

Session #1

Minutes after start of practice	LESSON PLAN FOCUS - Individual Defensive Fundamentals, Cutoffs and Relays, Hitting Position		
	Name of Activity	Description	Key Teaching Points
0:00	Warm - Up	Cornerstone Dynamic Warm-Up*	1.) Movement Prep 2.) Improve Agility 3.) Rotational Explosive Movement
0:15	Baserunning	Group 1 - Home to first Group 2 - Leads off first, secondary lead, straight steal (throw down base to 2nd base side of 1st) Switch groups after 5 minutes	Home to First- Run 100%, hit front of bag, lean, snap head to right Leads off first - Step left, turn shuffle- shuffle, no crossover. Secondary lead - 2 to 3 shuffles in balance, stay low, read the ball
0:25	Throwing Program	Cornerstone Throwing Program* Pitcher's Daily Dozen*	Coaches stay with each group, ensure technique and focus
0:35	Pitchers/1B/2B/SS Everyone Else	Fast Paced PFP Core Stabilization Series Water Break when finished	Footwork, keeping body under control, firm accurate throws Developing a strong base for athletic movement
0:45	Infielder individual session Outfielders/ Catchers Individual Hitting	Cornerstone Lead-up Infield Drills (10 minutes) Infielders vs. Clock (Have an extra 1st basemen run the clock and rotate in) Stations Rotate in Pairs about every 5 minutes 1.) "Win This Pitch" Tactical Game (Cage) 2.) Hit/Take Drill 3.) Babe Ruth Drill 4.) Stride/Load	Proper footwork, hands in front of body, quick transfers Get to ball quickly, under control, accurate throws Competitive at bats Hitting position Weight transfer & hitting position Hitting position
1:05	Outfielder Individual Session	Get behind it Throw to cut man Turn and burn drill Flyball Groundball Communication	Catching coming through the ball Low strong throw, miss low, not high Sprint to the spot Communication priority

1:05 Continued	Catcher Individual Session Infielder Individual Hitting Water Break	Catchers Drill Menu (catcher's drills will be run near outfield or hitting coach so they can monitor) Stations Rotate in Pairs about every 5 minutes 1.) "Win This Pitch" Tactical Game (Cage) 2.) Hit/Take Drill 3.) Babe Ruth Drill 4.) Stride/Load	Receiving and Blocking Drills Competitive at bats Hitting position Weight transfer & hitting position Hitting position
1:30	Team Time Cutoffs and Relays	Single Cutoffs, Imaginary Runner, Players given starting place of runners Cutoff verbal communication system	Throw stays low, through out-mans head, keep trail runner from advancing, back up appropriate bases (pitcher and other infielders)
1:45	Team Competition	21 outs	Make routine plays

Equipment: Med balls, Agility Ladder, Surgical Tubing, 1 batting cage (utilize more if you have them), 4 hitting stations w/tees, L-screen, 3 buckets of baseballs, orange cones, stop watch

