



## Session #4

**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 bases

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 or Pre-Game Infield/Outfield	Make routine plays

END OF PRACTICE ANNOUNCEMENTS:

PRACTICE NOTES:

# Practice Resources:

## Core Stabilization Series

### The Exercises

Front Plank - Try to keep a straight line from feet to shoulders. Don't let the midsection drop or be too high. EXTENSION - Raise the right leg, then left leg and hold, or raise the opposite arm and leg straight out.



Side Plank - Keep the body in line from feet to head, and don't let the body sag in the midsection. EXTENSION - Raise the free arm straight up in the air, or raise the top leg on the stacked feet into the air.



Side Arm Balance - Keep the body in a straight line from feet to head, do not let the midsection sag. Stack the feet. EXTENSION- Raise the top leg on the stacked feet in the air.



Plank Leg/Arm Extension - Start in plank position, extend the opposite arm and leg off the ground. Try to keep the body in as straight a line as possible. Hold for three to six seconds. EXTENSION- Add a pushup between each rep.

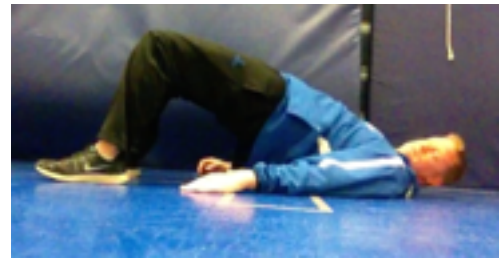


Starfish Pushups - This is a three part exercise. Begin in a plank position, then do a push-up. After the pushup is done, turn to a side-arm balance, then raise the top arm in the air. Hold the starfish position for two to three seconds.





Glute Bridge - Maintain a straight line between the shoulders and knees with the pressure in the feet on the heels. EXTENSION- Raise each leg off the ground and hold for three to six seconds.



Standing Medball Resistance Holds - The athlete stands in an athletic stance with their feet slightly farther than shoulder width. They hold a medball in front of their chest and their partner pushes it in various directions. The athlete resists trying to keep the medball in the middle of their body without moving their feet.

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## Pitchers vs. Baserunners

Set up four or five throw down bases on the left field line with two or three “base runners” at each. Each base will have an assigned pitcher who is set off at an angle simulating a runner at first base.

Prior to taking their leadoff, the runner will decide if they are taking a secondary lead, straight stealing, or executing a hit and run. Pitchers can either give a pickoff move (no ball, no

throw), step off, or deliver home. The toughest part of this drill is getting the pitchers to react in a natural manner since they don't have a ball and won't be throwing anything.

After one base runner goes, he will head to the back of the small line while another runner comes up to work.

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### Three Base Bunting

Set Up: A small line of bunters at home plate and a small line of baserunners at each base. A coach can pitch to the bunters from short distance, or for a more realistic (but slower) feel, have a pitcher on the mound pitching to the bunters.

The Drill: Baserunners take their normal leadoffs. The pitcher comes set and can either deliver home, or move their feet as if they are picking to any of the 3 bases.

If the pitcher delivers home, the batter at the plate bunts the ball if it is a strike. The baserunners read the bunt and work ***independently*** of one another.

Runners at third can practice both suicide (if that's your style) and safety (much more my speed) squeeze. The other runners take off when the bunt is down, retreat to the bag if the ball is missed, there is a pullback, or if the ball is bunted up in the air.

Players rotate from bunting to first base, then all the way around the bases until they get back to bunting again.

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### Fast Paced PFP

**Caution:** This drill needs to be done slowly at first with the utmost caution to ensure every player understands what is going on and knows where to stand to be safe during the drill. If at any point the coach sees an unsafe situation, he should yell "STOP!" and the all players stop immediately and do not throw the ball any more.

**Set up:** You will need an entire infield at their positions, and several pitchers in two lines, one in foul territory on the first base side, and one in foul territory on the first base side. Each line will supply one pitcher who will set up slightly on their side of the mound. Each pitcher will need one coach working with them and someone catching for them to keep things moving quickly.

**If the coach on the first base side:**

- 1.) Hits a ground ball to the first baseman (who is playing deep), the player's execute a 3-1 putout.
- 2.) Hits a ground ball right back at the pitcher, he initiates a 1-6-3 double play.
- 3.) Rolls a ball right down the first base line, he fields it like a bunt, clears the line to the inside and throws to first base.
- 4.) Hits a ball between the first baseman and pitcher, they try to get an out at first base (using the method in the "PFP" blog post)
- 5.) Hits a ground ball to the second baseman (perhaps this draws the first baseman away from the bag) they turn a 4-6-3 or 4-6-1 double play if the first baseman leaves the bag.

