



RBI Regional Practice June 13, 2022

Head Coach Donald Harris

6-6:10 (Team Stretch & Throw)

6:10-6:20 Flat Work

6:20-6:25 Water Break

6:25-6:40 PFP Pitchers Fielding Practice (Outfielders will work with Jacob) Glove

Position Run and Catch Drill (Andy will work catcher block, frame and holster drill, use small balls if possible for framing)

6:40-6:55 Bunt Defense 1st, 2nd and 3rd

6:55-7:10 Run Downs and Pick Offs

7:10-7:15 Catchers Throw down to 1st and 2nd base

7:15-7:25 Cuts Offs and Relays, double cuts

7:25-7:30 Infield Runner on 3rd

7:30-7:35 Water Break

7:35-7:45 Runner 1st and 2nd, 1st and third, 1out, outfield make throw to home, 2nd or 3rd (Know if you have a chance to make the play at home)

7:45-Live intra-squad practice

Reminders for the Waco 15U Tournament in Waco

Pass Out Hats, Jerseys Will be pass out before the game, sizes and numbers to be assigned.

Review signs Offensively

Catchers Defensive signs

Catcher Throw down with runners on 1st and 3rd (Review may have to be on the side by the cages because of the time and shared field with 18U)

BP for guys who can get there early, otherwise this week is focused on defense....

Coaches depending on time you will incorporate BP groups

Example: 6-6:10

Group A Pitching Machine

Group B Tee Work

Group C Tire Explosion/Bunt drills

Group D Weighted Ball (Middle Drill)

Rotate 6:10-6:20

Rotate 6:20-6:30

Rotate 6:30-6:40

Groups will rotate A to B, B to C, C to D, D to A etc