DEFENSE PRACTICE ORGANIZATION #1

(Each line represents five minutes)

SCHEDULE TIME **ACTIVITY MINUTES** **MAJOR ACTIVITY** **DETAIL ACTIVITY** **DATE:** _____

_____ 15 **WARM UP** Indian Relay _____
Stretch _____
Throw _____

_____ 45 **DEFENSE** _____
_____
_____
_____
_____
_____
_____
_____
_____

_____ 45 **OFFENSE** _____
_____
_____
_____
_____
_____
_____
_____
_____

_____ 15 **SITUATIONS** _____
_____
_____

POSITIONS

P	C	1B	2B	3B	SS	LF	CF	RF
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

COMMENTS