

Rally Cap Practice Plan

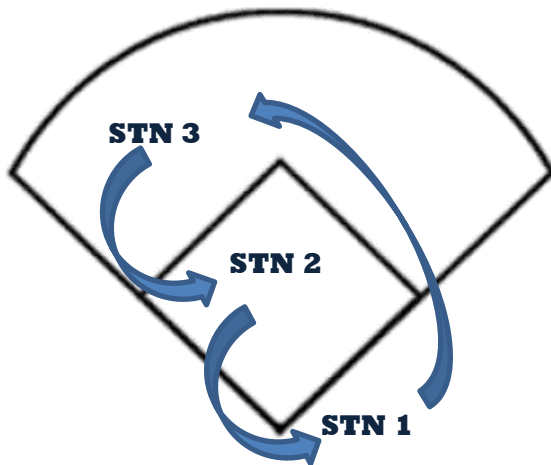
Week: 1

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #1
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	5 min.	1	"Between the Two"	Practice Plan #1
	Receiving	10 min.	1	"Catch like an Egg" & "All messed up"	Practice Plan #1
	Base running	5 min.	2	"The Train"	Practice Plan #1
	Throwing	10 min.	2	"The Relay"	Practice Plan #2
Competition/Fun Game		15 min.	1 & 2	Competition: Throwing to a Target Fun Game: Tag Baseball	Practice Plan #1
Cool Down/Pack Up		5 min.			

Field Layout



This Weeks Practice Goals

Work on baseball skills in the outfield and practice game play on the infield. Tee ball games.

Field Set-up:

Games will take place on the infield and this weeks drills are to be set-up in the outfield space.

Rotation:

Teams shall rotate to each station, allowing each team to occupy different areas of the field each practice.

Rally Cap Practice Plan

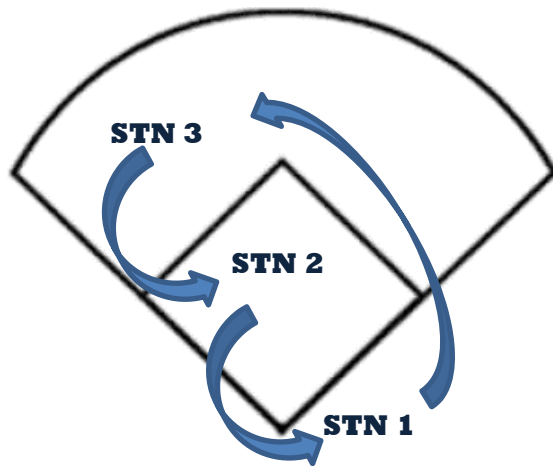
Week: 2

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #2
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	10 min.	1	"T-Ball" & "Light Toss"	Practice Plan #2
	Receiving	5 min.	1	"Sky Ball"	Practice Plan #2
	Receiving	5 min.	2	"The Crocodile"	Practice Plan #2
	Throwing	10 min.	2	"Home Run" (Use pop-up net)	Practice Plan #2
Competition/Fun Game		15 min.	1 & 2	Fun Game: Tag Baseball Coaches Choice	Practice Plan #1
Cool Down/Pack Up		5 min.			

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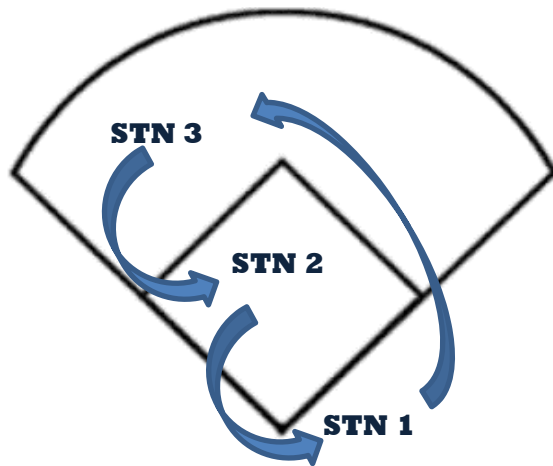
Week: 3

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #3
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	10 min.	1	"Light Toss" & "Drill with Pitcher"	Practice Plan #3
	Throwing	5 min.	1	"The Target" (Use pop-up net)	Practice Plan #3
	Base running	5 min.	2	"Gotcha"	Practice Plan #3
	Throwing	10 min.	2	"Around the Horn" & All Messed-up"	Practice Plan #3
Competition/Fun Game		15 min.	1 & 2	Fun Game: Freeze Tag Coaches Choice	
Cool Down/Pack Up		5 min.			

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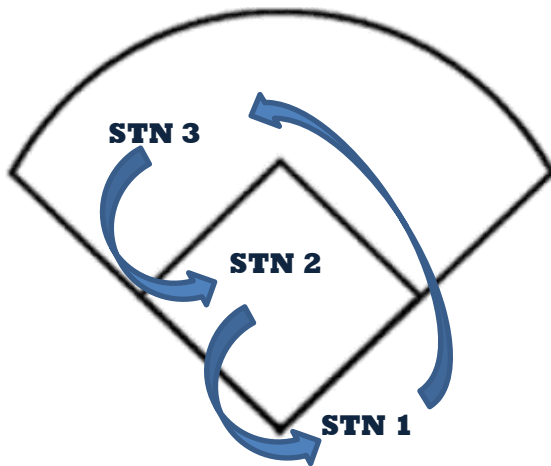
Week: 4

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #4
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	5 min.	1	"Drill with Pitcher"	Practice Plan #4
	Throwing	10 min.	1	"The Relay" & "Space Shuttle"	Practice Plan #4
	Base running	5 min.	2	"Kill the Mosquito"	Practice Plan #4
	General	10 min.	2	"Names & Numbers"	Practice Plan #4
Competition/Fun Game		15 min.	1 & 2	Competition: Relay Race Fun Game: Tag Baseball	
Cool Down/Pack Up		5 min.			

