**Session # 7**

**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

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| Time | LESSON PLAN: Not much teaching, get reps | | |
| Name of Activity | Description | Key Teaching Points |
| 0:00 | Warm - Up | Cornerstone Dynamic Warm-Up\* | 1.) Movement Prep  2.) Improve Agility  3.) Rotational Explosive Movment |
| 0:15 | Baserunning | Group 1 - Home to first  Group 2 - Leads off first, secondary lead, straight steal  Switch groups after 5 minutes | Home to First- Run 100%, hit front of bag, lean, snap head to right  Leads off first - Step left, turn shuffle- shuffle, no crossover.  Secondary lead - 2 to 3 shuffles in balance, stay low, read the ball |
| 0:25 | Throwing Program | Cornerstone Throwing Program\*  Pitchers Daily Dozen\* | Coaches stay with each group, ensure proper catch and drill work |
| 0:40 | Team Time | Infielders vs. Runners Rundown Game | 1.) Get ball up  2.) Infielders to the grass side of the runner.  3.) Run, runner back hard  4.) No fake throws  5.) Other fielder calls “ball” when they want the ball  6.) Receiving player begins close ground when he calls “ball” |
| 1:00 | Team time | Fast Paced PFP  Outfielders, set up for on field BP | Footwork, keeping body under control, and accurate throws |
| 1:15 | Batting Practice | On field batting practice (Live Defensive Practice) | Keeping everyone involved |

End of Practice Announcements:

Notes: