**GOLDEN JUNIOR BASEBALL ASSOC.**

**Sample Practice Plan #1**

5:00 – 5:15 Stretch and play catch

Soft Toss Live Batting Shag

5:15 – 5:30 Group 1 Group 2 Group 3

5:30 – 5:45 Group 2 Group 3 Group 1

5:45 – 6:00 Group 3 Group 1 Group 2

Defensive Drill #1 (Short Hop to Power) Defensive Drill #2 (PFP)

6:00 – 6:15 Group 1 Group 2

6:15 – 6:30 Group 2 Group 1

6:30 – 6:50 Take Infield and Team Defense (1st & 3rd Situations)

6:50 – 7:00 Conditioning (Baserunning)

**Sample Practice Plan #2**

5:00 – 5:15 Stretch and play catch (pitchers working on grips)

5:15 – 5:30 Relay drill

Bunting Soft Toss Tees

5:30 – 5:40 Group 1 Group 2 Group 3

5:40 – 5:50 Group 2 Group 3 Group 1

5:50 – 6:00 Group 3 Group 1 Group 2

Defensive Drill #1 (Flip to Second) Defensive Drill #2 (Outfield Zig Zag)

6:00 – 6:15 Group 1 Group 2

6:15 – 6:30 Group 2 Group 1

6:30 – 6:50 Take Infield and Team Defense (Bunt Coverages)

6:50 – 7:00 Conditioning (Pass patterns with tennis balls)