

**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 PrepImprove AgilityRotational Explosive MovementAgility |
| 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 upsBe productive, catch is a drill |
| 0:40 | Team ChallengeWater Break | Catcher Blocking Challenge | Competitiveness, catchers being soft when blocking |
| 0:50 | Team TimeControlled Scrimmage | Tandem RelaysSituational 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/ fungo2.) Two way fungo, backhand focus3.) Infielders against the clock1.) Bunting Challenge Station2.) Middle Tee Drive with Helmet Drill3.) Outside Tee Drive4.) Babe Ruth Hit/Take Drill5.) 2-0 Crush Practice | 1.) Learn to use hands on tough hops2.) Throwing foot out, gain ground3.) 4.3 or age appropriate time 1.) Sacrifice and bunt for hit2.) Use radar gun if available3.) Ball deep, drive ball op4.) Decision making, use radar gun5.) Only swing @ your dream pitch, then crush it! |
| 1:40 | Individual Outfield PracticeCatchers Individual PracticeInfielders individual hitting practice | 1.) “W” Cone Communication drill2.) Ground ball target throws3.) Rob It! 2 Catcher Throwing Practice1.) Bunting Challenge Station2.) Middle Tee Drive with Helmet Drill3.) Outside Tee Drive4.) Babe Ruth Hit/Take Drill5.) 2-0 Crush Practice | 1.) Communication 2.) Proper footwork fielding, accurate throws3.) Have fun, communicateAccurate, strong, quick throws to all bases1.) Sacrifice and bunt for hit2.) Use radar gun if available3.) Ball deep, drive ball op4.) Decision making, use radar gun5.) Only swing @ your dream pitch, then crush it! |

End of Practice Announcements:

Notes on Back: