**Session # 10**

**Equipment: 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

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| Time | LESSON PLAN - Individual skills, stations, lots of reps |
| Name of Activity | Description | Key Teaching Points |
| 0:00 | Warm - Up | Cornerstone Dynamic Warm-Up\* | 1.) Movement Prep2.) Improve Agility3.) Rotational Explosive Movement |
| 0:15 | BaserunningWater Break | Deep fly balls from 1st baseLeads and straight steals from 2nd baseReading passed balls from 3rd baseRotate every 5 minutes | Get to the bag if possible, not past itTiming pitcher, don’t have to goLive vs. catchers |
| 0:35 | Throwing Program | Cornerstone Throwing Program\*Daily Dozen Pitcher Drills\* | Coaches stay with groups to ensure proper drill work |
| 0:45 | Team Time | 21 Outs or Pregame Infield/Outfield | Making Routine Plays |
| 1:00 | Station Work 2 players at each station6 minutes each | 1.) Partner sprints from 1st base2.) Pick ups 25 at a time (SS area)3.) Back hand ground balls (3B area)4.) Going back on pop-ups (LF area) 5.) Throwing to cutoff man (RF area)6.) Hit/Take Tee7.) Outside Tee8.) Inside Tee9.) At bats from 1-2 count (Cage) 10.) Sacrifice/Bunt for hit (home plate)1 coach in cage, 1 coach roaming | Stay low, conditionLow to the ground, quick feetGlove all the way openDon’t backpedalStrong, low throwsHitting PositionBall deep, drive to the opposite fieldHands inside the ballBattle, compete, ball in playPut pressure on the defense |

End of Practice Announcements:

Notes: