

Michael Cuddyer's Rep-Based Youth Practice

TOTAL: 105 MINUTES

Practice plan made by USA Baseball's Sport Development Contributor, Michael Cuddyer.

Throwing Warm Up

- **10 MINUTES**
Daily Throwing Program

PFP (Pitcher Feilding Practice)

- **15 MINUTES**
PFP- Bunts on 3rd Base Side

- **5 MINUTES**
Water Break

Stations

- **30 MINUTES**
Defensive Stations - In and Out

- **5 MINUTES**
Water Break

- **30 MINUTES**
Offensive Stations - Tee and Live Hitting

Baserunning Conditioning

- **10 MINUTES**
Baserunning Conditioning