BASEBALL

Baseball practice plan

1 h 25 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	15	**Ground ball to first** Glove down early, field it in front of you, feet to first, throw to the chest; 1B to the bag and stretch l…
☐	**35 min**	15	**Cut-off and relay** Outfielder: get to the ball and hit the relay man in the chest; relay: run out into the line, arms up, gl…
☐	**50 min**	5	**Water break**
☐	**55 min**	20	**Scrimmage**
☐	**1 h 15**	10	**Cool-down** Easy jog, then static stretches

NOTES

playmaker.click