

# MAJORS SAMPLE PRACTICE

Jog around the field

## Stretch

- Hip flexor (on one knee)
- Hamstring (straighten out front leg)
- Switch legs
- Groin stretch (both knees)
- Arm circles forward/backward
- Arm across your chest/overhead
- External 90/90
- Internal 90/90
- Twist
- Forearm

## Moving Warm-Up

- High knees
- Butt kicks
- Lunge with a Twist
- Lunge side to side
- Hurdles forward/back
- Power skips
- Jog
- 50% sprint
- 100% sprint

## **PROPER THROWING**

- BASE DRILL

## **INFIELD FUNDAMENTALS**

- TRIANGLE DRILL (SETUP UP THREE CONES)
  - 1. FEET WIDTH
  - 2. CHEST ON THIGH
  - 3. FLAT BACK
  - 4. HAND IN FRONT OF BILL
  - 5. LEFT EYE
  - COME UP TO FIELD, LINING UP FEET AND HANDS
- SPEED GROUND BALLS
  - 4 GROUPS

- COACHES ROLL 4 GROUND BALLS RIGHT AT THE PLAYER IN QUICK SUCCESSION
- PLAYER FIELDS GROUND BALL, TOSSES THE BALL TO THE SIDE, READY FOR THE NEXT ONE
- SHORT HOPS
  - ABOUT 6 FEET AWAY
  - PLAYERS TAKE TURNS THROWING SHORT HOPS
  - 10 MIDDLE (FACING EACH OTHER)
  - 10 FOREHAND (GLOVE FOOT BEHIND)
  - 10 BACKHAND (GLOVE FOOT FRONT)

### **HITTING – 3 GROUPS OF 4**

- GROUP 1
  - LIVE HITTING
    - 10 HITTABLE PITCHES PER PLAYER
    - ROTATE TWICE FOR TOTAL OF 20 CUTS EACH
- GROUP 2
  - TEE 1 (HIGH)
  - TEE 2 (MIDDLE)
  - SOFT TOSS IF ANOTHER NET AND COACH IS AVAILABLE
- GROUP 3
  - SHAG - OUTFIELD AND BUCKET

### **BASERUNNING**

- HOME TO FIRST
- HOME TO FIRST WITH ROUNDING THE BAG
- FIRST TO THIRD WITH A SECONDARY
- THIRD TO HOME (TAG UP)
- HOME TO SECOND (DOUBLE)
- SECOND TO HOME

\*AT ANYTIME, TAKE SOME TO PRACTICE PITCHING