**Session #4**

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| Minutes after start of practice | LESSON PLAN FOCUS - Bunting, Outfield Communication, Individual Skills, Winning Run on 3rd, Competition in Practice | | |
| Name of Activity | Description | Key Teaching Points |
| 0:00 | Warm - Up | Shortened Cornerstone Warm-Up\*  Core Stabilization | 1.) Movement Prep  2.) Improve Agility  3.) Rotational Explosive Movement |
| 0:15 | Baserunning | Pitchers vs. Baserunners (left field line)  3 Base Bunting\*  7-8 minutes each, then rotate | * Pitchers holding runners, runners getting jumps   -Getting jumps from every base |
| 0:25 | Throwing Program | Cornerstone Throwing Program\*  Daily Dozen For Pitchers\* | Coaches stay with each group, ensure technique, focus. |
| 0:35 | Pitchers/Infielders  Non-Pitchers  Water Break | Fast Paced PFP  Two line communication drill in OF | Footwork, keeping body under control, firm accurate throws  One line is CF, one line is corner OF, use Cornerstone communication system. |
| 0:50 | Outfield Individual Time  Catcher Individual Time  Infielders Individual Hitting | NFL Wide Receiver Game  5 Ball Game(Teach players to run this one)  Drill menu, emphasis on blocking drills  Magellan Game  1.) Hit/Take Tee  2.) Inside/Outside Tee  3.) Babe Ruth with Hit/Take Tee  4.) Middle Tee Drive  5.) Outside/Inside fastballs (in cage) | Catching on the run with interference  Athleticism, change of direction, reaction  Glove to five hole, chin down  Be soft, keep ball close, scramble quickly  Hitting position  Make a decision and put a good swing  Weight transfer and hitting position  Aggressive swing, driving the ball  Appropriate swing on appropriate pitch |
| 1:10 | Individual Infield Time  Outfielder/Catcher Individual Hitting Time | Cornerstone Lead-up Infield Drills  Infielders vs. the clock (have extra 1st baseman work the clock then rotate in)  1.) Hit/Take Tee  2.) Inside/Outside Tee  3.) Babe Ruth with Hit/Take Tee  4.) Middle Tee Drive  5.) Outside/Inside fastballs (in cage) | Proper footwork, hands in front of body, quick transfer  Get to ball quickly, under control, accurate throws, internal clock  Hitting position  Make a decision and put a good swing  Weight transfer and hitting position  Aggressive swing, driving the ball  Appropriate swing on appropriate pitch |
| 1:30 | Team Competition | Winning run on 3rd | Putting ball in play, making appropriate decision on defense, good reads from 3rd base |
| 1:45 | Team Games | 21 Outs | Make routine plays |

**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, 4-6 throw down base