**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 Prep2.) Improve Agility3.) 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/InfieldersNon-PitchersWater Break | Fast Paced PFPTwo line communication drill in OF | Footwork, keeping body under control, firm accurate throwsOne line is CF, one line is corner OF, use Cornerstone communication system. |
| 0:50 | Outfield Individual TimeCatcher Individual TimeInfielders Individual Hitting | NFL Wide Receiver Game5 Ball Game(Teach players to run this one)Drill menu, emphasis on blocking drillsMagellan Game1.) Hit/Take Tee2.) Inside/Outside Tee3.) Babe Ruth with Hit/Take Tee4.) Middle Tee Drive5.) Outside/Inside fastballs (in cage) | Catching on the run with interferenceAthleticism, change of direction, reactionGlove to five hole, chin downBe soft, keep ball close, scramble quicklyHitting positionMake a decision and put a good swingWeight transfer and hitting positionAggressive swing, driving the ballAppropriate swing on appropriate pitch |
| 1:10 | Individual Infield TimeOutfielder/Catcher Individual Hitting Time | Cornerstone Lead-up Infield DrillsInfielders vs. the clock (have extra 1st baseman work the clock then rotate in)1.) Hit/Take Tee2.) Inside/Outside Tee3.) Babe Ruth with Hit/Take Tee4.) Middle Tee Drive5.) Outside/Inside fastballs (in cage) | Proper footwork, hands in front of body, quick transferGet to ball quickly, under control, accurate throws, internal clockHitting positionMake a decision and put a good swingWeight transfer and hitting positionAggressive swing, driving the ballAppropriate 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