**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 Prep2.) Improve Agility3.) 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/InfieldersOutfieldersWater Break | 2 base picksPre-Pitch Routine | Picks at first base: Short arm, quick feet.Picks at second: Turn glove sidePositioning, individual routine, 7, 8, 9 +/- positioning |
| 0:50 | Outfield Individual TimeCatchers/Infielders Individual Hitting | Ground ball and throwing to target workRead step and go get itIntroduce sun balls1.) 1-2-Fire2.) Outside tee3.) Helmet Drill4.) Outside/Inside w/ Hit/Take5.) 2 strike approach in cage | Difference between low urgency play (routine) and do or die playProper drop step mechanics, sprint to a spotGlove up first to block sun1.) Start swing w/lower half2.) Drive, don’t guide ball oppo field3.) Don’t hook foul, hands inside4.) Adjusting to each pitch5.) Put the ball in play |
| 1:05 | Infield/Catcher Individual TimeOutfield Individual Hitting  | 3 minute segments:CatcherThrow/ Infielder DP Rotation8 minute segment - Infield pop ups1.) 1-2-Fire2.) Outside tee3.) Helmet drill4.) Outside/Inside w/ Hit/Take5.) 2 strike approach in cage | Time catchers, make sure of first out on double playCommunication, 3 players after each pop-up1.) Start swing w/lower half2.) Drive, don’t guide ball oppo field3.) Don’t hook foul, hands inside4.) Adjusting to each pitch5.) 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 basesCover: 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: