**West Hill U12 Div 2 Team**

Team Meeting (5 Min)Go over practice plan

## 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 balls) - 5 girls in a circle, no gloves, one ball, soft toss to each other
* Relay race – Group A one line, Group B second line

## Infield (20 min)

**Hitting**

* **Whiffle Ball Home run contest -** Tee up whiffle ball. There will be pylons out from tee at about 10-foot intervals. Up to first pylon, 1 point, 2nd pylon 2 points, 3rd pylon 3 points. Past 3rd is grand slam 4 points. Players compete for best score each round. They hit 5 balls each.

**Throwing**

* **Long-Short-Long-Short** - 2 cones between second and third, evenly spaced, and 2 cones between 1st and Home in line with the other side. Players pair up and with one in line with the first cones and the other facing them in line with the other cones. They throw 5 balls back and forth each and then spring to the base line and throw 5 from there, sprint back to short and throw 5 from there, back to long for 5 more. First group done wins. Players on 3rd base line move down one position and we go again (to mix up partners).

## Pitching (throughout remainder of practice)

* Each of the pitchers need to throw 5-10-10-15 on progression pitches.

## Catching (20 Min)

* Catcher work– Pitcher and catcher. 3 balls set at backstop, pitcher points to one, catcher sprints back to it, pitcher comes into home, catcher soft tosses to pitcher. Both catchers work with 2+ pitchers and switch.
* Other players will be on SS, 2nd, and 1st working on double plays. SS will throw or soft toss from SS to 2nd, 2nd pivots and throws to 1st. Player on 2nd moves to 1st goes to back of line at SS, SS to 2nd. Rotate through the girls.

## Coach hit (20 Min)

Real game situations - 6 players on infield at all positions, including Pitch and Catch, two runners (placed where coach wants them, wearing helmets), working through scenarios. Work with clean fielding, calling plays based on the runner’s positions, include grounders and pop fly’s. Rotate the girls through each position, switch out the catchers halfway.

## Jackpot or Base Race

If time is tight, base race, if we have a bit of time then Jackpot.

## 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