**Session #6**

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| Time | LESSON PLAN FOCUS: Executing and defending small ball game | | |
| Name of Activity | Description | Key Teaching Points |
| 0:00 | Cornerstone Warm-up | Shortened Cornerstone Warm-Up\*  Explosive sprint series | Movement Prep  Improve Agility  Rotational Explosive Movement  Explosive movement |
| 0:15 | Base Running | Reads off 2nd with 1 out | 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 Time  Water Break | Small Ball Game | Get an out, get to the ball quickly, under control |
| 1:10 | Team Challenge | Bunt challenge\* | Bunt strikes, third baseman fields or foul |
| 1:20 | Individual Infield Practice  Outfielders/Catchers Individual Hitting Drills | Lead up drills  Two way ground balls, Slow roller focus  Cornerstone Double Play Rotation  1.) Babe Ruth Tee  2.) Outside Tee  3.) Helmet Drill  4.) Inside/Outside tee with Hit/Take  5.) Inside flips w/slow outside & L-Screen stops | Tempo, rhythm, timing, hands  Get to the ball quick, body control  Make sure of one out  1.) Sacrifice and bunt for hit  2.) Drive oppo, don’t dip  3.) Keep hands tight to body, keep ball fair  4.) Decision making, use radar gun  5.) Don’t cheat on inside pitch |
| 1:40 | Outfield Individual Practice  Catchers Individual Practice  Infielders individual hitting practice | 1.) Chicken Drill  2.) Get behind it and throw  3.) Fancy Pants  Drill menu. 3 - Receive Drills, 3- Block Drills, 3 Throw Drills  1.) Babe Ruth Tee  2.) Outside Tee  3.) Inside Tee  4.) Inside/Outside tee with Hit/Take  5.) Inside flips w/slow outside & L-Screen stops | 1.) Communication  2.) Generating momentum, accurate throws  3.) Have fun, communicate  Accurate, strong, quick throws to all bases  1.) Sacrifice and bunt for hit  2.) Drive oppo, don’t dip  3.) Keep hands tight to body, keep ball fair  4.) Decision making, use radar gun  5.) Don’t cheat on inside pitch |

**Equipment:** Medballs, Agility Ladder, Surgical Tubing, 1 batting cage (utilize more if you have them), 4 hitting stations w/tees, L-screen, 3 buckets of baseballs, 12 orange cones

End of Practice Announcements:

Practice Notes: