



Indoor Practice Plan #3

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
0:10	Cornerstone Throwing Program	Pitchers - Daily Dozen* Cornerstone Throwing Program*	Throwing explosively, work in change ups Be productive, catch is a drill
0:20	Challenge Session #1	Infielders - Defense -Short hop game -Around the World Challenge -Bunt Defense Challenge Catchers - Defense -Magellan -Bunt Defense Challenge Outfield - Hitting -Long Tee Challenge -Inside/Outside Location in Cage	Put pressure on players, make them perform in game like situations Get an out Block, be soft and keep the ball close Get an out Drive ball up the middle Make a decision before swinging
0:40	Challenge Session #2	Infielders -Defense -Outfielder/Infielder communication Outfielders - Defense -Outfielder/Infielder communication Catchers - Hitting -Long Tee Challenge -Inside/Outside Location in Cage	Communication system, being aggressive going after the ball Drive ball up the middle Make a decision before swinging
0:55	Challenge Session #3	Outfielders - Defense -Catch to release timing - "W" Drill Catchers - Hitting -Fastball/Breaking ball drill Infielders - Hitting -Fastball/Breaking ball drill	Fielding ground balls and getting rid of the ball quickly, but accurately Catch on run Pitch recognition Pitch recognition
1:15		Infielders - Defense -21 outs Catchers - Defense -21 outs Outfielders - Hitting -Fastball/Breaking ball drill	Making Routine Plays Making Routine Plays Pitch recognition

1:45 End of Practice Announcements:

Practice Resources

Short hop game

This game is great one-on-one game to play during lead up drills. Players will be about 6-8 feet apart and will throw short hops (2-6 inches in front of their glove) back and forth. When a player doesn't successfully field the ball (ball hits the glove then hits the ground) they turn their hat 1/4 turn to the right.

Play continues until one of the player's hats returns all the way to the front (4 turns). The other player is declared the winner.

Around the World

Begin with all of your infielders at first base. Have infielders field a ball and throw it to first at each position. If they complete the throw to first in under 4.5 seconds, they advance to the next position (1st to 2nd to SS to 3B). Set a goal of 70% of your fielders making it through all 4 positions.

Bunt Defense Challenge

Your infielders (pitchers and catchers included) have to get an out on each of your types of bunt defense. In addition to just getting an out, they must also have everyone in the correct spot and communicate appropriately. Make a goal of getting one out (4.5 second or under) 90% of the time.

Magellan

Have the catcher start at home plate. The coach throws a ball in the dirt, the catcher blocks it and scrambles to pick it up. Wherever he picks it up, he squats and the process repeats. After has blocked 4 balls, the coach measures the distance from where he finished to where he started. The player with the shortest distance from where they started wins.

This game emphasizes keeping the ball close to you when you block and scrambling quickly to get the ball.

Long Tee Challenge

Set up a tee at one end of the cage. Their goal is to hit a line drive off the back of the cage. Make a goal to hit the back of the cage 40-60% of the time.

EXTENSION: Set up a ball on a tee at the other end of the cage. If they knock the ball off the tee, they have no conditioning. To add an interesting twist, if they knock the ball off the tee, have the coaches do all the conditioning.

Inside/Outside Location Drill

- 1.) Set up an L-screen about 40 feet away (closer for younger players) for overhand front toss.
 - 2.) Prior to the round, tell the hitter if the “hot” location is inside or outside.
 - 3.) If a pitch is thrown in the “hot” location, they swing.
 - 4.) If a pitch is thrown in the “cold” location, they should take.
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“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.

21 outs

Put at least one infielder at each infield position (including catcher and pitcher). The goal of the game is to get 21 consecutive outs (a full 7 inning game). If your league only plays 6 inning games, call this game 18 outs.

Hit routine ground balls to varying positions in the infield. They must field the ball cleanly and throw accurately to first base to record an out. If someone makes an error, other infielders get to “pick them up” by turning a double play on the next ground ball. If they make an error then fail to turn a double play, they will start over at zero. Leave plenty of time for this drill as it is difficult, and your team will need to start over several times.

This game is best used at the intermediate performance or game competition phase. It creates tension and makes your players learn to perform under pressure.

VARIATION: Put a clock on your player and require that each out be recorded in under 4.5 seconds.

Fastball/Breaking ball drill

1.) Set up an L-screen about 40 feet away (closer for younger players) for overhand front toss.

2.) Prior to the round, tell the hitter if the “hot” pitch is a breaking ball or a fastball.

3.) If the “hot” pitch is thrown, they should swing, if it is a good pitch.

4.) If the “cold” pitch is thrown, they should take, regardless of if it is a strike or not.

5.) To challenge hitters even more, declare a hot pitch between each pitch. This simulates looking for a specific pitch in a specific spot.