



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

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 Movement
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)	Live Defensive Practice

End of Practice Announcements:

Notes:

Practice Resources:

Check out “Running Your Best Time Home to First” [HERE](#)

Check out Leads from First and Stealing Second [HERE](#) and [HERE](#)

Infielders vs. Runners Rundowns

Set up two (or three) sets of throw down bases parallel to each other in the outfield. Set up a group of fielders and a group of runners in each pair of bases.

Feel free to vary the rules as you see fit for your team. We use the following point system:

1 point if the defense gets an out in 2 throws or less

0 points if the defense gets an out in more than 2 throws

-3 points if the defense doesn't get an out

Fast Paced PFP

Caution: This drill needs to be done slowly at first with the utmost caution to ensure every player understands what is going on and knows where to stand to be safe during the drill. If at any point the coach sees an unsafe situation, he should yell “STOP!” and the all players stop immediately and do not throw the ball any more.

Set up: You will need an entire infield at their positions, and several pitchers in two lines, one in foul territory on the first base side, and one in foul territory on the first base side. Each line will supply one pitcher who will set up slightly on their side of the mound. Each pitcher will need one coach working with them and someone catching for them to keep things moving quickly.

If the coach on the first base side:

- 1.) Hits a ground ball to the first baseman (who is playing deep), the player's execute a 3-1 putout.
- 2.) Hits a ground ball right back at the pitcher, he initiates a 1-6-3 double play.
- 3.) Rolls a ball right down the first base line, he fields it like a bunt, clears the line to the inside and throws to first base.
- 4.) Hits a ball between the first baseman and pitcher, they try to get an out at first base (using the method in the “PFP” blog post)
- 5.) Hits a ground ball to the second baseman (perhaps this draws the first baseman away from the bag) they turn a 4-6-3 or 4-6-1 double play if the first baseman leaves the bag.

If the coach on the third base side:

- 1.) Hits a ground ball right back at the pitcher, they initiate a 1-2-3 double play (no throw from the catcher).
- 2.) Rolls a ball down the third base line, the pitcher fields a bunt and throws to the third baseman covering the bag.
- 3.) Rolls a bunt right back at the pitcher, and yells “SQUEEZE!” the pitcher will field the ball and shovel it to home plate.
- 4.) Rolls a bunt hard down the third base line past the pitcher, the third baseman will charge, field the bunt, and perform their footwork to first base (no throw).

Again, make sure each player knows their responsibility on each play. Once they understand what they are doing, have pitchers sprint from foul territory to their side of the mound and begin the next rep as soon as the ball and other pitcher is off the field.

Click [HERE](#) for an explanation of “Live Defensive Practice”

Then scroll down to the next page for the “Live Defensive Practice” template

On-Field BP Assignment

Date: _____

Groups	A	B	C	D
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
Round	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
<u>Live</u>	A	B	C	D
<u>Cage</u>	D	A	B	C
<u>Running</u>	A	B	C	D
<u>Defense</u>	BC	CD	AD	AB
<u>Catcher</u>	_____	_____	_____	_____
<u>Fungo</u>	A	B	C	D
<u>Bucket</u>	_____	_____	_____	_____

Notes: Live first round 2 bunts, 2 slash, 2 hit and run

Cage: Drill of the day or curveball work.

Baserunning: 1st to 3rd, then score from 3rd on IF in, IF back, or squeeze

Defense: OF shallow/deep. IF Double Play and to first off live