



Session #2

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, 12 orange cones

Minutes after start of practice	LESSON PLAN FOCUS - Bunt Defenses, Double Plays, Bunt for a hit, Have a plan in each count		
	Name of Activity	Description	Key Teaching Points
0:00	Warm - Up	Shortened Cornerstone Warm-Up* Cone Agility Series*	1.) Movement Prep 2.) Improve Agility 3.) Rotational Explosive Movement
0:15	Baserunning	3 Base Bunting	Bunting Technique, Philosophy Read Bunt Down
0:25	Throwing Program	Cornerstone Throwing Program* Pitcher's Daily Dozen*	Coaches stay with each group, ensure technique and focus
0:35	Infielder Individual Session Outfielders/ Catchers Individual Hitting Water Break	Bucket Drill (5 minutes) Middle IF DP Feeds Corner IF Slow roller and fielding bunts w/ throw to 1st and 3rd (5 minutes) Cornerstone Double Play Rotation (10 minutes) 1.) Hit/Take 2.) Opposite field tee 3.) Inside/Outside tee 4.) Bunting for a hit station 5.) Random count game	Get to the right of the ball, good tempo, form fielding, Make sure of 1st out (good feeds) Get to ball quickly, body control 4.3 seconds and under Hitting position Don't guide the ball, drive the ball Hands tight to the body Ball on foul line Appropriate approach in appropriate count
1:00	Popup Communication	Cornerstone Popup Communication Drill	Proper communication and echoing
1:05	Outfielder Individual Session Catcher individual drills Infielder Individual Hitting	Angle Ground Balls No Doubles (5 minutes) W Cone Drill (10 Minutes) Chicken Communication Drill (5 Minutes) Drill Menu Receiving Drills Throws to 2nd and 3rd 1.) Hit/Take 2.) Opposite field tee 3.) Inside/Outside Tee 4.) Bunting for a hit station 5.) Random count game	Deep angles to ground balls Good communication Good communication Thumb under on low pitch, catch around ball on corners Proper footwork, take of like an airplane, not a helicopter Hitting position Don't guide the ball, drive the ball Hands tight to the body Ball on foul line Appropriate approach in appropriate count

1:25	Team Time Bunt Defense	Bunt Defense “1” w/ no runner, runner @ 1st Bunt Defense “5” w/ runner at 1st Bunt Defense “3” w/ runner at 1st & 2nd	Break as soon as bunt is shown, get to ball quickly, body control, get an out Use outfielders as runners, play straight up, then overly aggressive
1:45	Competition	Infielders vs. Base Runners	Runners try to hit a H.O.G. off tee Infielders make routine plays Keep score

END OF PRACTICE ANNOUNCEMENTS:

PRACTICE NOTES:

Practice Resources:

3 Base Bunting

Set Up: A small line of bunters at home plate and a small line of baserunners at each base. A coach can pitch to the bunters from short distance, or for a more realistic (but slower) feel, have a pitcher on the mound pitching to the bunters.

The Drill: Baserunners take their normal leadoffs. The pitcher comes set and can either deliver home, or move their feet as if they are picking to any of the 3 bases.

If the pitcher delivers home, the batter at the plate bunts the ball if it is a strike. The baserunners read the bunt and work ***independently*** of one another.

Runners at third can practice both suicide (if that's your style) and safety (much more my speed) squeeze. The other runners take off when the bunt is down, retreat to the bag if the ball is missed, there is a pullback, or if the ball is bunted up in the air.

Players rotate from bunting to first base, then all the way around the bases until they get back to bunting again.

Bucket Drill

Set up two buckets (or cones), on each at SS and 2nd base. The line for the drill begins behind the bucket. The “feeder” will be on the infield grass with a pile of baseballs. The “feeder” rolls the ball directly at the bucket.

The fielder gets to the right of the bucket, goes around it, and fields the ball in front of the bucket. The fielder should perform footwork and separate their hands as if they were going to throw to first base.

When they are done, they should drop the ball in the bucket and return to the end. This drill should be done quickly, and develop a good rhythm and pace.

Double Play Feeds

Put an empty bucket of balls about 6-8 feet behind second base. Roll balls to the SS or 2B (mix up) and have them perform a double play feed to their DP counterpart. After they receive the feed, they drop the ball in the bucket and head to the end of their line.

Corner Infielders Slow Rollers/Fielding Bunts

Third basemen work on slow rollers to 1st base and fielding bunts throwing to 1st base. 1st basemen work on bunts and throwing to 3rd base. Give adequate time between reps because you probably won't have many players at each position. Also, show bunt to get players charging before rolling the bunt.

