



Indoor Practice Plan #2

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	Baserunning	Group 1 - Home to first Group 2 - Reading bunts from 2nd Switch groups after 5 min	1.) Front side of bag 2.) Lean forward on contact 3.) Snap head to right 4.) Break Down 1.) Three shuffles 2.) Read ball down 3.) Direct line to 3rd base
0:20	Throwing Program	Cornerstone Throwing Program* Daily Dozen Pitcher Drills*	Coaches stay with groups to ensure proper drill work
0:30	Station Work 2 players at each station 6 minutes each	1.) Partner medball toss 2.) Pick ups 25 at a time 3.) Back hand ground balls 4.) Overhead flyball/pop-ups 5.) Explosive Sprint Series 6.) Hit/Take Tee 7.) Outside Tee 8.) Inside Tee 9.) 2 strike approach 10.) Sacrifice/Bunt for hit 1 coach in cage, 1 coach roaming	Stay low, condition Low to the ground, quick feet Glove all the way open Don't backpedal Strong, low throws Hitting Position Ball deep, drive to the opposite field Hands inside the ball Battle, compete, ball in play Put pressure on the defense

1:30 End of Practice Announcements:

Practice Resources

[Running home to first](#)

Pick Ups

The feeder will need two baseballs. He starts on a knee about six feet in front of the active player. He rolls one ball to the player's left so that it is challenging for him to get it, but not impossible to get there by shuffling. When the player fields the ball he flips it back to the feeder.

As the fielder is flipping the ball back, the feeder rolls a ball to his right so he shuffles back to that side. This process gets repeated 25 times in a round. Then they switch roles.

Backhand Ground Balls

Partners take turns rolling ground balls to their throwing side back and forth. Check out our backhand simulation drill [HERE](#).

Going Back on Pop-ups

Partners stand about 20 feet from each other. The partner who is the "feeder" throws a pop-up over the head of the other so that he can go back and get under it, but is challenged. They can throw the pop-up over either shoulder or directly over their head.

They should switch partners after five pop-ups thrown.

Explosive sprint series

3 - 30 yard sprints (90 feet)

- 1.) [Pushup Sprints](#)
 - 2.) [Indian Style](#)
-

Hit/Take Drill

Two strike approach

Every pitch is with two strikes. Feel free to set the count to 1-2 or 0-2. The players swing should not change, just their approach. They will let the ball travel more and try to drive the ball to the opposite field.