|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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-Up  2. Throwing Program | Follow cones set up  One knee down  From the stretch  Step back throws  Long toss  5 throws/cone | Coach Devin  Coach 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 field  3. Rope bat: Stay inside/shoulder control  4. Live BP cage #1  5. 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 Triangle 2. Fly Balls: Catching Fly balls Using 2 Hands 3. Force vs. Tag Plays: Tag Plays, ensure rapid tags less throws as possible 4. Situations: Men on first. What to do? | Infield coaches  -Coach Elih  -Coach David  -Coach Seth  Outfield 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 Signs  Base 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 Devin  Coach Seth | Right Field Infield Area |

11U Thunder Practice Plan 23 August 2024