**Session #3**

**Equipment:** Agility ladder, medicine balls, batting cage, L-Screens, four hitting stations w/tees, three buckets of baseballs

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| Minutes after start of practice | LESSON PLAN FOCUS - Double Plays, 1st and 3rd Defense, 2 Strike Approach, Weight Transfer | | |
| Name of Activity | Description | Key Teaching Points |
| 0:00 | Warm - Up | Cornerstone Warm-Up\* | 1.) Movement Prep  2.) Improve Agility  3.) Rotational Explosive Movement |
| 0:15 | Baserunning | 2nd and 3rd base running | Knowing situations, learning to react in real time |
| 0:25 | Throwing Program | Cornerstone Throwing Program\*  Pitcher’s Daily Dozen\* | Coaches stay with each group, ensure technique and focus |
| 0:35 | Pitchers/Infielders  Outfielders  Water Break | 2 base picks  Pre-Pitch Routine | Picks at first base: Short arm, quick feet.  Picks at second: Turn glove side  Positioning, individual routine, 7, 8, 9 +/- positioning |
| 0:50 | Outfield Individual Time  Catchers/Infielders Individual Hitting | Ground ball and throwing to target work  Read step and go get it  Introduce sun balls  1.) 1-2-Fire  2.) Outside tee  3.) Helmet Drill  4.) Outside/Inside w/ Hit/Take  5.) 2 strike approach in cage | Difference between low urgency play (routine) and do or die play  Proper drop step mechanics, sprint to a spot  Glove up first to block sun  1.) Start swing w/lower half  2.) Drive, don’t guide ball oppo field  3.) Don’t hook foul, hands inside  4.) Adjusting to each pitch  5.) Put the ball in play |
| 1:05 | Infield/Catcher Individual Time  Outfield Individual Hitting | 3 minute segments:  CatcherThrow/ Infielder DP Rotation  8 minute segment - Infield pop ups  1.) 1-2-Fire  2.) Outside tee  3.) Helmet drill  4.) Outside/Inside w/ Hit/Take  5.) 2 strike approach in cage | Time catchers, make sure of first out on double play  Communication, 3 players after each pop-up  1.) Start swing w/lower half  2.) Drive, don’t guide ball oppo field  3.) Don’t hook foul, hands inside  4.) Adjusting to each pitch  5.) Put the ball in play |

END OF PRACTICE ANNOUNCEMENTS:

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| 1:25 | 1st and 3rd Defense | Outfielders as baserunners, or in OF to back up bases  Cover: Straight steal, delayed steal, hit and run, bunt and run, walk off | Always give situation and have players determine out vs. run importance |
| 1:50 | Team Challenge | Straight Steal Challenge | Must get under allowed time, use live pitchers or have coach simulate pitchers |

PRACTICE NOTES: