**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 Prep  2.) Improve Agility  3.) Rotational Explosive Movement |
| 0:15 | Baserunning  Water Break | Deep fly balls from 1st base  Leads and straight steals from 2nd base  Reading passed balls from 3rd base  Rotate every 5 minutes | Get to the bag if possible, not past it  Timing pitcher, don’t have to go  Live 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 station  6 minutes each | 1.) Partner sprints from 1st base  2.) 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 Tee  7.) Outside Tee  8.) Inside Tee  9.) At bats from 1-2 count (Cage)  10.) Sacrifice/Bunt for hit (home plate)  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 |

End of Practice Announcements:

Notes: