



Session #5

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, orange cones, stop watch

Minutes after start of practice	LESSON PLAN FOCUS: Relays, catcher blocking, catcher throwing, outfield communication, 2-0 crush practice		
	Name of Activity	Description	Key Teaching Points
0:00	Cornerstone Warm-up	Shortened Cornerstone Warm-Up* Cone Agility Series*	Movement Prep Improve Agility Rotational Explosive Movement Agility
0:15	Base Running	1st to 3rd and 2nd to home races	Proper angles rounding the bases, timing your secondary lead
0:25	Cornerstone Throwing Program	Pitchers - Daily Dozen* Cornerstone Throwing Program*	Throwing explosively, work in change ups Be productive, catch is a drill
0:40	Team Challenge Water Break	Catcher Blocking Challenge	Competitiveness, catchers being soft when blocking
0:50	Team Time Controlled Scrimmage	Tandem Relays Situational Controlled Scrimmage	React to situations with live runners in pre-determined situations, emphasize backing up bases
1:20	Individual Infield Practice Outfielders/ Catchers Individual Hitting Drills	1.) Two knee drill w/ fungo 2.) Two way fungo, backhand focus 3.) Infielders against the clock 1.) Bunting Challenge Station 2.) Middle Tee Drive with Helmet Drill 3.) Outside Tee Drive 4.) Babe Ruth Hit/Take Drill 5.) 2-0 Crush Practice	1.) Learn to use hands on tough hops 2.) Throwing foot out, gain ground 3.) 4.3 or age appropriate time 1.) Sacrifice and bunt for hit 2.) Use radar gun if available 3.) Ball deep, drive ball op 4.) Decision making, use radar gun 5.) Only swing @ your dream pitch, then crush it!
1:40	Individual Outfield Practice Catchers Individual Practice Infielders individual hitting practice	1.) "W" Cone Communication drill 2.) Ground ball target throws 3.) Rob It! 2 Catcher Throwing Practice 1.) Bunting Challenge Station 2.) Middle Tee Drive with Helmet Drill 3.) Outside Tee Drive 4.) Babe Ruth Hit/Take Drill 5.) 2-0 Crush Practice	1.) Communication 2.) Proper footwork fielding, accurate throws 3.) Have fun, communicate Accurate, strong, quick throws to all bases 1.) Sacrifice and bunt for hit 2.) Use radar gun if available 3.) Ball deep, drive ball op 4.) Decision making, use radar gun 5.) Only swing @ your dream pitch, then crush it!

End of Practice Announcements:

Notes on Back:

Practice Resources:

1st to 3rd/2nd to home races

A player starts at 2nd and a player starts at 1st. They start with their feet on the bag. When the coach hits the ball, they take off and race to home (from 2nd) and 3rd (from 1st). The first player to reach their destination base wins.

Catcher Blocking Challenge

Draw a circle around home plate in the dirt (approximately 6-8 feet in diameter). Throw balls in the dirt for the catcher to block. Their goal is to block the ball, scramble to their feet and get the ball back in their hands before the ball leaves the circle. Each time they accomplish this goal, take a sprint away.

Tandem Relays

Use a tandem relay when there is no runner on 1st and a sure double, often defined by an outfielder running away from field chasing the ball. These sure doubles will always be lined up to third base. The 2nd baseman will be the cutoff man for any sure double hit from right center field to the right field line, the SS will be the cutoff man for any sure double hit from right center field to the left field line.

The other middle infielder will trail about 15 feet behind the cut man as a safety valve. If the throw is too high, the first cut man will let the ball go and the safety valve will relay it (if called for). If the throw is too low, the first cut man lets it go and it should hop up to the second man (field conditions may dictate this).

The first baseman will trail the runner in to second base and try to back-pick him if he takes a wide turn.

Controlled Scrimmage

Prior to each play, set up a base, out, score combination. Then the coach will hit a ball to the outfield and players in the field and baserunners will react appropriately. The focus of this is setting up proper cuts and relays.

For best results, mix up the baserunners, out, score combo and mix up hitting singles, doubles, and fly balls. This is as much a base running drill as it is a fielding drill.

