**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
* Ball Soft toss with glove – Keep glove closed, trap tennis ball against outside of glove with bare hand
* 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.

## Sliding Practice (20 min)

* All girls in their group (two lines), two coaches holding bat, girls can grab and slide.

## Stations (30-35 min each)

**Station 1- Infield work**

* Infield
  + Start with standard infield (player at each position, including pitcher if 5 girls), hitting balls to each, calling the play. Work on girls covering
  + Around the infield competition. Line up behind first and move the girls through each position, first to finish 3rd cleanly wins
* Whiffle ball hitting contest with Tee

**Station 2 – Hitting and Outfield**

* **Bunting** 
  + Soft toss from Coach
  + Have girls work on bunting technique, getting into correct position.
* **Outfield**
  + Tennis ball toss, no glove
  + Drop step, ball
    - Look over shoulder to catch, never back pedal

## Pitching (10 minutes per pitcher)

## 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