Double Play Rotation

Use a coach as Coach 1 and a player as Coach 2 if necessary. Be very careful on Rotations 1, 2, and 4 to stagger the ground ball coming from Coach 1 and Coach 2.

Rotation 1 - Staggered

Coach 1: 5-4-3 DP

Coach 2: 6-3

Rotation 2 - Staggered

Coach 1: 6-4-3 DP

Coach 2: 5-3

Rotation 3 - Continuous

Coach 1: 4-6-3 DP

Coach 2: 5-2

Rotation 4 - Staggered

Coach 1: 3-6-1 (pitcher cover from mound)

Coach 2: 5-4-3

[Hit/Take Drill](#)

Outside Tee

Purpose: To learn how to hit the pitch on the outside of the plate

Progression: This drill should only be done after the player is able to repeat a solid fundamental swing on pitches down the middle.

Equipment: Bat, Tee, Baseballs, Net

Procedure:

- 1.) Set up the tee on the outside corner of the plate on the middle of the hitter's body.
- 2.) The hitter will swing and drive the pitch to the opposite field.

Coaching Cues:

- 1.) Do not allow them to step into the pitch on the outside corner.
 - 2.) Make sure they are "driving" the ball, not trying to guide it to the opposite field.
 - 3.) The only difference between a swing on a ball down the middle and an outside pitch is the depth the ball is on the hitter.
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Inside/Outside Tee

Purpose: To learn how adjust to inside and outside pitches.

Progression: This drill should only be done after the player is able to repeat a solid fundamental swing on pitches down the middle.

Equipment: Bat, Two Tees, Net, Baseballs

Procedure:

- 1.) Set up one tee on the inside corner out in front of the plate, and one tee on the outside corner toward the middle of the hitter's body.
- 2.) On the hitter's stride, the coach says either "inside" or "outside."
- 3.) The hitter hits the ball indicated by the coach.

Coaching Cues:

- 1.) On the inside pitch make sure the hitter isn't pulling off the ball with their front side.
- 2.) On the outside pitch make sure the hitter is driving, not guiding, the ball to the opposite field.

Bunting For a Hit Station

Set up two cones, one representing the foul line, and one about six feet inside of that. Players should try to bunt the ball between the cones using the technique described above.

Random Count Drill

To set this game up, start with a coach behind an L-Screen in the cage. The coach calls out a count and gives the player a few seconds to think about their approach.

The coach delivers a pitch. If the hitter swings at an appropriate pitch for the count, he gets another pitch. If he swings at an inappropriate pitch that round is finished.

Cornerstone Communication Drill

With a player at each position, one coach hits pop-ups to the right side of the infield/outfield and one hits to the left side of the infield/outfield. They try to hit pop-ups in the “Bermuda triangles” of the field between three defenders.

Players use the following communication system.

Infielders call the ball by saying “I got it.” Outfielders call the ball by saying “ball, ball, ball.” Outfielders have priority over infielders, centerfielders have priority over corner outfielders, the shortstop has priority over every other infielder.

After the player calls the ball, all other players “echo” his name to give him confidence to go after the ball.

Angle Ground balls No Doubles

Purpose: To teach players to take deep angles on ground balls, especially in no doubles situation (p. 9) and to get players used to fielding ground balls on the run.

Equipment: Two cones, a bucket full of baseballs, and two buckets.

Set up: Set up two cones 30-40 yards apart (less depending on the age and ability level of your player) and a coach with a fungo and a bucket of baseballs at about 30-40 yards from the outfielder. Place an empty bucket balls by each cone.

Procedure:

- 1.) The coach hits a ground ball fungo inside the two cones.
- 2.) More velocity and closer to the cones will be the more difficult players.
- 3.) The outfielder must try to get to the ball and field it cleanly before it goes between the two cones.

Coaching Cues:

- 1.) Teach players to take deep angles to keep the ball from getting by them.

Add Competition: Every ball the player gets to before it passes through the cones, and fields cleanly, he gets three points. If he gets to it and keeps it from getting to the cones, but does not field it cleanly he gets one point.

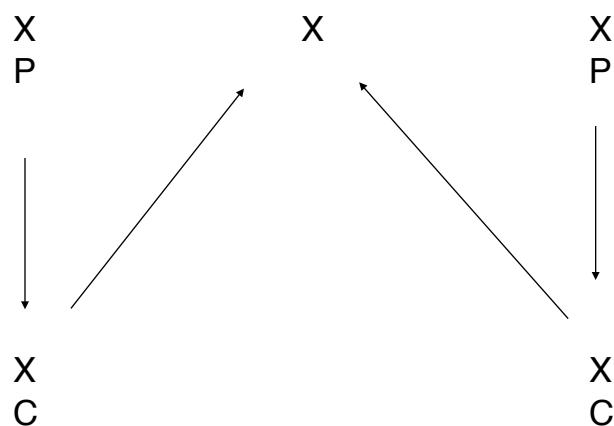
Advanced competition: To create an advanced competition, add a net or cutoff man to have the outfielder make a throw to after they field the ball. Give them an additional three points for hitting the net or cutoff man.

