



Practice Plan

Time Activity

\_\_\_ Warm-up, stretch

\_\_\_ Playing Catch

\_\_\_ **Defensive FPPV**

Infield Progression drills

Outfield Progression drills

PFP (pitcher's fielding practice)

\_\_\_ **Team Defense**

**Notes** change this section each time

\_\_\_ Bunt Coverage

\_\_\_ 1<sup>st</sup> & 3<sup>rd</sup> Before the pitch

\_\_\_ 1<sup>st</sup> & 3<sup>rd</sup> After the pitch

\_\_\_ Cut-offs / Relays

\_\_\_ Pick-offs

\_\_\_ **Bunt Groups**

\_\_\_ **Team Offense**

**Notes** change this section each time

\_\_\_ Bunt game

\_\_\_ Base running

\_\_\_ 1<sup>st</sup> & 3<sup>rd</sup>

\_\_\_ Batting Instruction

\_\_\_ **Hitting Circuit** (all coaches manage)

\_\_\_ Cage

\_\_\_ Soft Toss

\_\_\_ Live Pitching w/L screen

\_\_\_ Tee Station

\_\_\_ Base running

\_\_\_ **Competition activity**

\_\_\_ Machine Gun

\_\_\_ Two Ball

\_\_\_ Pepper

\_\_\_ Work Up

\_\_\_ Pop-to-Pops

\_\_\_ Play Ball! (controlled situations)

\_\_\_ Game winner

\_\_\_ Live Tee Infield

\_\_\_ Dueling bullpens

\_\_\_ Other