

INDOOR PRACTICE SCHEDULE

First 90 minutes Pitchers and catchers in Area 1, Hitters in Area 2
 Second 90 minutes Entire team work on defense

:00 - :05	Warm up and Stretch	(05)
:05 - :25	Session 1 (S1)	(20)
:25 - :30	Contest 1 (C1)	(05)
	Break	(03)
:33 - :58	Session 2 (S2)	(25)
:58 - :63	Contest 2 (C2)	(05)
	Break	(03)
:66 - :86	Session 3 (S3)	(20)
:86 - :90	Discussion and Wrap up	(04)

DATE	S1	C1	S2	C2	S3
	Explain & Wild Pitch	Speed Throw	Run Down	Ball in Glove	Nerf Ball Game
	Runner @ 3B - Walk	King of the Hill	Bunt Defense	Infield	Pickoff @ 1B to 2B
	Underhand Throws	Speed Throw	First & Third	A vs B	Pickoff @ 3B to SS
	Runner @ 3B - Bunt	Hockey	Sliding Practice	Throwing Relay	Pickoff @ 2b
	Pickoff @ 1B to 1B	Speed Throw	Run Down	Duck	Nerf Ball Game
	Runner @ 3B - Gr Bl	Rebound	Bunt Defense	Infield	Pickoff @ 3B to 3B
	Pickoff @ 2b	Speed Throw	First & Third	A vs B	Cover/Tags - Run
	Pickoff @ 1B to 2B	King of the Hill	Sliding Practice	Throwing Relay	Runner @ 3B - Walk
	Pickoff @ 3B to SS	Speed Throw	Run Down	Ball in Glove	Nerf Ball Game
	Pickoff @ 1B to 1B	Hockey	Bunt Defense	Infield	Runner @ 3B - Bunt
	Pickoff @ 3B to 3B	Speed Throw	First & Third	Duck	Running Practice
	Runner @ 3B - Gr Bl	Rebound – Back	Sliding Practice	Throwing Relay	Nerf Ball Game

PLAY	NUMBER GIRLS	PRACTICE ROTATION
First & Third	*8*	SIT --> C P 3B SS 2B 1B RUN-1B RUN-3B SIT
Pickoff @ 1B	*8*	SIT --> C P RUN-1B 1B 2B SS 3B SIT
Pickoff @ 2B	*5*	SIT --> C P SS 2B RUN-2B SIT
Pickoff @ 3B	*5*	SIT --> C P SS 3B RUN-3B SIT
Bunt	*10*	SIT --> C P 3B LF SS CF 2B RF 1B RUN-1B SIT
Runner 3B - Walk	*8*	SIT --> RUN-3B C P 3B SS 2B 1B BATTER SIT
Runner 3B - Bunt	*8*	SIT --> RUN-3B C P 3B SS 2B 1B BATTER SIT
Runner 3B - Gr Bl	*8*	SIT --> RUN-3B C P 3B SS 2B 1B BATTER SIT
Wild Pitch	*3*	SIT --> 1B P C SIT
Run Down	*XX*	A RUNNER IN THE MIDDLE, A GIRL @ END OF GYM TO START OTHER GIRLS SPLIT 50/50 EACH SIDE. ROTATE AFTER EACH PLAY.