

## AABA Sample Practice Plan

### Intro:

- Definition of Success
  - “The Muckdogs communicate positively”
  - “Muckdogs give high-fives”
  - “Muckdogs still 5 bases each game”
- Team Expectation (Not Rules)

### Warm Up:

- Jog (2x2)
- Static Stretch
  - Arms - over, side,
  - Squats
  - Legs - pretzel, butterfly
- Ply O's
  - Forward arm swings / high knees
  - Backward arm swings / high knees
  - Lunges with a twist
  - Hurdles
  - Form sprints
  - Walk back wiper blades

### Catch:

- “W” hands
- Throwings - up or down reach for the cookie jar

### Hitting:

- Group 1 - Bunting
- Group 2 - Two ball toss

### Pitching:

- Group 1 - Change Ups | Catch | Long Catch
- Group 2 - Bullpens (10 pitches, 15 pitch, 20 pitches)
  - Fast balls only

### Fielding:

- Group 1 - Ground balls
- Group 2 - Fly Balls