



DATE	TEAM / AGE	FOCUS FOR TODAY	COACHES
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WARMUP 8 MIN	OPENER 15 MIN	SKILL BLOCK 20 MIN	SKILL BLOCK 20 MIN	CLOSER 20 MIN
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15 minutes for warmup, water, and wrap up. The other 75 are drills.

PAGE = the drill's page in your Drills That Work book

TIME	BLOCK	DRILL	PAGE	MIN	NOTES / STATION / COACH
	WARMUP				
	OPENER				
	OPENER				
	WATER				
	SKILL BLOCK				
	SKILL BLOCK				
	SKILL BLOCK				
	SKILL BLOCK				
	WATER				
	CLOSER				
	WRAP UP				

Total should add up to 90.

- Balls and buckets
- Cones
- Throw down bases
- Helmets
- Tees
- Catcher's gear
- First aid kit
- Water

NOTES | WHAT WORKED, WHAT TO FIX NEXT TIME