**West Hill U12 Div 2 Team**

Team Meeting (5 Min)Split girls into the groups, go over practice plan

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

## Warmup (10 min)

* Jog
* Dynamic stretching – Stretches, high knees, lunges, twists/helicopter, bum kicks, picking up apples, 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 (can use wiffle to start), 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 – 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”. Run through twice, after first run have the girl at the end come to the first position, everyone shift back one.
* Water

## Stations (30-40 min each)

**Station 1- Infield work – 30-40 min** Review fundamentals

* **3 Stationary Balls** at 3rd base, then short stop then second base - throwing to first base
  + One girl on 1st base, coach setting up balls
  + Players rotate through each base (all line-up at same base)
* Infield – Coach hitting balls to players, have a player at each position, coach call the play (have girls rotate through each position)

**Station 2**

1. **Pitching / Catching (2 pitchers 1 catcher)** 
   * 1 pitcher warming up on Rebounder (or to parent volunteer)
   * 1 pitcher working with catcher (with net behind)
2. **Hitting**

* **1 Hitting station with tee** 
  + Tee work – Focus on proper stance and fundamentals
* **1 Hitting station with whiffle toss**
  + Soft Toss whiffles so girls are hitting into outfield

Team Meeting (5 Min)

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