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| **TIME** | **ACTIVITY** | **DESCRIPTION** | **COACHES** | **LOCATION** |
| 5:30 – 5:40 | **Introduction**Rules, Expectations & POD | Practice plan brief | Coach Elih | Left Field Line |
| 5:40 – 6:00 | **Warm-Up**1. Dynamic Warm-Up2. Throwing Program |  Follow cones set upOne knee down From the stretchStep back throwsLong toss 5 throws/cone  | Coach DevinCoach Elih | Left Field Line |
| 6:00 – 7:00 | **Hitting: 5 Stations – 2 players/station****10 minutes/station**1. Soft Toss (Developmental/Eye/Hands coordination)2. T: front contact/middle of the field3. Rope bat: Stay inside/shoulder control4. Live BP cage #15. Live BP cage #2 |  Each coach will have one station | All coaches | Batting Cages Area |
| 7:00 – 8:00 | **Situational Defense**1. Ground Balls: Fielding Triangle2. Fly Balls: Catching Fly balls Using 2 Hands3. Force vs. Tag Plays:Tag Plays, ensure rapid tags less throws as possible4. Situations: Men on first. What to do? |  Infield coaches-Coach Elih-Coach David-Coach SethOutfield Coaches-Coach Devin-Coach Jared-Coach John | All coaches | Full Field |
| 8:00 – 8:30 | **Team Building Activity**Relay Race: Set up cones and divide the teams into 2 groups randomly.Introduction of SignsBase Running1. Home to 1st:Running Through the Base (Record times) | *Start at Foul line and sprint out and around the cone & back.*Coach Jared and John will record times. | Coach DevinCoach Seth | Right FieldInfield Area |

11U Thunder Practice Plan 23 August 2024