

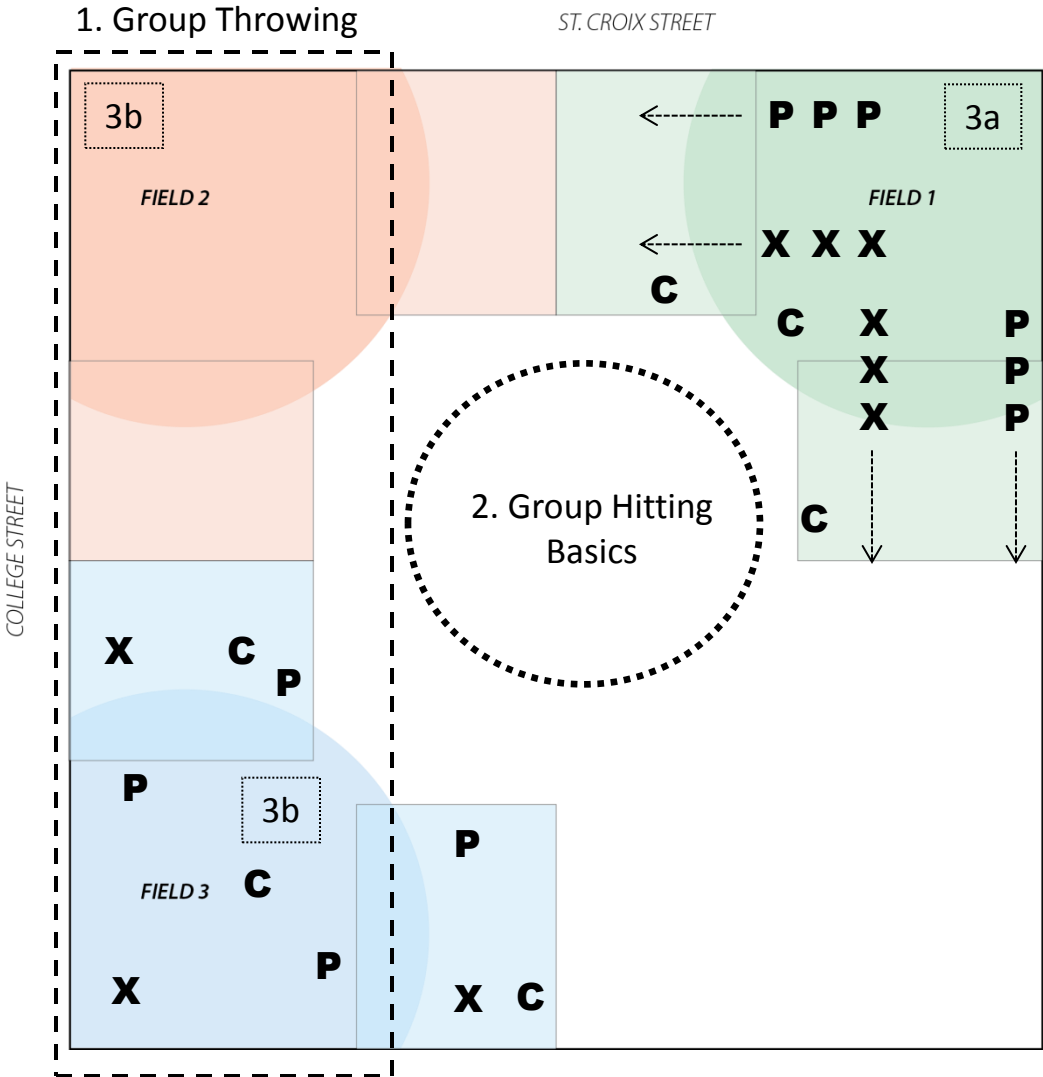
# PCR Baseball

## Group Practice Plan

3<sup>rd</sup> and 4<sup>th</sup> Grade

# Practice 1 - Hitting

Saturday May 2, 2015

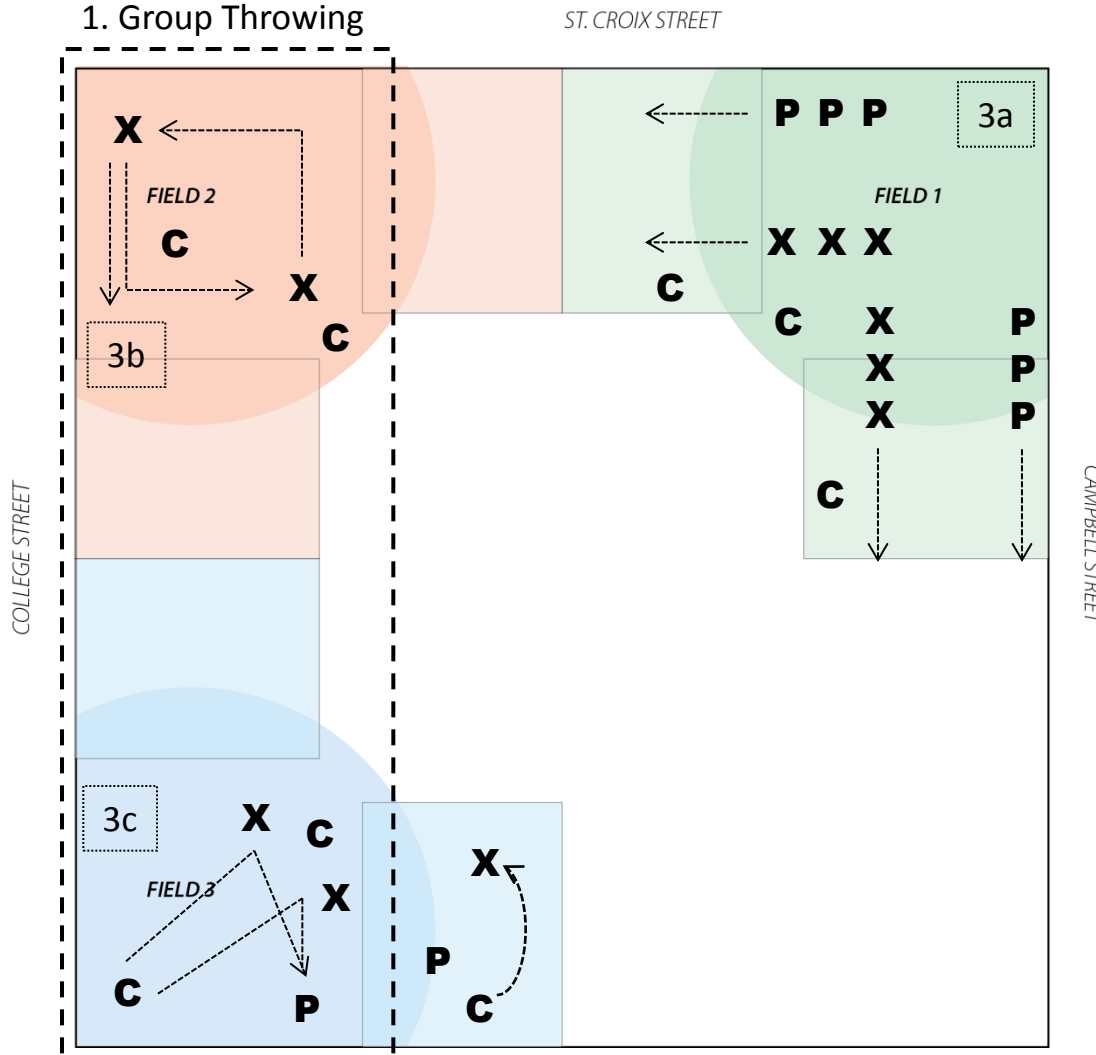


1. Group Throwing - 10 minutes
2. Group Hitting Basics - 10 minutes
3. Stations – 20 minutes each
  - a) Pitching
  - b) Hitting
    - a) Tees, Short Toss
    - b) Live Hitting

