

PHS Baseball
Practice template #1

(given to PLL on Jan 2 2018 from Coach Conner)

Practice plan
Things to include in practice every day

Warm up
 dynamic stretching
 running (make it baserunning)

Throwing
 throwing drills and progression- work on correct technique- if they don't learn properly,
it
 is very hard to change
 throwing and catching

Individual defense

Team defense

Hitting stations

Core principles
 *teach fundamentals
 *keep everyone involved
 *make it fun