

Day: _____

BASEBALL/SOFTBALL

Practice Plan

Date: _____



Pre-Practice

Announcements:

Run/Stretch/Throw

- 1.
- 2.
- 3.
- 4.
- 5.

Other:

Practice

Segment 1

BULLPEN:

Sequence

Location

P-
C-

	x's	
--	-----	--

Segment 2

P-
C-

	x's	
--	-----	--

P-
C-

	x's	
--	-----	--

Segment 3

P-
C-

	x's	
--	-----	--

Segment 4

Post-Practice

Hitting:

Fielding:

Bullpen:

Bases:

Conditioning:

Today's Notes:

Tomorrow We Need To:

1. _____

2. _____

3. _____

Other: