

## Greenville HS Practice Itinerary – March 6, 3:30 PM

Time	Activity/Drill	Players Involved
3:30 – 3:35 PM	Team meeting in the dugout	All players
3:35 – 3:50 PM	Dynamic Warm-up – Full Body Shoulder Routine w/ Bands	All players
3:50 – 4:10 PM	Throwing	All players
4:10 – 4:20 PM	Extended Throwing Time for Long Toss Short hops and pickups	Pitchers Position Players
4:20 – 4:28 PM	Infield/Outfield Review 0-2 Counts	Position Players Pitchers w/ Coach Smith
4:28 – 4:38 PM	PFP (Pitcher's Fielding Practice) Fly balls	Pitchers and Infielders Outfielders
4:38 – 4:50 PM	Rundowns	Pitchers, Catchers, and Infielders (Outfielders act as runners)
4:50 – 5:25 PM	Hitting Stations – See stations and hitting groups below	All players
5:25 – 5:40 PM	Field clean-up and maintenance	All players

### Hitting Stations – 4 Stations

- 7 minutes per station
- 1. Bunting Station
- 2. Soft toss in cage
- 3. Live hitting on field
- 4. Shagging

### Hitting Groups

- |         |                          |
|---------|--------------------------|
| Group 1 | Tom, Matt, Mike, John    |
| Group 2 | Blake, Tim, Jack, Chris  |
| Group 3 | Jake, Gary, Ryan, Zack   |
| Group 4 | Brett, Joe, Jared, Colin |

### Bullpens – with Coach Smith

- Tom (Mike catching)
- Joe (Mike catching)
- Ryan (Chris catching)

***“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”***

***-Aristotle***