







	1	2	3	4	5	6	7	8	9	T
OPPONENT										
										

SEQUENCE WRITTEN <b>YELLOW</b> LINE				
	GROUPE #1	GROUPE #2	GROUPE #3	GROUPE #4
<b>S</b>				
<b>P</b>				
<b>F</b>				

PLANNING	
<b>RDV</b>	
<b>WARMUP #1</b>	
<b>BP (45 MIN)</b>	
<b>COACHING TIME</b>	
<b>PLAY CATCH</b>	
<b>TORTUE</b>	
<b>IN &amp; OUT</b>	
<b>BATTER’S BOX</b>	
<b>PLAY BALL</b>	

	<b>1</b>
	<b>2</b>
	<b>3</b>
	<b>4</b>
	<b>5</b>
	<b>6</b>
	<b>7</b>
	<b>8</b>
	<b>9</b>
	<b>SP</b>

COACHING	
<b>CATCHER BP</b>	
<b>PITCH COUNT</b>	
<b>COACH 1B</b>	
<b>COACH 3B</b>	

ROTATION	
<b>RELIEVER</b>	
<b>RELIEVER</b>	
<b>RELIEVER</b>	
<b>RELIEVER</b>	