**West Hill U12 Div 2 Team**

Team Meeting (5 Min)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 (can mix this up and use 2 Wiffle balls) - 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
* Tennis Ball Soft toss with glove – Keep glove closed, trap tennis ball against outside of glove with bare hand – works on two handed catches.
* Relay race – Group A one line, Group B second line, each player in a group about 10 feet apart, 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.

## Stations (30-35 min each)

**Station 1- Infield work**

* Infield – charging the ball with throw to first – Coach throws short grounders, making the girls charge and then throw to first (move them side to side as well), have player at each position including pitcher, rotate after 1 each to keep them moving.
  + With the girls on 1st base, review proper footing to make the catch (ie: non-glove foot on the bag)
  + Work on position covering (if ball is to third, short stop coming over to cover, etc.)
* Star Drill – Players at 1,2,3,SS,C. Catcher throws to SS, SS to 1, 1 to 3, 3 to 2, 2 to C. Work on ready position, catch and then pivot to throw, good throws, no dropping. Run through a couple of times.
* Coach pitch to batter if time

**Station 2 – Hitting and Outfield**

* **1 Hitting station with tee (5 minutes each)**
  + Tee work –One arm swings to focus on arm strength and swing movement, finish with a few full swings
* **Outfield** 
  + Tennis ball toss, no glove, focus on soft hands, two handed catches
  + Move to regular balls with Gloves and work on over the shoulder catches.

## Pitching (full practice, 10 minutes per pitcher)

* 5 pitchers, 3 catchers
* Catcher will stay and catch for 2 pitchers

## Base Race

## 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