

**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

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| Minutes after start of practice | LESSON PLAN FOCUS: Relays, Catcher Blocking, Bunting | | |
| 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: