

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
Both Both	Throw On knee flips Face forward twists Rocker 1 step Step through Shuffle		3:40-3:50
Both Both	Bunt Talk Teach how to hold and how to move with the bat Get the ball down		3:50-4:00
Both Both	Hitting Stations High Tee Inside Tee Outside Tee Front Toss On Field		4:00-4:50
Both Both	Base Running		4:50-5:00
Front Toss Progression	Bunt down 3 rd Bunt down 1 st Runner on 2 nd 1 out Runner on 3 rd 1 out Runner on 2 nd 2 outs 5 swings		
On Field Progression	Bunt down 3 rd - Runner steals 2 nd Bunt down 1 st Runner on 2 nd 1 out – Runner advances on hit Runner on 3 rd 1 out – Runner advances on hit Runner on 2 nd 2 outs 5 swings – Focus on middle gaps		