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 |
| 6:00-6:10 | Warm Up and Stretching | HC, AC x2 | Left Field Foul Line |
| 6:10-6:15 | Optional\*  Activity Briefing | HC | Dugout (kids drinking water and sitting on the bench) |
| 6:15-6:35 | Beginner Hitting  (just make contact) 5 balls per kid | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base) | On Field |
| 6:40 – 6:50 | Advanced Hitting (pull and push hitting) | HC (Home Plate) AC 1 (1st Base) AC 2(3rd Base) | On Field |
| 6:50-6:55 | Home Plate 2nd Base Relay | HC (Pitchers Mound) AC 1 (2nd Base) AC 2 (Home Plate) | On Field |
| 6:55-7:00 | Break down | NA | NA |