(mascot)
Softball Practice Plan

Date: March 9, 2007 Day: Friday

Time	Activity
3:40-3:45	Jog 2 Poles
3:45-3:55	Stretching
3:55-4:05	Warm up
4:05-4:10	Water
4:10-4:20	Infield Skills: Short hops, Rolling ball, Pick ups Outfield Skills: Correction Steps, Drop Back
4:20-4:35	Situation
4:35-4:45	Base Running (1st to 3rd , reading ball off bat at 3rd,)
4:45-4:50	Hitting Circle
4:50-4:55	Hitting Set up
4:55-5:10	Group 1 (On field): Lawerence, Strickler, Cheever, Ervin Group 2(Shag): Ball, Shaw, Vaughn, Morris Group3(Popups): K. Valentine, J. Valentine, Gritz Group 4 Bunt: Evenson, Milner, Kuhn
5:10-5:25	Switch
5:25-5:40	Switch
5:40-5:50	Conditioning
5:40-6:00	Cleanup

SIGNS