

Need for practice- light Plyo ball and heavy (varsity field), short cones (varsity field), four tees (JV Field) ,three plates and net (JV Field) tennis balls and racket (varsity and JV field 5 tennis balls at each), nerf gun (JV Field), empty bucket or big cone, 2x bucket of balls at each field

Warm up- throwing

1. Grounders and picks
<https://m.youtube.com/watch?v=grvCdPJ9hIQ&pp=0gcJCU4LAYcqIYzv&ra=m> (music)
2. Elbow drives throwing
<https://www.facebook.com/morganstuartsoftball/videos/elbow-drives-are-the-most-important-thing-in-a-throw-it-all-starts-with-a-drive-/1483660623064745/>

Split into groups

Infield (second base coverage)

Lily, Irelynn, Signe, Daysa (go to first after second) @ 1st: Clare (come pitch after corners and batting), Dottie (come catch after fielding and batting)

1. https://www.facebook.com/reel/874020928430777/?referral_source=external_link&surface_type=tab&in_reels_tab_context=TRUE
2. https://www.facebook.com/reel/1638092893993365/?referral_source=external_link&surface_type=tab&in_reels_tab_context=TRUE
3. Cover second with short and runner

Daysa, Malia, Clare work corners- one hops

Outfield (cones, tennis racket and balls) (JV field)

Ingrid, Iso, Signe, Lindsey, Kayelle

1. Crow hops (cones) <https://m.youtube.com/watch?v=T73E3jZLa-M&ra=m>
2. Pops (Tennis racket and balls)
<https://www.instagram.com/reel/DSaYoZLkVaW/?igsh=cTlwZXh0NHdlcXFh>

Catchers- Dottie, Lindsey, Olivia (pitch first)

1. Warm up <https://www.instagram.com/reel/DaEckLku3Df/?igsh=eHY4bHRla2xzc3li>
2. Angled blocking
<https://www.instagram.com/reel/DXKzLqkATHH/?igsh=MTlyMDBsbGE3NmM5cg==>
3. Throw downs- pop time
<https://www.instagram.com/reel/DXSFAcdzi3N/?igsh=MWR0enM3OGdqZDZudg==>

4. Seeing ball in
<https://www.instagram.com/reel/CwjUMs-SxLF/?igsh=MTEyb2pwNXoweGRu>
5. Pops (Tennis racket and balls get from OF)
<https://www.instagram.com/reel/DSaYoZLkVaW/?igsh=cTlwZXh0NHdlcXFh>

Pitchers (Plyo balls, bucket) Riley, Olivia, coming later Clare, Lily

1. Plyo balls <https://m.youtube.com/watch?v=ycRB2rvyleA&t=6s&pp=2AEGkAIB&ra=m>
2. Make windup consistent
<https://m.youtube.com/watch?v=RlpCI6FZmjl&pp=ugUHEgVlbi1VUw%3D%3D>
3. Cone drill <https://m.youtube.com/watch?v=l89h8LSgA7l&ra=m>

Batting (jv field- 4 tees, three plates and nerf gun)

1. Bat angle- two tee drill <https://m.youtube.com/watch?v=TrJLcySZKml&ra=m>
2. Three plate drill <https://m.youtube.com/shorts/4UJ-fd8gfyY?ra=m>
3. Nerf gun batting <https://www.facebook.com/share/v/1BKpaiUHjf/>

Ingrid- slap (lots of reps off tee)

ISO- slap then come to varsity field see Hannah (baserunning)

Last 30/45min of practice

Everyone back at Varsity Field

1. Live batting/ situationals- 3 pitches if no hit soft toss and run