**West Hill U12 Div 2 Team**

Introductions (10 Min) **– Team expectations, get the girls to introduce themselves**

**Split up into 2 groups (all activities will be comprised of the two groups, no cross over)**

## Warmup (10 min)

* Jog
* Dynamic stretching - high knees, lunges, twists/helicopter, bum kicks, cradle walk, cobra, arm circles, forearms, side lunges, sprint on last.
* Water

## Throwing warmup (15 - 20 min)

* Progressions (check for a 90-degree elbow height at least)
* Soft Toss Game (Get to know each other drill) - 5 girls in a circle, no gloves, one ball, soft toss to each other, get them to call a name prior to tossing it softly – (helps get to know each other and works on soft hands plus eye hand coordination)
* Relay race (we likely won’t have time if we have time) – Group A one line, Group B second line, each player in a group about 10 feet apart (we will increase this with each practice), goal is to work on catching, pivoting, and throwing. First team to get the ball back to the starting position is the “winner”

## Stations (30-35 min each)

**Station 1- Infield work – 30-40 min** Review fundamentals (Group A starts)

* Work on throws to first from 3rd, short, second(have coach on first to begin with)
  + Focus on ground balls
  + Focus on technique to pick up grounders (staggered stance, glove foot forward).
  + Review proper ready stance.
* Running to first
  + Work on running through
  + Work on rounding

**Station 2 - Hitting and Outfield Pop Flys (30-40 Min)**

* **2 Hitting stations with tees - one girl per tee**
  + Girls grab a bat and warm up swings
  + Sabrina or another Coach to go over batting fundamental
  + Tee work – Focus on proper stance and fundamentals
* **Outfield 15 min (three girls catching)** 
  + Review fundamentals of catching pop flies
  + Either hit or Throw pop ups for players to catch, start with directly at them and then slowly move them side to side. Focus on getting them under the ball and catching the ball into the chest area.
* Sanitize / Drink of water

## Team Meeting

* Highlight key features of the practice, things for the girls to think about
* Ask each player and coach about their favorite part of practice