

PDC Plan (first 4 classes): WIFFLE BALL

Programming Day Card - 1

Warm Up: Kickball

Skill/Review: Throwing and Fielding Groundballs

Drill: The Loop

Games:

1. Ground Ball Eliminator
2. Race Track
3. Numbers Game
4. Down Down Down
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Cool Corner

Skill/Review: Catching and Fielding Fly balls

Drill: Partner Practice

Games:

1. 500
2. Cut off Relay
3. Go Long
4. Squeeze Play
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Flag Tag

Skill/Review: Hitting

Drill: BP Stacks

Games:

1. Home Run Derby
2. Infield/Outfield
3. Around the Corner and for Headed Home
4. Tag-Ball
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Speed Ball

Skill/Review: Base Running

Drill: Running Tree

Games:

1. Big Play
2. Mine-Mine
3. Rounder's Race
4. Home Run Derby
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment