

PRACTICE STATIONS

- Rotate each station every 15 mins (+/-) until each player completes each station
- Tee station-wiffle balls-2 kids hit/2 rotations/10 swings each rotation
- Pitching station-hardballs/4 kids/10 throws @ each distance
- Outfield drill-tennis balls/4 kids/3 out/1 relay/each player catches a pop up and then rotates with the relay man/10 balls each
- 5 min break
- Infield drill-hardballs/12 kids/2 groups of 6(2nd base and short) coaches roll balls to the kids, manager observes and corrects