# Practice 2 – Fielding & Base Running

Monday May 4, 2015

## 1. Group Throwing



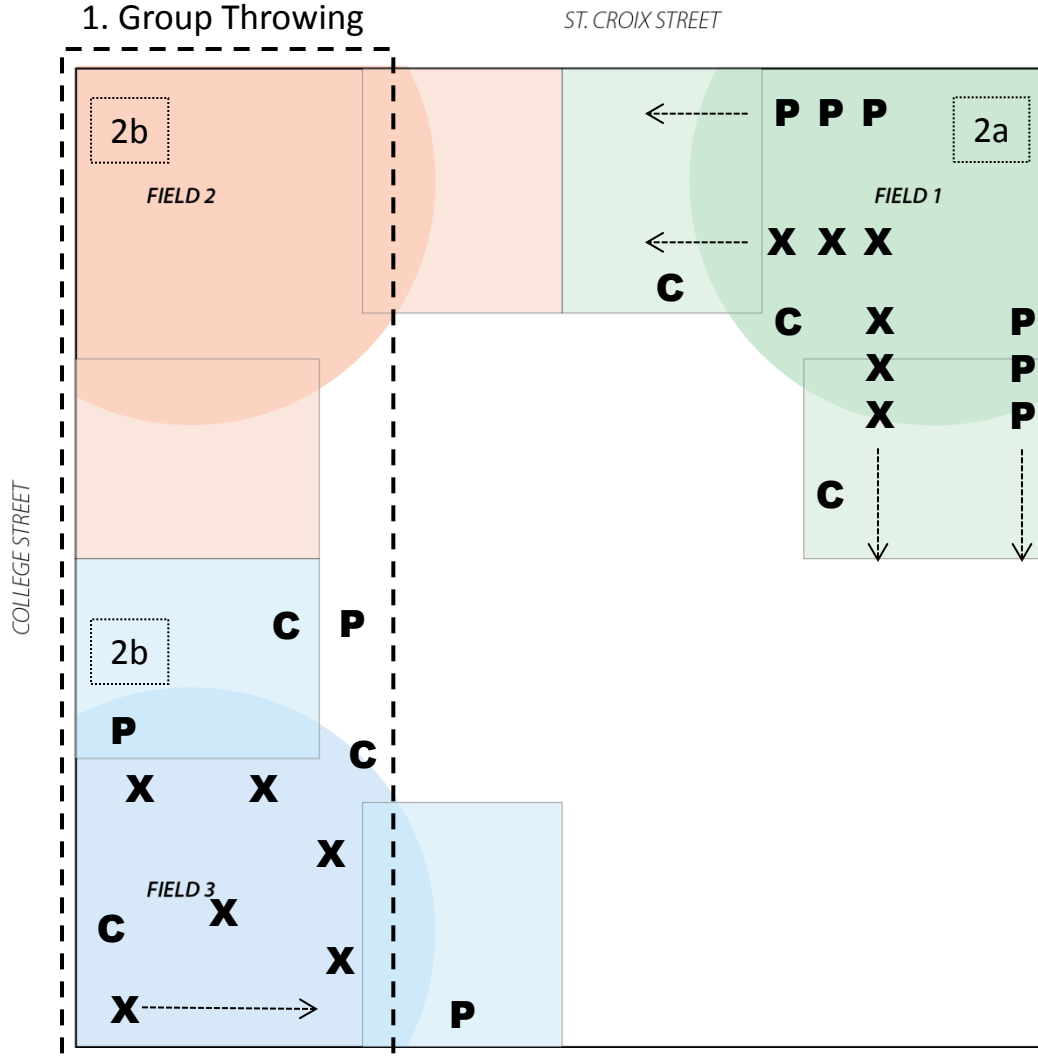
1. Group Throwing - 10 minutes
2. Group Fielding Basics - 10 minutes
3. Stations – 20 minutes each
  - a) Pitching
  - b) Base Running
    - a) Basics – 5 minutes
    - b) Home to 1<sup>st</sup> (7 min)
    - c) Home to 2<sup>nd</sup>, and 2<sup>nd</sup> to home (8 min)
  - c) Defense
    - a) Roll ball, throw to 1<sup>st</sup> base (10 min)
    - b) Fly balls (10 min)

