

## PRACTICE GUIDELINES

COACH PITCH – 1 ½ - 2 hours practice time

10 min. - stretches and warm – ups

30 min. - Infield drills – field between legs with both hands and step into throw

Outfield drills – field between legs with both hands and step into throw

45 min.- 1 hour – Batting practice – use Tee until every player makes consistent contact with ball

- A. Proper grip on bat
- B. Proper hitting stance
- C. Where to stand in Batters Box
- D. Level swing – no chopping at ball
- E. Step into ball and follow – through on swing
- F. After contact with ball drop bat

Teach how to run bases and keep eye contact with base coaches for signals, teach correct sliding technique.

Close practice by gathering team and discussing progress and next team function.