

# TEAM NAME

## INDOOR PRACTICE REGIMEN

THE CATCH PHRASE FOR THE SEASON WILL BE **FOCUS**

**1. STRETCHING** 15 minutes

- a. Hurdle stretch
- b. Butterfly stretch
- c. Crunches
- d. Heavy ball pass

**2. RUNNING** 10 minutes

- a. 5 laps around the gym

**3. CONDITIONING** 30 minutes

- a. Aerobic step
- b. Jump rope
- c. Stretcher
- d. Heavy ball
- e. Broom stick swing
- f. Bat swing mechanics

**4. FIELDING/RUNNING DRILLS** 35 minutes

- a. Fielding (2 lines)
- b. Ball toss zig-zag or Pop ball catch
- c. Throwing (A) or Throwing (B)
- d. Base running lead-off

**5. HITTING DRILLS** 30 minutes

- a. Tee work
- b. Swinging Tool
- c. Heavy Bat
- d. 3 ball call out
- e. Swinging mechanics
- f. Bunting/slapping

**6. SOFTBALL TACTICS** 20 minutes