

Michael Cuddyer's Game Situations Youth Practice

TOTAL: 110 MINUTES

Throwing Warm Up

- **10 MINUTES**
Daily Throwing Program

4 Corners

- **10 MINUTES**
4 Corners

PFP Circuit

- **25 MINUTES**
PFP Circuit

- **5 MINUTES**
Water Break

Stations

- **25 MINUTES**
Stations - Infield Game Situations

- **5 MINUTES**
Water Break

Baserunning Circuit

- **20 MINUTES**
Baserunning Circuit

Clean Up

- **10 MINUTES**
Post-Practice Clean Up