**If the coach on the third base side:**

- 1.) Hits a ground ball right back at the pitcher, they initiate a 1-2-3 double play (no throw from the catcher).
- 2.) Rolls a ball down the third base line, the pitcher fields a bunt and throws to the third baseman covering the bag.
- 3.) Rolls a bunt right back at the pitcher, and yells "SQUEEZE!" the pitcher will field the ball and shovel it to home plate.
- 4.) Rolls a bunt hard down the third base line past the pitcher, the third baseman will charge, field the bunt, and perform their footwork to first base (no throw).

Again, make sure each player knows their responsibility on each play. Once they understand what they are doing, have pitchers sprint from foul territory to their side of the mound and begin the next rep as soon as the ball and other pitcher is off the field.

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## Two Line Communication Drill

*Purpose:* To work on communicating on fly balls.

*Equipment:* Baseballs

*Set up:* Two players start at an age and skill appropriate distance from each other. The farther apart you start the players, the more difficult the drill. Be sure to designate one person as being the "center fielder" for priority sake.

*Procedure:*

- 1.) The coach either throws or hits a fly ball between the two outfielders.
- 2.) The outfielders use the priority system with call and echo to catch the ball.

*Coaching Cues:*

- 1.) Do not let them call the ball until it gets to its apex.
- 2.) Make sure each player is abiding by the communication system.

*Add Competition:* Since this is a team effort, set a total number of successful catches the team must make. If they drop one, or one hits the ground start over at zero.

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## NFL Wide Receiver Drill

Pair athletes up who have similar athletic abilities. Select one to be the wide receiver and one to be the defensive back. Have them start from about 15 feet to the side of the coach (quarterback) who has a bucket of baseballs.

The coach says “go” and the wide receiver has to try to get open and catch a pass from the coach. To add a baseball twist, you can have the wide receiver call “ball, ball, ball” after the ball reaches it’s apex. After the receiver calls the ball, the defender may stay close to the receiver (echoing, see Infielder/Outfielder communication), but may not try to interfere with him catching the ball.

This tactical game teaches players to catch the ball on the run, with distractions, and allows them to work on the infield/outfield communication system.

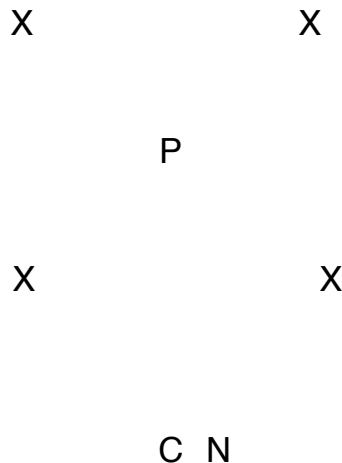
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## 5 Ball Drill

*Purpose:* To create athletic outfielders, to have outfielders who can change directions quickly, make adjustments, and play fluidly.

*Equipment:* Four (eight or twelve if setting up multiple stations) cones and five baseball and a net (or cutoff man) at each set up.

*Set up:* The cones are set up in a big square with a single player in the middle. There should be a cutoff man or net at an appropriate distance from the cones. The coach will be in front of the cones near the cutoff man/net.



*Procedure:*

- 1.) The coach will hit a fungo fly ball or line drive to some location in the cones.
- 2.) The outfielder will field it (with proper technique coming through the ball) and discard it well behind or to the side of the cones.
- 3.) As soon as he catches the ball, the coach will hit another fly ball or line drive fungo to another area in the cones.
- 4.) This will repeat until the coach has hit four fly ball on line drives.
- 5.) The last ball hit will be a ground ball right in the middle of the cones.
- 6.) The player will field it like a “do or die” and will make a throw to the net or cutoff man near the coach.

*Coaching Cues:*

- 1.) We want players to be athletic, but they also need to use good technique and get behind the ball and catch it coming through where possible.
- 2.) Watch for good technique on the ground ball, and see that the ball stays low when it is thrown.
- 3.) Make sure the cones are far enough apart to make players move around a considerable distance.

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Click [HERE](#) For Catching Drill Menu

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## Magellan

Have the catcher start at home plate. The coach throws a ball in the dirt, the catcher blocks it and scrambles to pick it up. Wherever he picks it up, he squats and the process repeats. After has blocked 4 balls, the coach measures the distance from where he finished to where he started. The player with the shortest distance from where they started wins.

This game emphasizes keeping the ball close to you when you block and scrambling quickly to get the ball.

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[Hit/Take Drill](#)



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## Inside/Outside with Hit/Take Tee

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### Babe Ruth, Hit/Take Combo

*Purpose:* To emphasize proper hitting position, weight distribution, and sequencing of the swing.

