



SAMPLE PRACTICE PLAN

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 - Rules - Expectations	Coach Steve	Left Field Line
5:35 - 5:45	Dynamic Warm-Up Throwing Program	Coach Steve Coach Duke Coach Chris	Left Field Line
5:45 - 5:50	Introduction of Signs	Coach Duke	3 rd Base Area
5:50 - 6:00	Base Running 1. Home to 1 st	Coach Steve Coach Duke	Infield Area
6:00 - 6:30	Break into 3 Stations (10 min each) 1. Groundballs 2. Fly Balls 3. Hitting - Batting Practice	Coach Duke Coach Steve Coach Chris	Short Stop Center Field Batting Cages
6:30 - 6:50	Situational Defense: 1. Force vs Tag Plays 2. Situations	Coach Steve Coach Duke Coach Chris	Full Field
6:50 - 7:00	Team Building Activity: 1. Relay Race - Set up cones and divide the teams into 2 groups randomly. <i>*Great way to do conditioning in a fun way where you can teach your players to pick each other up and cheer one another on</i>	Coach Steve Coach Duke Coach Chris	Right Field <i>Start at Fould line and sprint out and around the cone and back.</i>

High School Softball Practice Plans

JG Myers



High School Softball Practice Plans:

Decoding **High School Softball Practice Plans**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**High School Softball Practice Plans**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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