“W” Drill

Purpose: To work on communication going backward, and to create chaos for the communication system.

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 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 one of the coaches throws a 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.

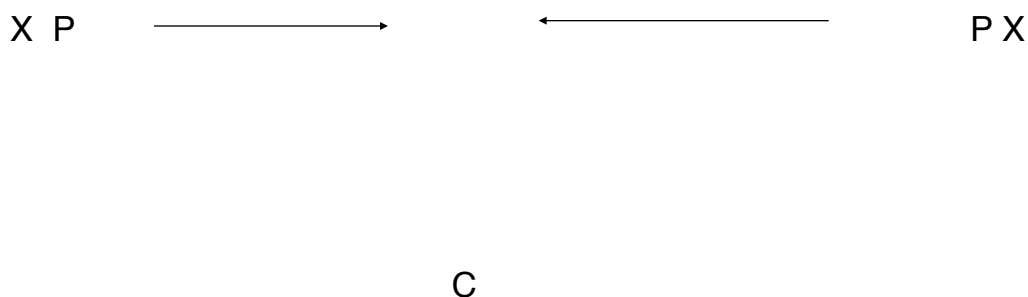
Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

Chicken Communication Drill

Purpose: To enhance communication on fly balls.

Equipment: Two cones and baseballs

Set up: Set up two cones about 100 feet apart with a player at each cone. The coach should be about 50 feet in front of the midpoint of the two cones.



Procedure:

- 1.) The coach designates one player (cone) to be the center fielder.
- 2.) When the coach says “go” both players start sprinting at each other.
- 3.) The coach throws (or hits) a ball between them.
- 4.) The players use the communication system to catch the ball.

Coaching Cues:

- 1.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.

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.

Click [HERE](#) For Catching Drill Menu

Bunt Defense

Principles of bunt defense:

- 1.) As soon as the bunt is shown, the defenders break to their responsibilities. Pitchers should finish their pitch, then break to their responsibility.
- 2.) Get to the ball as quickly as possible.
- 3.) Third basemen should get to the line as quickly as possible, then attack the ball from the line.
- 4.) Always be under control.
- 5.) Get an out, anywhere.
- 6.) Make sure every base is covered (especially 3rd on bunts w/ runner on 1st)

Calling a bunt defense:

The following numbers give you a baseline for calling a bunt defense. You can decide what you want the “trigger” to be. For example, you may call three numbers and have the first, second, or third number be the “hot” number. If the last number is the “hot” number, then 451 would be bunt defense “1.”

Bunt defenses:

“1” - 3rd baseman charges and is responsible for the 3rd base side. The pitcher charges as is responsible for the middle third of the field. The 1st baseman charges and is responsible for the 1st base side. The 2nd baseman covers 1st base. The SS covers 2nd base. Whoever doesn’t field the ball between the P and 3rd baseman is responsible for covering 3rd base after the ball is fielded.

“3” - 3rd baseman stays at third and only charges after a hard bunt that the pitcher cannot get. The pitcher covers the third base half of the field, the 1st baseman charges when bunt is shown, and the 2nd baseman breaks to cover first base. The second baseman covers short. This bunt defense is generally run with runners on second, or first and second.

“5” - The 3rd baseman charges on bunt and is responsible for the third base half of the field, the first baseman stays unless there is a hard bunt past the pitcher at him. The pitcher is responsible for the first base side of the bag. The 2nd baseman backs up the throw to first base, unless the first baseman vacates the bag to get a bunted ball, then they first. The shortstop covers second. This bunt defense is generally run with runners at first.

Infielders vs. Baserunners

After your athletes have advanced past the intermediate performance stage and are ready for game competition, select a group of players to hit the ball off a tee from home plate, on the ground to the infielders. This tactical game closely simulates what infielders will be facing in real game situations. The added variability here is the speed of the runner. Infielders must calculate the speed of the ball, the speed of the runner, and their own abilities on every ground ball to determine how much time they have. Competing against live runners will help them develop this internal clock.

A variation of this game is to have a coach hit the ground balls and have the runners leave from the right handed batter’s box on contact. Use this variation if your players are unable to hit quality ground balls off the tee consistently.