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**Storm Baseball Practice Plan**

**“The difference between the impossible and the possible lies in a person’s determination” Tommy Lasorda**

**Date: Practice # 5:00pm-8:00pm**

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| **Time** | **Group** | **Location** | **Process To League Title (PTLT)** |
| **5:00** | Team | Propstra | Attendance, Agenda, Expectations |
| **5:10** | Team | Propstra (Infield) | Dynamic Warmup |
| **5:25** | Navy & Silver | Propstra & Bay JV | Intentional Throwing Program |
| **5:40** | Infielders (Infield Coach) | Propstra  (Infield) | Arizona’s: Off the Line, Triple Head, Last 2/First 2, Heel-toe/feet/feet, tags, Four Corners, Zig-Zag Drill, Live reps, Baseball Tennis |
|  | Outfielder (Outfield Coach) | Propstra  (Outfield) | Arizona’s: Pro-steps, 1-quarter turns (get behind ball), 1-quarter turns (go get it), Ball to wall, Find Fence, Football passing patterns |
|  | Catchers (Catching Coach) | Propstra (Right Field) | Arizona’s: Receive, Block, Throw (footwork), Bunt, and Pop-ups |
|  | Pitchers (Pitching Coach) | Propstra (Left Field) | Moves: Good move/Great move/Show-Ball to 1st, timing to 1st, Inside-turn/timing/daylight to 2nd, 3rd to 1st, Flat ground |
| **6:10** | Navy  Silver | Propstra  Bay JV | Team Defense: Choice between (6-1s PFP, live U-Dub drill, Bunt D, 1st & 3rd, Alley Drill, Pop-up Priority, etc.) |
| **6:35** | Navy: Propstra  Silver: Bay JV | Batting Practice | Navy: Regular/21 foot/Front toss/Tee  4 groups of 6 players, Base runners @2nd & 3rd  Defense: Fungo & live reps  Silver:21 foot toss/Fungo whiffles/Tee  4 groups of 5 |
| **7:45** | Entire Team: Conditioning on the bases. | | |

**Night Cap & Tomorrow**

8:00: Players evaluate focus/effort of practice. The goal for tomorrow’s practice is to be better than today.