**Session # 8**

**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 - Team tactic day | | |
| 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 | 1st and 3rd offense\*  -Straight Steal  -Delayed Steal  -Other special plays | Reading throw to 2nd, read MIF |
| 0:25 | Throwing Program | Cornerstone Throwing Program\*  Daily Dozen Pitcher Drills\* | Coaches stay with groups to ensure proper drill work |
| 0:40 | Team Time #1  Water Break | Fast Paced PFP  Bunting  1.) Bunt for a hit  2.) Sacrifice bunt  3.) Safety Squeeze | Footwork, keeping your body under control, firm accurate throws  1.) On the line or foul ball  2.) First bunt on the line, get 2nd down  3.) Show late, down 1st base line |
| 0:55 | Team Time #2 | Cutoffs and relays  -Cut off doubles in alleys and down lines  -Single cuts to 3rd and home  -Tandem relay sure double | 1.) Proper angles  2.) Low throws through cut man  3.) Trailer at 10-15 feet, set up 3rd |
| 1:10 | Team Time #3 | Pop-up communication | Cornerstone communication system |
| 1:20 | Team Time #4 | Bunt Defense | Get to ball quickly, be under control, get an out! |
| 1:30 | Team Time #5 | 1st and 3rd Defense |  |
| 1:45 | Team Time #6 | 21 Outs | Make Routine Plays |

End of Practice Announcements:

Notes: