



CHHS PRACTICE

Dec. 4, 2023

2:00	Warm-up /Throwing Program		
2:15	BASE STEALING	Steal Start	Lead Setup
2:25	Pitcher PFP		
	GROUP WORK	IF Chaos Drill	OF
2:35	Round 1	Around the horn	Pre-Drills
2:40	Round 2	3-1, 1-6-3, Squeeze, 5-4-3	Diamond Drill
2:45	Round 3	4-1, 1-5, 1-2-3, 6-4-3	OF Adjustments
2:50	Round 4	3-6-1, 1-3, 3-1-2, 4-6-3	OF Communication

TEAM CHAOS

2:55	P/1B = picks to 1st, SS/2B = double play feeds, LF/3B/C = gb to cut to home
3:00	P/C = wild pitch cover home, SS/1B = 6-3, LF/3B/2B = fly to cut to back pick 2B
3:05	SS/3B = ball in 5/6 hole, P/2B = picks to 2nd, RF/1B/C = gb to RF to 3 to 2
3:10	OF/SS/3B/P = fly to CF to cut to 3B, 1B/2B = pop-ups, C = framing

3:17 CHARACTER TRAINING Courage

(PITCHING)

	Hitting	Cage	Field (4 hits each)
3:20	Round 1	Bunts	Oppo / Squeeze man on 3rd
3:25	Round 2	Bunts	Runner on 3rd, 1out, GB middle / SAC on 1st
3:30	Round 3	Bunts	Through L Screen / Squeeze man on 3rd
3:35	Round 4	Swing	Hit and Run
3:40	Round 5	Swing	Down 1, 2 outs, 2 strikes, extend the game / Double out of the box
3:45	Round 6	Swing	Have Fun / Sac bunt man on 2nd

Clean up and Coach Talk

Did you get better today? Do you listen well enough that tomorrow our drills go faster?

Do you Coach up your teammates as an Encourager?

Courage - to have faith / Encourage - put courage into / Discourage - take courage away



CHHS PRACTICE

Dec. 5, 2023

1:45	Warm-up / Arm Care		
2:15	BASE STEALING	Steal Start	Lead Setup
2:25	Pitcher PFP		

	Hitting	Cage	Field (4 hits each)
2:45	Round 1	Bunts	Oppo / Squeeze man on 3rd
2:50	Round 2	Bunts	Runner on 3rd, 1out, GB middle / SAC on 1st
2:55	Round 3	Bunts	Through L Screen / Squeeze man on 3rd
3:00	Round 4	Swing	Hit and Run
3:05	Round 5	Swing	Down 1, 2 outs, 2 strikes, extend the game / Double out of the box
3:10	Round 6	Swing	Have Fun / Sac bunt man on 2nd

3:15 **CHARACTER TRAINING**

TEAM CHAOS

3:20	P/1B = picks to 1st, SS/2B = double play feeds, LF/3B/C = gb to cut to home
3:25	P/C = wild pitch cover home, SS/1B = 6-3, LF/3B/2B = fly to cut to back pick 2B
3:30	SS/3B = ball in 5/6 hole, P/2B = picks to 2nd, RF/1B/C = gb to RF to 3 to 2
3:35	OF/SS/3B/P = fly to CF to cut to 3B, 1B/2B = pop-ups, C = framing

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CHHS PRACTICE

Dec. 6, 2023

2:00	Warm-up /Throwing Program		
2:15	BASE STEALING	Steal Start	Lead Setup
2:20	Pitcher PFP (1:30 rounds)		
2:35	<u>INFIELD</u>	<u>OUTFIELD</u>	
	Hitting	Star Drill	
		Diamond	
		Fajardo Drill	
		Wall Drill	
		Dive Drill	
		Pre-game Warm-up	
3:10	Mound Talk		
3:15	<u>INFIELD</u>	<u>OUTFIELD</u>	
	6 F's	Hitting	
	Footwork		
	Timing Drill		
	Fungo Work		
3:50	CLEAN UP		
4:00	Break it Down and Go Home		

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CHHS PRACTICE

Dec. 11, 2023

2:00	Warm-up /Throwing Program		
2:15	BASE STEALING	Steal Start	Lead Setup
2:20	Pitcher PFP (1:30 rounds)		
2:35	<u>INFIELD</u> Hitting	<u>OUTFIELD</u> Star Drill Diamond Wall Drill Pre-game Warm-up	
3:10	Mound Talk		
3:15	<u>INFIELD</u> 6 F's Footwork Timing Drill Fungo Work	<u>OUTFIELD</u> Hitting	
3:50	CLEAN UP		
4:00	Break it Down and Go Home		

WE

ME

Did you get better today? Do you listen well enough that tomorrow our drills go faster?



CHHS PRACTICE

Dec. 12, 2023

1:45	Warm-up / Arm Care		
2:15	BASE STEALING	Steal Start	Lead Setup
2:25	Pitcher PFP		

	Hitting	Cage	Field (4 hits each)
2:45	Round 1	Bunts	Aggressive Days 1) 6 swings = drive the ball don't get ball above screen 2) 3 pitches 2-1-2 = (2 outside, 1 down middle, 2 inside)
2:50	Round 2	Bunts	
2:55	Round 3	Bunts	
3:00	Round 4	Swing	
3:05	Round 5	Swing	
3:10	Round 6	Swing	

3:15 **CHARACTER TRAINING**

TEAM CHAOS

3:20 P/1B = picks to 1st, SS/2B = double play feeds, LF/3B/C = gb to cut to home
3:25 P/C = wild pitch cover home, SS/1B = 6-3, LF/3B/2B = fly to cut to back pick 2B
3:30 SS/3B = ball in 5/6 hole, P/2B = picks to 2nd, RF/1B/C = gb to RF to 3 to 2
3:35 OF/SS/3B/P = fly to CF to cut to 3B, 1B/2B = pop-ups, C = framing

Did you get better today? Do you listen well enough that tomorrow our drills go faster?

WE

ME



CHHS PRACTICE

Dec. 12, 2023

1:45 Warm-up
2:00 **BASE STEALING** Steal Start Lead Setup

Hitting **Cage** **Field**
2:05 Round 1 Bunt / Tee PRESSURE DAY
1) Runner on Second
2) Runner on Third (Infield In)
3) Runner on Third (Infield Back)
4) 0-2 Count
5) 3-2 Count
6) Double
7) Hit and Run

2:55 **CHARACTER TRAINING**

3:00 Arm Care / Throwing

TEAM CHAOS

3:20 P/1B = picks to 1st, SS/2B = double play feeds, LF/3B/C = gb to cut to home
3:25 P/C = wild pitch cover home, SS/1B = 6-3, LF/3B/2B = fly to cut to back pick 2B
3:30 SS/3B = ball in 5/6 hole, P/2B = picks to 2nd, RF/1B/C = gb to RF to 3 to 2
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WE

ME