

KRETZ FILES



Ultimate Baseball Practice Checklist of Objectives

- Stretch routine
- Warm-Up routine
- Practice objectives
- Scrimmage objectives
- Game day objectives
- Fundamentals of throwing
- Fundamentals of fielding
- Fundamentals of playing position
- Double plays
- Fly ball communication
- Cut-Offs and relays
- Hitting technique
- Hit and Run
- Bunting technique
- Bunt and Run
- Slash technique
- Base running technique
- Sliding technique
- Pitching technique
- Catching technique
- 1st and 3rd Offense
- 1st and 3rd Defense
- Pick-Offs Offense
- Pick-Offs Defense
- Rundowns Offense
- Rundowns Defense
- Bunt Offense
- Bunt Defense
- Signals
- Specials
- First Aid
- Transportation
- Charts