

Group/Coach	Activity		Time
Both/Both	Warmup Jog to center Base-Base High Knees/Butt Kicks Knee Pulls/Pull Behinds Shuffle R/Shuffle L Karaoke R/Karaoke L Lunge Twist/Back Lunge Side Lunge/Inchworm Leads and drop steps x 2	Arms Circle up - all x 10 Forward circle- S/L Backward circle -S/L Flappers - Up/Down/Out Twisters Swimmers Stir the pot -CW/CCW Overhead Forearms	3:30-3:40
8 th /A Sunvold	Throw On knee flips Face forward twists Rocker 1 step Step through Shuffle		3:40-3:50
7 th /B Morlan	Base Running Out of the box to first Out of the box round first Out of the box doubles		
7 th /B Sunvold	Throw On knee flips Face forward twists Rocker 1 step Step through Shuffle		3:50-4:00
8 th /A Morlan	Base Running Out of the box to first Out of the box round first Out of the box doubles		
8 th /A Morlan	IF Work EDD/Drills		4:00-4:15
7 th /B Sunvold	OF Work EDD/Drills		
7 th /B Morlan	IF Work EDD/Drills		4:15-4:30
8 th /A Sunvold	OF Work EDD/Drills		
Both Both	Box Drill Watch video so we know what to do		4:30-4:45
Both Both	Relay Groups Groups of 4-5, relays across the field		4:45-5:00