. One knee throwing
    c. Squared throwing
    d. Weighted throws with heavy balls
        i. Purple
        ii. red
    e. Truncated long toss
4. **Defense - 15 mins**
    a. OF, fungos and flies
    b. IF, fungos
    c. Team, situational
5. **Offense - 20 mins**
    a. Medicine ball progression
        i. 2 lbs
        ii. 10 lbs
    b. Tee
    c. Side toss with Small ball / stick bat
    d. Front toss with Heavy balls
    e. Side toss with Pickle balls
6. **Pitchers / Catchers 150p**
    a. Gear up
    b. Bullpen
7. **Coaches / ump meeting 150p**
8. **Take field 2p**

Focus	Item	Drill focus	Time	Total time
	arrive		1255	
	Warmup			
focus: warm up to throw, don't throw to warm up	warmup bodies		1-110	10
	warmup arms		110-140	30
	Offense with Pitching		140-230	50
focus: pre-pitch mentality, we are swinging	hitting			
station 1	decision making			
station 2	load properly			
station 3	live hitting			
	Defense		230-250	20
	dailies	hand eye coordination drills		
		progress to feet		
		footwork		
		bagwork		
		situations		
	End Game		250-3	10
	rundowns or hitting velo			

MIF	1B		P	C
jameson	xavier		xavier	
rylan	jonah		beckett	
sam	lucas		jameson	
beckett	nico		jonah	
riley				
remy				

hitting

lucas
nico

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700p				**Team Defense with BP**		
				Install 1,3 defense, team choice		
730p				Cleanup		
735p				Game at 530p tomorrow in thurmont, please arrive by 5p		
				Uniforms will be: blues, good?		

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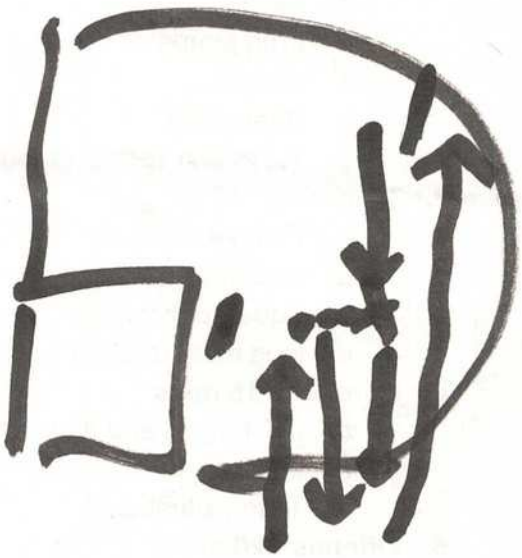
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2. **Warmup - 10 mins**
    a. Jaeger routine
    b. Jog
    c. Skips
    d. Frog jumps
    e. skaters
    f. Bear crawl
    g. 1st to 2nd sprints (in outfield)
3. **Throwing - 15 mins**
    a. Four seam flicks
    b. One knee throwing
    c. Squared throwing
    d. long toss (to 90 ft)
4. **Defense - 15 mins**
    a. OF, fungos and flies
    b. IF, fungos
    c. Team, situational
5. **Offense - 20 mins**
    a. Tee
    b. Side toss
    c. Front toss
6. **Pitchers / Catchers**
    a. Gear up
    b. Bullpen
7. **Coaches / ump meeting**
8. **Take field**



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Time	Duration	Equipment	Lead	Practice item		
515p	15		Team	**Arrival**	Coaches - 4	Players - 11
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3/20/2025