**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 Prep2.) Improve Agility3.) Rotational Explosive Movment |
| 0:15 | Baserunning | Group 1 - Home to first Group 2 - Leads off first, secondary lead, straight stealSwitch groups after 5 minutes | Home to First- Run 100%, hit front of bag, lean, snap head to rightLeads 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 up2.) Infielders to the grass side of the runner.3.) Run, runner back hard4.) No fake throws5.) Other fielder calls “ball” when they want the ball6.) Receiving player begins close ground when he calls “ball”  |
| 1:00 | Team time | Fast Paced PFPOutfielders, 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: