**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 Prep2.) Improve Agility3.) 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 #1Water Break | Fast Paced PFPBunting 1.) Bunt for a hit 2.) Sacrifice bunt 3.) Safety Squeeze | Footwork, keeping your body under control, firm accurate throws1.) On the line or foul ball2.) First bunt on the line, get 2nd down3.) 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 angles2.) Low throws through cut man3.) 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: