



Indoor Practice Plan #1

Equipment:

Time	LESSON PLAN		
	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	Sideline baserunning	1.) Secondary lead 2.) Straight steal 3.) Hit and run
0:25	Throwing Program	Cornerstone Throwing Program* Daily Dozen Pitcher Drills*	Coaches stay with groups to ensure proper drill work
0:35	Pitchers/1B/2B/SS	Fast Paced PFP	Footwork, keeping body under control, firm accurate throws
	Everyone Else	Set up cage - Hit/Take drill on tees around cage	Developing a strong base for athletic movement
0:45	Infield Individual Session	Cornerstone Lead-up Infield Drills (10 minutes) Cornerstone DP rotation	Proper footwork, hands in front of body, quick transfers
	Outfield/Catcher Individual Hitting Session	1.) Outside Tee 2.) Tee Helmet Drill 3.) Inside/Outside w/Take 4.) Middle tee drive 5.) Random Count Game	1.) Deep tee, don't guide the ball 2.) Getting off their back side 3.) Decision making 4.) Explosive swing 5.) Decision making in game like situation
1:15	Infield Individual Hitting Session	1.) Outside Tee 2.) Tee Helmet Drill 3.) Inside/Outside w/Take 4.) Middle tee drive 5.) Random Count Game	1.) Deep tee, don't guide the ball 2.) Getting off their back side 3.) Decision making 4.) Explosive swing 5.) Decision making in game like situation
	Catcher individual	Receiving and blocking drills off drill menu	
	Individual Outfield Drill	1.) "W" Drill 2.) Fancy pants	1.) Sprint to a spot, communicate 2.) Sprint to a spot

1:45 End of Practice Announcements:

Practice resources

Click [HERE](#) for Lead off and Stealing Techniques

Set up one, two, or three throw downs to the 2nd base side of 1st base (so they are out of the way of the group running to first). Set up a pitcher or a coach as a pitcher on the mound to simulate throwing home, or picking to first base. For secondary leads, have players take 2-3 shuffles as the pitch is being delivered home.

Fast Paced PFP

Caution: This drill needs to be done slowly at first with the utmost caution to ensure every player understands what is going on and knows where to stand to be safe during the drill. If at any point the coach sees an unsafe situation, he should yell "STOP!" and the all players stop immediately and do not throw the ball any more.

Set up: You will need an entire infield at their positions, and several pitchers in two lines, one in foul territory on the first base side, and one in foul territory on the first base side. Each line will supply one pitcher who will set up slightly on their side of the mound. Each pitcher will need one coach working with them and someone catching for them to keep things moving quickly.

If the coach on the first base side:

- 1.) Hits a ground ball to the first baseman (who is playing deep), the player's execute a 3-1 putout.
- 2.) Hits a ground ball right back at the pitcher, he initiates a 1-6-3 double play.
- 3.) Rolls a ball right down the first base line, he fields it like a bunt, clears the line to the inside and throws to first base.
- 4.) Hits a ball between the first baseman and pitcher, they try to get an out at first base (using the method in the "PFP" blog post)
- 5.) Hits a ground ball to the second baseman (perhaps this draws the first baseman away from the bag) they turn a 4-6-3 or 4-6-1 double play if the first baseman leaves the bag.

If the coach on the third base side:

- 1.) Hits a ground ball right back at the pitcher, they initiate a 1-2-3 double play (no throw from the catcher).
- 2.) Rolls a ball down the third base line, the pitcher fields a bunt and throws to the third baseman covering the bag.
- 3.) Rolls a bunt right back at the pitcher, and yells "SQUEEZE!" the pitcher will field the ball and shovel it to home plate.
- 4.) Rolls a bunt hard down the third base line past the pitcher, the third baseman will charge, field the bunt, and perform their footwork to first base (no throw).

Again, make sure each player knows their responsibility on each play. Once they understand what they are doing, have pitchers sprint from foul territory to their side of the mound and begin the next rep as soon as the ball and other pitcher is off the field.

[Hit/Take Drill](#)

[Outside Tee](#)

[Inside/Outside with Hit/Take Tee](#)

[Helmet Drill](#)

Click [HERE](#) for Infield Lead Up Drills

Random Count Drill

- 1.) Set up an L-screen about 40 feet away (closer for younger players) for overhand front toss.
 - 2.) Explain your hitting philosophy in each count (the Generating Offense and Hitting ebook has explanation of hitting philosophy by count)
 - 3.) Prior to each pitch, give the player a count. Mixing up counts after each pitch will help players process their philosophy and focus on each count.
 - 4.) Deliver the pitch. At advanced levels, coaches should try to locate and throw off speed pitches.
 - 5.) After the pitch, have the player verbally critique their decision to swing or not. Make sure they explain why their decision was good or bad.
 - 6.) More advanced players might also include a conversation about their mechanics along with their swing decision.
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Middle Tee Drive

This is a very simple drill. Set up a tee down the middle, and try to DRIVE the ball back up the middle. If you are fortunate enough to have a radar gun in your program/team, use the radar gun to measure exit speeds here. This will teach and show players how to use their body and kinetic chain to increase their power.

Have the players swing as hard as they can from the ground up. If you have a radar gun, measure their off the tee velocity.

Double Play Rotation (3 minute rotations)

Use a coach as Coach 1 and a player as Coach 2 if necessary. Be very careful on Rotations 1, 2, and 4 to stagger the ground ball coming from Coach 1 and Coach 2.

Rotation 1 - Staggered

Coach 1: 5-4-3 DP

Coach 2: 6-3

Rotation 2 - Staggered

Coach 1: 6-4-3 DP

Coach 2: 5-3

Rotation 3 - Continuous

Coach 1: 4-6-3 DP

Coach 2: 5-2

Rotation 4 - Staggered

Coach 1: 3-6-1 (pitcher cover from mound)

Coach 2: 5-4-3

“W” Drill

Equipment: Five cones and at least three baseballs.

Set up: Set up the cones in a “W” shape with an age appropriate distance between them. One coach (or player) starts at the bottom of each end of the the “W” and a coach (or player) in the middle of the W.

Procedure:

- 1.) The players will run from the back cones to the front ones.
- 2.) The coach or player on each side throws a line drive to player as they run to the cone.
- 3.) After the player catches the ball, they discard the ball toward the coach, then turn and sprint to the cone in the middle at the top of the “W”
- 4.) The coach in the middle throws the ball up in the air to the top of the “W” when both of the players begin sprinting toward it.

Coaching Cues:

- 1.) This drill is designed to make athletes shift their focus quickly to the communication mode by making them concentrate on catching the ball coming toward them first.
- 2.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.
- 3.) Designate one line to the “center fielder” for priority purposes.

Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

Fancy pants

Equipment: Tennis balls... do not use hard balls for this drill.

Set up: Set up a line of players (add more coaches to minimize the size of the line) and a coach several yards away.

Procedure:

- 1.) The coach points one direction (similar to the read step and go get it drill)
- 2.) The player performs a read step with the appropriate foot.
- 3.) The coach throws a fly ball that the player will have time to get under, but has to move for.
- 4.) The player sprints to the spot where the ball will land, reaches their glove hand behind their glove leg, and catches the ball in front of their body, but under their legs.

Coaching Cues:

- 1.) Allow players to have fun, concentrating only on them sprinting to the spot where the ball will land. Obviously if they catch it or not is irrelevant because they won't be trying to catch a ball like that in a game.

Add Competition: This is an excellent chance to incorporate competition into practice. Count the total number of catches each player makes, or give them one point for getting to the spot in time, and two more for making the catch.