*Equipment:* Bat, Baseballs, Tees, Hitting Net

*Procedure:*

This is a combination of the “Babe Ruth” drill and the “Hit/Take” drill

- 1.) Set up a tee simulating the ball down the middle and a net to hit into.
- 2.) Run the “Babe Ruth” drill
- 3.) Right before the hitter’s front foot hits the coach will say either “Hit” or “Take.”

*Coaching Cues:*

- 1.) Check that the hitter is getting to a proper hitting position with his weight about 50/50 front to back.
- 2.) As hitters improve with this drill, encourage them to step out more slowly with their front foot to learn to control their weight during the swing.
- 3.) Continue to emphasize that the swing starts with the lower half of the body.
- 4.) Watch the player closely the second time he gets to hitting position before the swing. Make sure hitting position is as good as it was the first time when he stopped.
- 5.) When the coach says “Take,” ensure the only movement to the ball is with the lower half.

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## Middle Tee Drive

This is a very simple drill. Set up a tee down the middle, and try to DRIVE the ball back up the middle. If you are fortunate enough to have a radar gun in your program/team, use the radar gun to measure exit speeds here. This will teach and show players how to use their body and kinetic chain to increase their power.

Have the players swing as hard as they can from the ground up. If you have a radar gun, measure their off the tee velocity.

## Inside/Outside Fastballs in Cage

Just how this drill sounds, the coach will try to mix up fastballs on the inside and outside corner. Normally, players should not swing at pitches on the edges, so set up a two strike situation so they do have to swing at those pitches.

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Click [HERE](#) for Infielder Lead-up Drills

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## Infielders vs. Clock

Once your athletes have moved past the basic performance stage and are able to field ground balls and throw them to first base with no runner, no specified time, and with a high percentage of success, begin having them field ground balls against the clock.

Coaches will hit ground balls at varying speeds. Infielders have 4.5 seconds (average high school runner on 90 feet bases) from the time the ball is hit until the ball hits the first basemen's glove. Depending on your level of play and base distance you can adjust the time appropriately. It may be a good idea to time your players home to first, then use the average of that time as their target.

This tactical game adds the element of variability as the ball is hit at differing speeds. Players will need to get rid of the ball more quickly when the ball is hit slower and will have more time when the ball is not hit as hard. Infielders will need to make adjustments to keep their times under 4.5 seconds. If they are unable to make adjustments, it may be necessary to return to intermediate questioning, or basic performance stage before moving on to the game conditions stage.

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## Winning Run on 3rd

Divide your team into three or four teams so that if one of the teams is missing, you would be able to reasonably cover all positions. This could be a great opportunity to let players play out of position so they are ready to play those positions in a pinch.

Have one team on offense, and two or three teams combined on defense. The offensive team will begin with a runner at third, 1 out, and a 1-1 count for each new hitter. Each hitter will get one chance to get the runner in from third against a pitcher in infield, and a full outfield.

## 21 Outs

Put at least one fielder at each position (including catcher and pitcher). The goal of the game is to get 21 consecutive outs (a full 7 inning game). If your league only plays 6 inning games, call this game 18 outs.

Hit routine ground balls or fly balls to varying positions in the field. They must field the ball cleanly and throw accurately to first base to record an out, or catch the ball in the air. If someone makes an error, other infielders get to “pick them up” by turning a double play on the next ground ball. If they make an error then fail to turn a double play, they will start over at zero. Leave plenty of time for this drill as it is difficult, and your team will need to start over several times.

This tactical game is about making routine plays, so try to hit fungo to your fielders that will result in a routine play. If you hit a line drive or ball in the gap that outfielders can't get to, don't count it. This is supposed to be 21 routine plays.

VARIATION: Put a clock on your player and require that each out be recorded in under 4.5 seconds.

VARIATION #2: Add runners make the game more like an actual game.

## Pre-Game Infield Outfield

Pregame infield outfield will be different for each team. Below is our two fungo pre-game infield/outfield routine.

<b>Fungo 1</b>	RF to 2B	CF to 2B	LF to 2B	RF to 3B	CF to 3B	LF to 3B
<b>Fungo 2</b>	1B to P (cover)	P bunts to 1B/3B	Bunts to 3B line	1B in	2B to 1B	2B/1B tweener

<b>Fungo 1</b>	RF/CF home	Throwing Sequence 1	3B to C	SS to C	2B to C
<b>Fungo 2</b>	LF home	*****	SS to 1B (look back)	2B to 1B (LB)	1B (LB)

<b>Fungo 1</b>	1B to C	1st and cover	5-4-3 DP	6-4-3 DP	4-6-3 DP	3-6-1 DP
<b>Fungo 2</b>	3B (LB) no throw	*****	SS to deep 1B	3B to shallow 1B	3B to C	*****

<b>Fungo 1</b>	Home then First
<b>Fungo 2</b>	*****