Two Knee Fungo

Set up players on their knees around the edge of the infield grass. The coach will be about 40-50 feet away on the infield grass (this works best if the coach hits fungo off one knee), and he will hit fungo to the players on their knees around the grass.

This drill help players keep their hands out in front of their body and helps them learn to catch several different kinds of hops.

Two Way Fungo w/Backhand Focus

One coach will be set up on each side of home plate (or a coach and a player who can hit fungo well). The coach on the right side of home plate will hit fungo to the 2nd basemen and 3rd basemen. The coach on the left side of home plate (3rd base side) will hit fungo to the SS and 1st basemen. Fungo hitters will focus on backhands, but should hit balls to all areas as well.

There are no throws to first base in this drill, infielders can either throw a one hopper back to the coach, or keep an empty bucket on each side of the infield for them to drop the ball in after fielding it.

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. To challenge them drop the time to 4.3 seconds and under.

Bunting Challenge

Set up two bunting zones about 4 feet in from each line (can be set up on main field, or off to the side). Give a player 3 points for bunting the first attempt between the cones. Give them 1 point for getting a second bunt down away from the pitcher.

Middle Tee Drive with [Helmet Drill](#)

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.

[Outside Tee Drive](#)

[Babe Ruth Drill With Hit/Take Combo](#)

2-0 Crush Practice

Run this drill exactly how it sounds. They start with a 2-0 count in the cage and are only swinging at pitches they can crush and they are trying to hit them as hard as they can.

“W” Drill

Purpose: To work on communication going backward, and to create chaos for the communication system.

Equipment: Five cones and at least three baseballs.

Set up: Set up the cones in a “W” shape with an age appropriate distance between them. One coach (or player) starts at the bottom of each end of the the “W” and a coach (or player) in the middle of the W.

Procedure:

- 1.) The players will run from the back cones to the front ones.
- 2.) The coach on each side throws a line drive to player as they run to the cone.
- 3.) After the player catches the ball, they discard the ball toward the coach, then turn and sprint to the cone in the middle at the top of the “W”
- 4.) The coach in the middle throws the ball up in the air to the top of the “W” when both of the players begin sprinting toward it.

Coaching Cues:

- 1.) This drill is designed to make athletes shift their focus quickly to the communication mode by making them concentrate on catching the ball coming toward them first.
- 2.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.
- 3.) Designate one line to the “center fielder” for priority purposes.

Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

Ground Ball Target Throws

Set up two lines an age appropriate distance from a target or cut man. Alternate between rolling balls on the ground, or throwing “fly balls” to them to work on betting behind the ball, catching it coming through and throwing to a target.

Check out our videos on [Do Or Die](#) fielding and [“Long Step” Technique](#) (you know it as a crow hop)

Rob It!

This is another drill that your players will absolutely love and will want to do every practice. This game has the potential to be dangerous and communication is the key to keeping players safe.

As a lead-up to this game teach your players how to communicate with an outfielder running toward a fence. Have players run toward the fence while other outfielders yell at them how much room they have. As players get older they should be able to judge if the player will come into contact with the fence or if they will have room. If they feel they have room, they would should yell “you’ve got room!” If they feel they will run into the fence if they try to catch the ball, they should yell “fence!”

To run the “Rob It!” drill, set up the players about 50 feet (or age appropriate distance) from the outfield fence. The coach should be at a distance where he can hit (or throw) fungos near the fence. Have a player going after the ball while the others communicate with him how far he is, or if he might run into the wall.

The game gets very exciting when a player robs a home run!

Two Catcher Throwing

Set up one catcher at 2nd base and one at home plate. Either have a coach or another catcher throw pitches to them. They take turns throwing to “2nd base,” even though 2nd base may be back toward home plate.

Then move the catcher at 2nd base to 3rd base. The catcher at home plate will be practicing throws to 3rd, and catcher at third will be throwing back to the plate simulating a pick off at first.

Lastly, move the catcher at 3rd base over to 1st base. The catcher at home plate will be practicing pickoffs to 1st, and the catcher at 1st base will be throwing back to the plate practicing a throw to 3rd.