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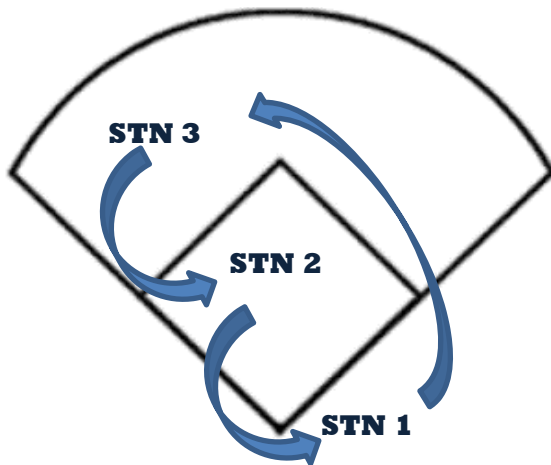
Week: 5

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #5
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	10 min.	1	"T-ball" & "Drill with Pitcher"	Practice Plan #5
	Throwing	5 min.	1	"The Guardian"	Practice Plan #5
	General &	15 min.	2	"Bucket Ball"	Practice Plan #5
	Game			2 Teams (Kids vs. Parent/Siblings)	Practice Plan #5
Competition/Fun Game		15 min.	1 & 2	Simon Says Coaches Choice	
Cool Down/Pack Up		5 min.			

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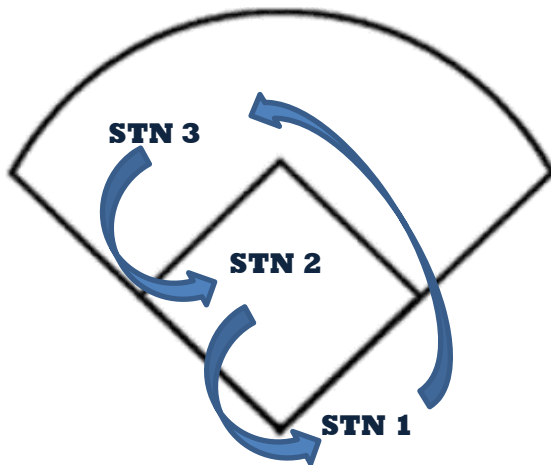
Week: 6

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #6
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Hitting	5 min.	1	"Light Toss"	Practice Plan #6
	Throwing	10 min.	1	"The Target" & "Space Shuttle"	Pract. Plan #3 & 4
	Base running	5 min.	2	"The Relay"	Practice Plan #6
	Receiving	10 min.	2	"Sky Ball" & "All Messed-up"	Pract. Plan #2 & 3
Competition/Fun Game		15 min.	1 & 2	Competition: Throwing to a Target Fun Game: Tag Baseball	Practice Plan #1
Cool Down/Pack Up		5 min.			

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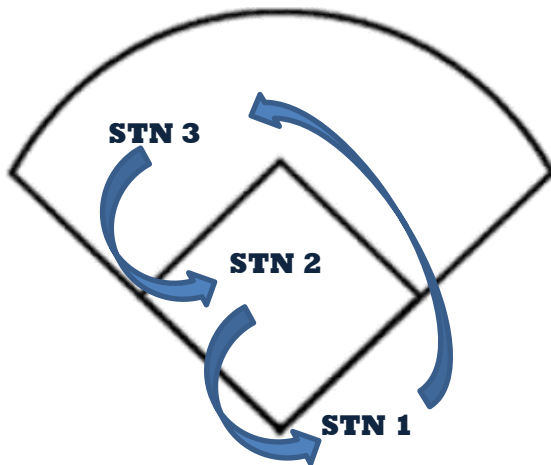
Week: 7

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #7
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	General	10 min.	1	"Out"	Practice Plan #7
	Throwing	5 min.	1	"The Relay"	Practice Plan #7
	Base running	5 min.	2	"The Gazelle"	Practice Plan #7
	Receiving	10 min.	2	"Big Foot"	Practice Plan #7
Competition/Fun Game		15 min.	1 & 2	Fun Game: Freeze Tag Coaches Choice	
Cool Down/Pack Up		5 min.			

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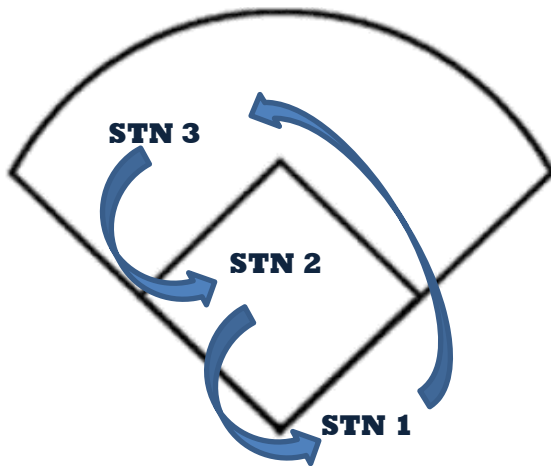
Week: 8

Black & Green Cap

Black & Green
Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #8
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Receiving	10 min.	1	"500"	Practice Plan #8
	Hitting	5 min.	1	"Drill with Pitcher"	Practice Plan #5
	Base running	5 min.	2	"Tag Baseball" & "Gimme 5"	Pract. Plan #8 & 9
	General	10 min.	2	"Out" & "Name & Numbers"	Pract. Plan #8 & 4
Competition/Fun Game		15 min.	1 & 2	Fun Game: Kids Choice Coaches Choice	
Cool Down/Pack Up		5 min.			

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