



Session #6

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 cone

Time	LESSON PLAN FOCUS: Executing and defending small ball game, individual fundamentals		
	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 - Main field	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

End of Practice Announcements:

Notes on the Back

Practice Resources:

Explosive Sprint Series

3 - 30 yard sprints (90 feet)

1.) [Pushup Sprints](#)

2.) [Indian Style](#)

3.) Reverse Pushup Sprints

Reads off 2nd w/ 1 Out

Base running from 2nd is where most of the truly hard decisions have to be made on the base paths. This drill can be done with a defense or without, but putting a defense out there (even if it is kid playing out of positions) gives a more realistic feel. Here are a few of most critical plays a baserunner will need to make a decision on:

- 1.) Ground balls - at them to their left go, hold to their right.
- 2.) Flares or duck snorts between the IF and OF (a good opportunity to work on communication on defense also).
- 3.) Choppers on the infield.
- 4.) Line drives
- 5.) Bunts
- 6.) Deep fly balls

You can set up two or three runners at second (with a throw down base behind second) and hit fungo simulating the various plays above.

Small Ball Game

Divide the team into smaller teams of four to six (no less than four). The numbers will dictate how you handle pitchers and catchers. One option is to have teams of six where each has a pitcher and catcher. Another option is to have a few pitchers and catchers who play on their own team offensively, but only pitch and catch on defense. Allow the teams to create their own signs and strategy. Each team will have players as base coaches (wearing helmets) and will coach themselves.

Teams will set up defensively with only an infield. The defensive team is not allowed to play any player closer to home plate than the baselines until the offensive team shows bunt. Any ball hit out of the infield on the fly is an automatic out. The offensive team can bunt, steal, hit and run (as long as they don't hit the ball out of the infield on the fly), or squeeze bunt. Their objective is to get runners on, move them over and get them in. We usually give each offensive team six outs and clear the bases after the first three to keep the game moving quickly.

The only time we reward our players for hitting the ball out of the infield on the fly is if there is a runner on third with less than two outs, if they hit a deep fly ball, they are still out, but we allow the runner from third to score.

Feel free to modify the rules to meet your needs. We have started with a runner on first or second with nobody out, but it is fun to watch them try to get on base by bunting for a hit or hitting a hard ground ball through the infield.

This game gives athletes the chance to make decisions, stay constantly involved (we usually have three teams of six and have the team that is not hitting or fielding working on hitting drills), and work on all offensive and defensive aspects of the small game.

Bunting Team Challenge

Start with a specified number of sprints (you can use explosive spring series, or base running sprints to make it more game like or applicable). If you select 8 sprints, select 8 players to come up and attempt a sacrifice bunt.

Set up cones about four feet off each foul line. Players are to sacrifice bunt between the cones and the foul line. Take one sprint away for each successful bunt.

Click [HERE](#) for Infield Lead Up Drills

Two Way Fungo w/Slow Roller 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 mix up all kinds of ground balls, but will focus primarily on hitting many slow rollers.

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.

Double Play Rotation

Use a coach as Coach 1 and a player as Coach 2 if necessary. Be very careful on Rotations 1, 2, and 4 to stagger the ground ball coming from Coach 1 and Coach 2.

Rotation 1 - Staggered

Coach 1: 5-4-3 DP

Coach 2: 6-3

Rotation 2 - Staggered

Coach 1: 6-4-3 DP

Coach 2: 5-3

Rotation 3 - Continuous

Coach 1: 4-6-3 DP

Coach 2: 5-2

Rotation 4 - Staggered

Coach 1: 3-6-1 (pitcher cover from mound)

Coach 2: 5-4-3

[Babe Ruth Drill](#)

[Outside Tee](#)

[Helmet Drill](#)

[Inside/Outside Tee w/ Hit/Take](#)

Inside Flips w/ Slow Outside Flips and L-Screen Stop

There's a lot going on in this drill, and you can modify it to meet your needs. Set up an L-Screen "flip" distance from the hitter. The coach has three options, they can throw a quick flip to the inside corner, a slow flip to the outside corner, or they flip the ball into the L-Screen.

Coaches are looking for players to hit the inside pitch to the pull side, the outside pitch to the opposite field, to be in a good hitting position if the ball gets stopped by the L-Screen.

Click [HERE](#) for a description of proper hitting position.

Click [HERE](#) for a description on opposite field hitting

Chicken Communication Drill

Purpose: To enhance communication on fly balls.