**C** – Coach  
**P** – Parent  
**X** – Player

# Practice 3 - Situations

Saturday May 9, 2015

## 1. Group Throwing



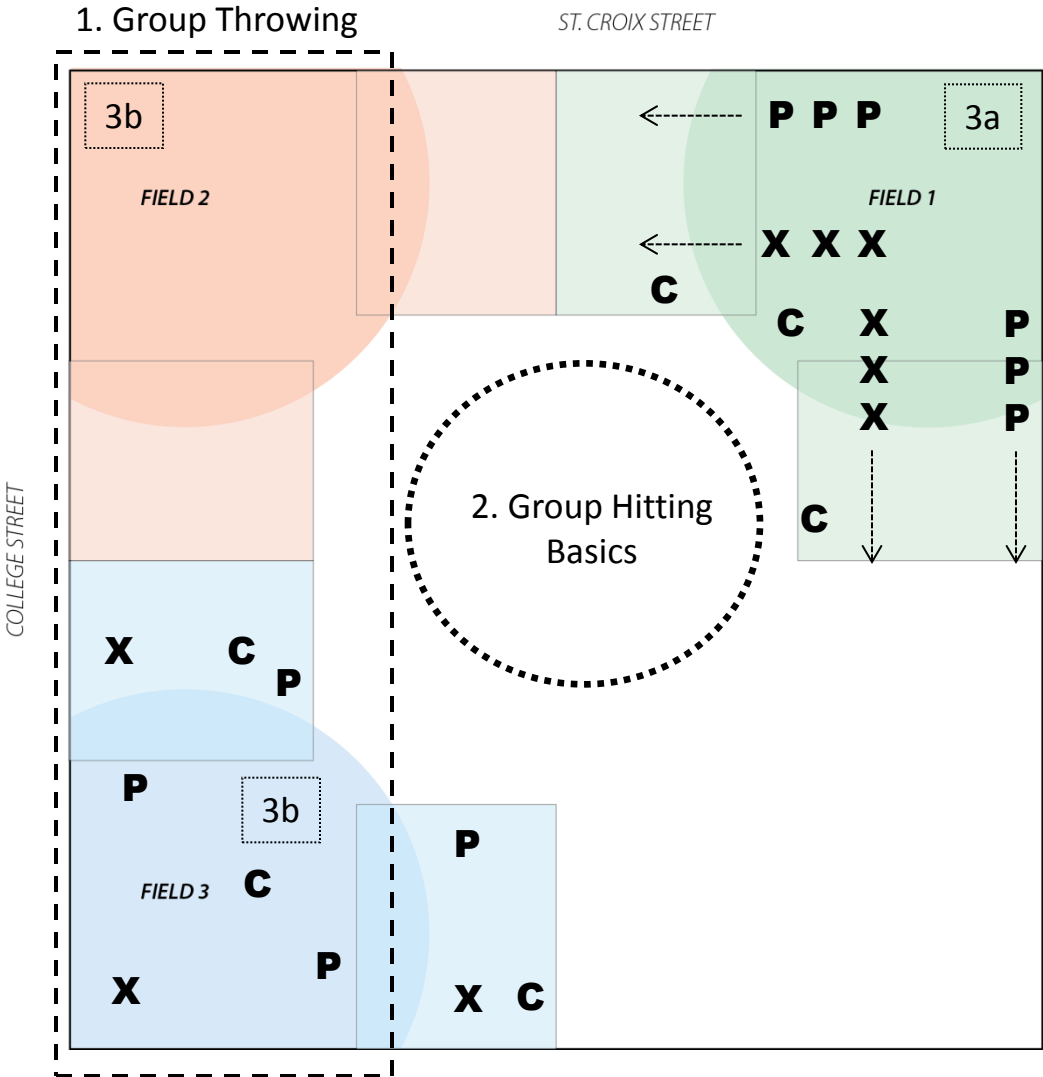
1. Group Throwing - 10 minutes
2. Stations – 20 minutes each
  - a) Pitching
  - b) Defensive Situations
    - a) Infield
    - b) Base Running

**C** – Coach  
**P** – Parent  
**X** – Player

Note: Field 2 will have the same configuration as shown in Field 3. Baserunners on one field will be infielders on the other field

