

## **Minor Conditioning #2**

10 minutes warm up  
Break into stations

### **Station 1: Grounders Station (15 minutes) 2 leaders**

#### The Basics: Fielding A Ground Ball

**5 minutes:** partner/throwing line, [passing ground balls to partner across](#).

- Start with NO GLOVES
- Once successful, put glove on.

Leader: remind players of ready position, to push toward ball (not across), teach forehand, [backhand](#), "Alligator"

**10 minutes:** [Coach to Player Practice Fielding Within 4 cone grounders](#)

*2 sets of coaches going at once, players lined up off to side or behind coach*

- Start with grounders straight on
- If successful, challenge with side to side grounders, fore hand, backhand

Leader: remind players of ready position, to push toward ball (not across), teach forehand, [backhand](#), "Alligator"

### **Station 2: Batting Basics (15 minutes) 1 or more leaders**

Set up with a tee, players line up each going through individually, progressing skill if successful

- First round through no ball: discuss positioning relative to plate, [load, toe, tornado](#)
- Second round through with wiffle: load, toe, tornado
- Third and subsequent rounds through, consider wiffle side toss if players have been successful on tee

### **Station 3: Knock It Off (15 minutes) 1 or more leaders**

Set up a 2 sets of target at far end, a lines of players behind each cone.

- Players line up and try to knock off target.

Leader: Teach [proper basic throwing technique](#), remind players to move their hand completely across their body, like putting on a seatbelt.

