

# BBAI Practice Plan

Date:

Time:

## OBJECTIVES:

**Warm Up** (5 minutes) Make the body ready for practice

Activity	
Slow Jog	Stretch Torso
Stretch Legs	Stretch Arms

Team Talk OVERALL PRACTICE OBJECTIVES:

<b>Goals</b>	know where to throw the ball.
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**Base Running - 10 minutes Skill Development** Games and Exercises

Activity	
Infield Hit (Through First)	Run for a Double
Round First (Single)	Run for a Triple
Note: After each sprint to a base, the player should jog back to home plate.	

**Throwing** (10 minutes)

Activity	
One partner should be on foul line and the other in the outfield.	

**Stations - Total of 40 minutes (10 minutes each)**

Activity	
Ground Balls	Pop-ups / Fly Balls
Hitting on field or in batting cage/s	Fielding balls hit by batter or hitting off of batting tees
Note: Groundball and Flyball stations need to be outside of the playing field if the players are hitting on the baseball diamond.	

**Team Work Examples** (30 minutes)

Activity	
Base Running - Tagging up etc.	Pitching Drills
Run-Downs	Base Stealing

**Scrimmage** (20 minutes) Emphasize last weeks skill and new skill

<b>Previous Skill</b>	Delayed Steal
<b>New Skill</b>	Steal 2nd

**Team Talk** (5 minutes) Emphasize new skill and techniques from scrimmage

<b>Scrimmage Lesson 1</b>	Delayed Steal
<b>Announcements</b>	Next Game
<b>Review</b>	