



Ram Baseball



"Back to Back"

Monday 4-28-14

4:15	Run & Stretch	
4:40	BP	Bases, Baseballs, Buckets , Fungo
		Set Up Cages
		Set Up Field
5:30	Field Maintenance	
5:45	Home	

	Group 1	Group 2	Group 3	Group 4	Group 5

Catcher					
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Bucket Man					
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	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5
Cage	1	2	3	4	5
Baserunning	5	1	2	3	4
Fielding infield	4	5	1	2	3
Fielding outfield	3	4	5	1	2
Hitting Stations	2	3	4	5	1

***Infielders only on the infield
 ***No more than 3 on the infield

BP Rounds	On the Field
	1 Push,Drag,Sac,Squeeze
	2 Drag 1-3,Push, Drag , Squeeze 2&3
	3 Hit/Run, FB-Hit/Run, Oppo
	4 5 Swing away
Hitting Stations	In the Batting Cages
	1 Soft Toss
	2 Tee
	3 Iron Mike
	4 Hack Attack- Off Speed