Equipment: Two cones and baseballs

Set up: Set up two cones about 100 feet apart with a player at each cone. The coach should be about 50 feet in front of the midpoint of the two cones.

X P   P X

C

Procedure:

- 1.) The coach designates one player (cone) to be the center fielder.
- 2.) When the coach says “go” both players start sprinting at each other.
- 3.) The coach throws (or hits) a ball between them.
- 4.) The players use the communication system to catch the ball.

Coaching Cues:

- 1.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.

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.

Click [HERE](#) For Catching Drill Menu

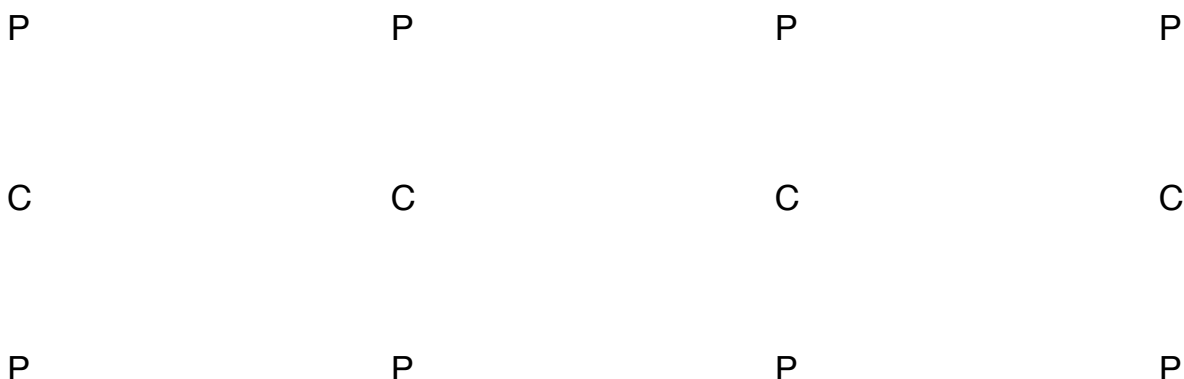
Get Behind it with Throw

Ages: 7 and up

Purpose: To teach players to set up behind the ball and catch the ball with their glove foot and momentum coming toward the target.

Equipment: 3-4 cones, tennis balls, safety balls, or hard balls, target (net) or coach/player as a cut man.

Set up: Similar to the “do or die” drill except the coach is closer to the player.



Procedure:

- 1.) The player (coach) in the middle throws the ball up directly over the player's head.
- 2.) The outfielder gets behind the ball.
- 3.) The outfielder catches the ball coming forward with their throwing foot leading the way.
- 4.) After catching the ball, they take a long step and throw to the player on the other side.
- 5.) The ball goes back to the player (coach) in the middle and he throws the ball over the other player's head.

Coaching Cues:

- 1.) Players should be about 2-3 feet behind where the ball will land (this drill can also be done without moving forward to catch the ball, just getting behind it and letting the ball drop).
- 2.) Catch with bare hand by the glove.
- 3.) Glove foot should be moving forward as they catch the ball.
- 4.) [Long step](#) should turn the throwing foot instep to the target.
- 5.) [Long step](#) should go out more than up.

Add Competition: Count the number of times the player hits the cutoff man or net.

Fancy Pants

Purpose: To teach players to sprint to the spot where the ball will land, and have some fun! In order to catch the ball in the prescribed manner, players will have to sprint to the spot and get set up prior to the ball getting there.

Equipment: Tennis balls... do not use hard balls for this drill.

Set up: Set up a line of players (add more coaches to minimize the size of the line) and a coach several yards away.

Procedure:

- 1.) The coach points one direction (similar to the read step and go get it drill)
- 2.) The player performs a read step with the appropriate foot.
- 3.) The coach throws a fly ball that the player will have time to get under, but has to move for.
- 4.) The player sprints to the spot where the ball will land, reaches their glove hand behind their glove leg, and catches the ball in front of their body, but under their legs.

Coaching Cues:

- 1.) Allow players to have fun, concentrating only on them sprinting to the spot where the ball will land. Obviously if they catch it or not is irrelevant because they won't be trying to catch a ball like that in a game.

Add Competition: This is an excellent chance to incorporate competition into practice. Count the total number of catches each player makes, or give them one point for getting to the spot in time, and two more for making the catch.

Click [HERE](#) For Catching Drill Menu
