

ANNOUNCEMENTS/NOTES:

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| TIME | OBJECTIVE | DETAILS |
| 2:20 |  | Pre-Practice Talk |
| 2:30 |  | Team Stretch/Throw |
| 2:55 | Baserunning | [Your drill(s) here] |
| 3:15 | Individual Defense | **INF**- [Your drill(s) here]**OF**- [Your drill(s) here]**C**- [Your drill(s) here] |
| 3:35 | Individual Offense | \*See the cage rotation sheet attached for details\* |
| 4:10 | Team O/On Field BP | **\*See Groups Below\***Round 1: [Round 1 Objective]Round 2: [Round 2 Objective]Round 3: [Round 3 Objective]Round 4: [Round 4 Objective] |

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| **ON-FIELD BP GROUPS** |
| **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** |
| PLAYER | PLAYER | PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER | PLAYER | PLAYER |

**\*The grouping above is for 20 players….add or subtract players/groups at your discretion**

**CAGE ROTATION SHEET**

|  |
| --- |
| **Individual Offense Groups** |
| **Group 1** | **Group 2** | **Group 3** |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER | PLAYER |
| PLAYER | PLAYER |  |

**\*The grouping above is for 20 players….add or subtract players/groups at your discretion**

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| **Cage/Individual Drill Rotations** |
| Rotation 1 (10 minutes) 🡪 | Rotation 2 (10 minutes) 🡪 | Rotation 3 (10 minutes) |
| [Your drill here] | [Your drill here] | [Your drill here] |