**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 PrepImprove AgilityRotational Explosive MovementExplosive 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 upsBe productive, catch is a drill |
| 0:40 | Team TimeWater 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 drillsTwo way ground balls, Slow roller focusCornerstone Double Play Rotation1.) Babe Ruth Tee2.) Outside Tee3.) Helmet Drill4.) Inside/Outside tee with Hit/Take5.) Inside flips w/slow outside & L-Screen stops | Tempo, rhythm, timing, handsGet to the ball quick, body controlMake sure of one out1.) Sacrifice and bunt for hit2.) Drive oppo, don’t dip3.) Keep hands tight to body, keep ball fair4.) Decision making, use radar gun5.) Don’t cheat on inside pitch |
| 1:40 | Outfield Individual PracticeCatchers Individual PracticeInfielders individual hitting practice | 1.) Chicken Drill2.) Get behind it and throw3.) Fancy PantsDrill menu. 3 - Receive Drills, 3- Block Drills, 3 Throw Drills1.) Babe Ruth Tee2.) Outside Tee3.) Inside Tee4.) Inside/Outside tee with Hit/Take5.) Inside flips w/slow outside & L-Screen stops | 1.) Communication 2.) Generating momentum, accurate throws3.) Have fun, communicateAccurate, strong, quick throws to all bases1.) Sacrifice and bunt for hit2.) Drive oppo, don’t dip3.) Keep hands tight to body, keep ball fair4.) Decision making, use radar gun5.) 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: