

ANNOUNCEMENTS/NOTES:

|  |  |  |
| --- | --- | --- |
| 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] |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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] |