# Practice 4 - Hitting

Saturday May 16, 2015



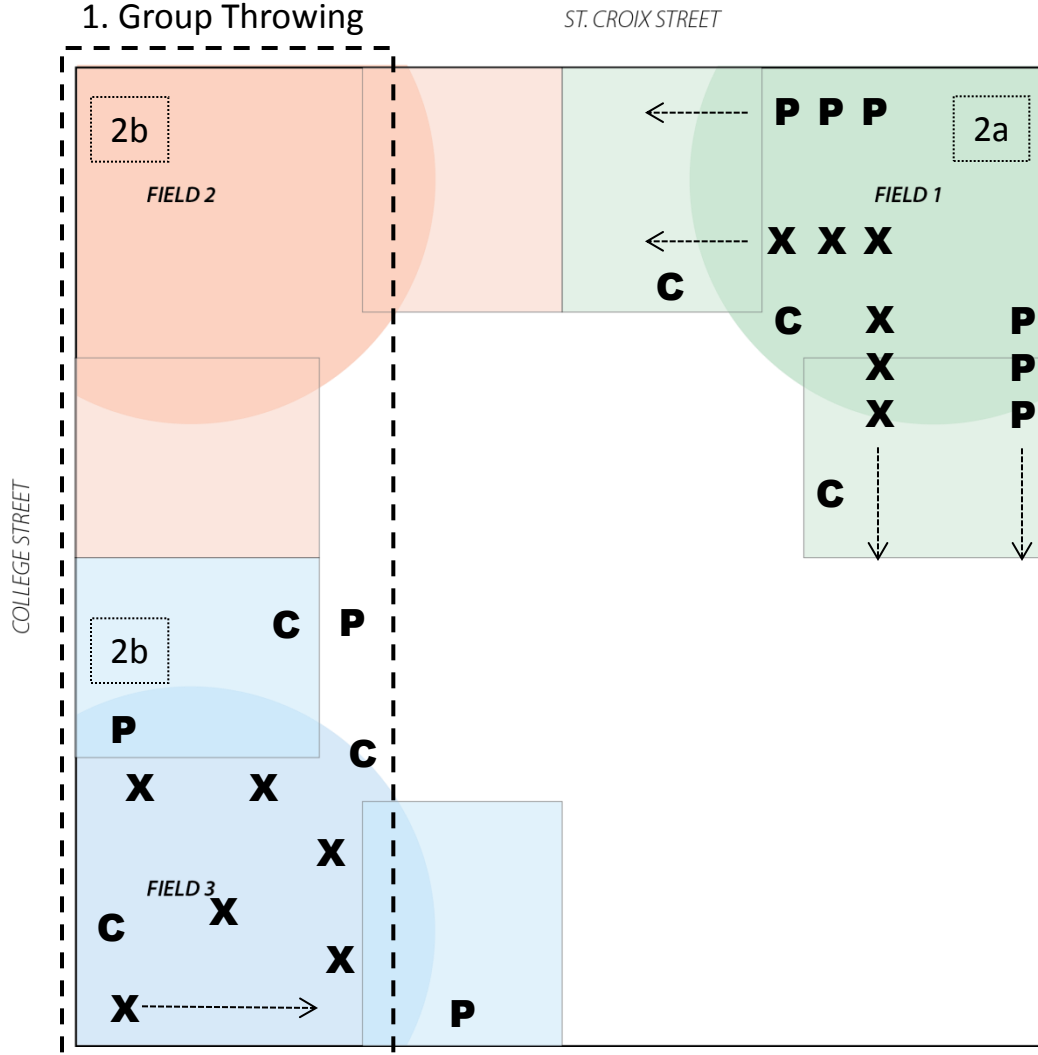
1. Group Throwing - 10 minutes
2. Group Hitting Basics - 10 minutes
3. Stations – 20 minutes each
  - a) Pitching
  - b) Hitting
    - a) Tees, Short Toss
    - b) Live Hitting

**C** – Coach  
**P** – Parent  
**X** – Player  
 Note: Field 2 will have the same configuration as shown in Field 3

# Practice 5 - Situations

Monday May 18, 2015 (Cancelled)

## 1. Group Throwing



1. Group Throwing - 10 minutes
2. Stations – 20 minutes each
  - a) Pitching
  - b) Defensive Situations
    - a) Infield
    - b) Base Running

**C** – Coach  
**P** – Parent  
**X** – Player

Note: Field 2 will have the same configuration as shown in Field 3. Baserunners on one field will be infielders on the other field