



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

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:

Practice Resources:

Deep Fly balls Runner at 1st

The old saying “half way on a fly ball” is a bit incomplete. The deeper the fly ball, the more the runner will want to get away from the bag. If the outfielders are going back, and the runner isn't sure if they will get to the ball or not, the baserunner will try to get to 2nd base if they are still able to get back.

If they can get as far as second base, they should put their foot on the bag, but do not pass it. If the ball is caught, they get back to first as quickly as possible. If the ball gets down, they take off to third and should be able to score.

The coach should hit deep fly balls and the baserunners will practice getting as far off the bag as they can and still get back.

Leads and Straight Steals From 2nd & Reading the Passed Balls From 3rd

These two drills will be running at the same time. Set up one or two runners at 2nd and 3rd (use a throw down base for a second runner). There will be one pitcher on the mound (or in front of the mound, probably a coach, who will be checking the runner at 2nd and delivering home.

The runners at 2nd will be trying to get jumps and steal third as he delivers home. The runners at 3rd will be reading the pitch (he should throw several in the dirt) and the catcher to see if they can score on a passed ball or wild pitch.

Even though this drill is done together, the runners at 2nd and 3rd are operating independently of each other.

21 Outs

Put at least one fielder at each 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 or fly balls to varying positions in the field. They must field the ball cleanly and throw accurately to first base to record an out, or catch the ball in the air. If someone makes an error, other infielders get to “pick them up” by turing 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 tactical game is about making routine plays, so try to hit fungo to your fielders that will result in a routine play. If you hit a line drive or ball in the gap that outfielders can't get to, don't count it. This is supposed to be 21 routine plays.

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

VARIATION #2: Add runners make the game more like an actual game.

Pre-Game Infield Outfield

Pregame infield outfield will be different for each team. Below is our two fungo pre-game infield/outfield routine.

Fungo 1	RF to 2B	CF to 2B	LF to 2B	RF to 3B	CF to 3B	LF to 3B
Fungo 2	1B to P (cover)	P bunts to 1B/3B	Bunts to 3B line	1B in	2B to 1B	2B/1B tweener

Fungo 1	RF/CF home	Throwing Sequence 1	3B to C	SS to C	2B to C
Fungo 2	LF home	*****	SS to 1B (look back)	2B to 1B (LB)	1B (LB)

Fungo 1	1B to C	1st and cover	5-4-3 DP	6-4-3 DP	4-6-3 DP	3-6-1 DP
Fungo 2	3B (LB) no throw	*****	SS to deep 1B	3B to shallow 1B	3B to C	*****

Fungo 1	Home then First
Fungo 2	*****

Partner Sprints

In pairs, one player leads off first, the other leads off a throw down base behind first. The player in front takes off sprinting about 60 feet. The player behind him reacts and takes off as soon as he sees the guy in front of him move.

They walk or jog back to the base and switch roles.

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.

Throwing to a Cutoff Man

Set up a net or target an age appropriate distance from the outfielder. One partner will roll ground balls or throw pop-ups/fly balls to the other who will try to throw it into the target as if it were a cut off man.

Switch partners after five throws. Make sure they leave enough time at the end of this station to collect the balls.

[Hit/Take Drill](#)

Outside Tee

Wall/Net or Inside Tee

At Bats form a 1-2 Count

Every round starts with a one ball, two strike count. The coach throws age appropriate pitches and the hitter is battling to put the ball in play. Give them three at bats from a 1-2 count, then switch hitters.

Sacrifice Bunting/Bunt for a Hit

Set up a cone four feet from the 3rd base line. Bunters in this drill are trying to put the ball inside that cone.
