

SINGLE A – 1ST PRACTICE
LITTLE LEAGUE BASEBALL

- 5:00 -5:10 PLAYER INTRODUCTION**
- INTRODUCTIONS
 - GO THROUGH RULES AND CONDUCT
- 5:10-5:20 TEAM STATIC AND BALLISTIC STRETCH**
- STATIC STREATCH - LINE UP AND STRETCH – ARM AND HAMS
 - BALLISTIC STRETCH
 - HIGH KNEES
 - LUNGES
 - SHUFFLE STEP AND TURN
 - BUTT KICKS
 - LEAP FROG
 - SPRINTS BASE LENGTH
- 5:20-5:30 PROPER THROWING AND CATCHING WHEEL, WITH COACHES**
- 5:30-5:45 GROUND BALL DRILLS**
- 4 STATIONS, COACH GROUND BALL TO PLAYER, THROW TO COACH AND COACH THROW BACK TO PLAYER.
 - PLAYER MUST SHOW GOOD CATCHING STANCE
- 5:45-6:00 INFIELD FIELDING AND THROWING**
- PLAYERS TAKE ALL INFIELD POSITIONS
 - GROUND BALL, THROW TO FIRST, ROTATE
- 6:00-6:30 HITTING STATIONS**
- TEE INTO NET
 - SOFTTOSS INTO NET
 - WIFFLE BALL HITTING
 - HITTING MACHINE
 - LIVE PITCHING MACHINE
- 6:30-7:00 6 ON 6 - SCRIMMAGE**

SINGLE A – 2ND PRACTICE
LITTLE LEAGUE BASEBALL

- 5:10-5:20 TEAM STATIC AND BALLISTIC STRETCH**
- STATIC STRETCH - LINE UP AND STRETCH – ARM AND HAMS
 - BALLISTIC STRETCH
 - HIGH KNEES, LUNGES, KARI-OKE, SHUFFLE TURN
 - TOSS BALL BACK AND FORTH WHILE SHUFFLING
 - SPRINTS BASE LENGTH
- 5:20-5:30 PROPER THROWING AND CATCHING WHEEL, WITH COACHES**
- 5:30-6:00 OUTFIELD HIT PLAYS**
- ALL PLAYERS ON THE FIELD
 - RIGHT FIELD HIT - ALWAYS THROW TO FIRST BASE
 - CENTER FIELD HIT - ALWAYS THROW TO SECOND BASE. SHORT STOP COVERS, SECOND BASE BACKS UP
 - LEFT FIELD HIT – RUNNER ON SECOND, THROW TO THIRD. OTHERWISE THROW TO SECOND. SS COVERS
 - EVERYONE ROTATES TO EVERY POSITION
- 6:00-6:50 HITTING / INFIELD / BASE RUNNING**
- 4 PEOPLE HITTING, 4 PEOPLE RUNNING, 4 PEOPLE INFIELD
 - HITTERS RUNS IT OUT TO FIRST.
 - RUNNERS – 1ST TO 2ND, THEN 1ST AND 2ND
 - FIELDERS – MAKE AN OUT AT 2ND OR 3RD
 - ROTATE TO ALL STATIONS
- 6:50-7:00 BASE RUNNING, BALL SWITCH**

SINGLE A – 3RD PRACTICE
LITTLE LEAGUE BASEBALL

5:00-5:15

TEAM STATIC AND BALLISTIC STRETCH

- **STATIC STRETCH - LINE UP AND STRETCH**
 - ARMS FORWARDS AND BACKWARDS
 - ARMS OUT AND CROSS (HUG YOURSELF)
 - GRAB ELBOW AND LEAN TO RIGHT AND LEFT
 - ONE ARM STRETCH - ACROSS YOUR BODY, PULL TOWARD CHEST, SWITCH ARMS
 - SHOULDER STRETCH - GRAB ELBOW AND PULL BACK
 - ROTATOR STRENGTHENING – ARMS STRAIGHT OUT, LITTLE CIRCLES UNTIL IT BURNS. THEN HAND CUFFED, BIG CIRCLES
- **BALLISTIC STRETCH**
 - HIGH KNEES, LUNGES, ZOMBIES, SHUFFLE TURN, KARAOKE
 - SPRINTS
 - TOSS BALL BACK AND FORTH WHILE SHUFFLING

5:15-5:25

PROPER THROWING AND CATCHING WHEEL, WITH COACHES

5:25-6:00

INFIELD / OUTFIELD

- ALL PLAYERS ON THE FIELD / FILL ALL POSITIONS
- INFILDERS – GROUND BALL THROW TO FIRST
- OUTFIELDERS – THROW TO CORRECT BASE, PLAYERS COVER
 - RIGHT FIELD HIT - ALWAYS THROW TO FIRST BASE
 - RIGHT CENTER THROW TO SECOND
 - LEFT CENTER & LEFT FIELD - RUNNER ON SECOND, THROW TO THIRD. OTHERWISE THROW TO SECOND. SS COVERS
 - EVERYONE ROTATES TO EVERY POSITION

6:00-6:50

SPLIT TEAMS INTO TWO – MACHINE PITCH

- EACH TEAM HITS FOR 25 MINUTES, THEN ROTATE
- PLAY IT LIKE A GAME

6:50-7:00

RABBIT – BASE RUNNING