



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>

Sample Softball Practice Plans

Robert B. Benson, Tammy L. Benson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Sample Softball Practice Plans:

Enjoying the Song of Appearance: An Psychological Symphony within **Sample Softball Practice Plans**

In some sort of used by monitors and the ceaseless chatter of fast interaction, the melodic splendor and emotional symphony developed by the prepared word frequently diminish in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, set within the pages of **Sample Softball Practice Plans** a wonderful literary value brimming with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this charming masterpiece conducts readers on an emotional journey, well unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching assessment, we shall discover the book is key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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