



Session #3

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

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: Catcher Throw/ 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

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

END OF PRACTICE ANNOUNCEMENTS:

PRACTICE NOTES: