**Warm-up**

**Start with light jog -***get heart rate going, muscles moving – 2 laps around perimeter of space*

1. **Dynamic Leg Stretch**            **Dynamic Arm Stretch**
2. High knees                                     1) Shoulder Rolls - forward
3. Hackie sack                                    2) Shoulder Rolls - backward
4. Open the door                              3) Arm circles - forward
5. Close the door                              4) Arm circles - reverse
6. Grass cutters                                 5) Chest flies
7. Statue of liberty                           6) Alternate X
8. Front lunge                                   7) Hugs
9. Side lunge                                     8) Arm swings
10. Frankenstein                                9) Scare Crows
11. Butt kickers                           10) Alternate Scare Crows

Shuffle Drill   
All players line up on one side of gym. One player starts on opposite side as receiver.  
Player #1 shuffles to middle of gym coach rolls ball to player #1 they pick up ball turn and throw to player #2 on opposite side of the gym. Player #1 follows throw and is now the “receiver”. Player #2 throws ball back to coach and runs across gym to get in line.   
  
  
Split fielding drill   
Two lines of players offset on either side of gym. Coach hits the ball to center. Player #1 calls the ball and fields it back to coach. Player #2 covers for player #1. #1 and #2 get into the back of the opposite lines.   
  
  
Over the shoulder catch drill

Each player has a ball. Players line up in front of coach a few feet away. Players flip or throw ball to coach, players loop the coach and run out on angle. Coach throws ball over the shoulder for player to catch to the right or left.   
  
Catchers – Throwing to second.   
Work on stance and “pop up” have the fielders line up in two lines on either side of the bag “short stop” and “second”. Coach stands in pitcher position and rolls or pitches to catcher. Catcher throws to the bag short stop takes the ball second covers. Throws back to pitcher and switch lines.   
  
Pitching -   
Indoor is always a good time to have pitchers practice. Grab an adult and have them catch with each pitcher 15 minutes throughout practice.