NATIONAL ACADEMY SOFTBALL SESSIONS

ALAN HIGGS CENTRE - COVENTRY

TIME	WARM-UP/COOL DOWN	STATION 1 - INFIELD	STATION 2 - OUTFIELD	STATION 3 - PITCHING & CATCHING	STATION 4 - HITTING & SHORT GAME	STATION 5 - BASE RUNNING
12.00 - 1.00 P.M.	COACHES - MEET AND SET UP FOR THE SESSION					
12.30 - 1.00 P.M.	PLAYERS - ARRIVE, REGISTER AND CHECK IN					
1.00 - 1.20 P.M.	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP
1.20 - 1.50 P.M.		THROWING PROGRAMME	THROWING PROGRAMME	THROWING PROGRAMME	THROWING PROGRAMME	THROWING PROGRAMME
1.50 - 1.55 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
1.55 - 2.40 P.M.		GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
2.40 - 2.45 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
2.45 - 3.30 P.M.		GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 1
3.30 - 3.50 P.M.	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
3.50 - 4.35 P.M.		GROUP 3	GROUP 4	GROUP 5	GROUP 1	GROUP 2
4.35 - 4.40 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
4.40 - 5.25 P.M.		GROUP 4	GROUP 5	GROUP 1	GROUP 2	GROUP 3
5.25 - 5.30 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
5.30 - 6.15 P.M.		GROUP 5	GROUP 1	GROUP 2	GROUP 3	GROUP 4
6.15 - 6.35 P.M.	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN
6.35 - 7.00 P.M.	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)