Logo

Description automatically generated

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| Team Name: Cubs | Date: 1/23/21 |
| Location: Shadowlawn Middle Field | Time: 6:00 – 7:30 PM |

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| Time | Activity | Coaches | Location |
| 6:00-6:15 | Warm Up and Stretching | HC, AC x2 | Left Field Foul Line |
| 6:20-6:25 | Activity Briefing | HC | Dugout (kids drinking water and sitting on the bench) |
| 6:25-6:35 | On Field Warm Up | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base) | On Field |
| 6:35 – 6:50 | Ground Ball Drill | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base) | On Field |
| 6:50 – 7:00 | Situational Ground Ball Drill | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base) | On Field |
| 7:00 – 7:05 | Break (Include coaching session on things noticed during drill) | HC | Dugout (kids drinking water and sitting on the bench) |
| 7:05 – 7:20 | Pop Up/ Line Drive/ Fly Ball Drill | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base)  May move 1 AC to OF | On Field |
| 7:20-7:25 | Home Plate 2nd Base Relay | HC (Pitchers Mound) AC 1 (2nd Base) AC 2 (Home Plate) | On Field |
| 7:25-7:30 | Break down | NA | NA |