



Session # 9

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 - Team tactic day		
	Name of Activity	Description	Key Teaching Points
0:00	Warm - Up	Shortened Cornerstone Dynamic Warm-Up* 6 Cone Agility Series*	1.) Movement Prep 2.) Improve Agility 3.) Rotational Explosive Movement 4.) Change direction, control body
0:15	Baserunning	Reads off 2nd - Main Field Sideline base running - Deep in LF or RF Rotate groups after 5 minutes	At you to your left on ground go, stay to the right.
0:25	Throwing Program	Cornerstone Throwing Program* Daily Dozen Pitcher Drills*	Coaches stay with groups to ensure proper drill work
0:40	Team Challenge	Infielders - Around the World*	Making Routine Plays
0:50	Tactical Games	Infielders - Double Plays Against the Clock Bucket of slow rollers No doubles defense Outfielders - Turn and Burn Sunballs or Rabbit and Hunter Angle Ground Balls, no doubles Catchers- Goalie Fetch! <~~~~Run by catchers Pop-ups	4.5 seconds or less Body Control Guard lines Sprint to the spot Glove up first Deep angles, no ball to the fence Quick reaction, want to block Slide, put ball over plate Back to the infield, ball will come back
1:05	Team Time	Full Field Pop-up Communication Drill	Cornerstone Communication Drill
1:20	Batting Practice	On field batting practice (Live defensive practice)	Live defensive practice

End of Practice Announcements:

Notes:

Practice Resources:

Reads off 2nd w/ 1 Out

Base running from 2nd is where most of the truly hard decisions have to be made on the base paths. Do this drill without a defense today since other runners will be working down the left field line. Here are a few of most critical plays a baserunner will need to make a decision on:

- 1.) Ground balls - at them to their left go, hold to their right.
- 2.) Flares or duck snorts between the IF and OF (a good opportunity to work on communication on defense also).
- 3.) Choppers on the infield.
- 4.) Line drives
- 5.) Bunts
- 6.) Deep fly balls

You can set up two or three runners at second (with a throw down base behind second) and hit fungo simulating the various plays above.

Pitchers vs. Baserunners

Set up four or five throw down bases on the left field line with two or three “base runners” at each. Each base will have an assigned pitcher who is set off at an angle simulating a runner at first base.

Prior to taking their leadoff, the runner will decide if they are taking a secondary lead, straight stealing, or executing a hit and run. Pitchers can either give a pickoff move (no ball, no throw), step off, or deliver home. The toughest part of this drill is getting the pitchers to react in a natural manner since they don’t have a ball and won’t be throwing anything.

After one base runner goes, he will head to the back of the small line while another runner comes up to work.

Around the World

Start all of your infielders at first base. Have them field a ground ball cleanly and flip to a covering pitcher. If they don’t field it cleanly, or don’t flip it accurately to the pitcher, they are eliminated. If they do field it cleanly and flip it cleanly, they

move to second base.

Continue hitting ground balls until everyone has fielded one cleanly and flipped it to the pitcher. Leave one or two first basemen at first base to receive throws for the rest of the drill. Once all of the players have successfully moved to second, repeat the process. Players must field the ball cleanly and make an accurate throw to move to short stop.

Repeat this at short stop moving the players to third base when they are successful. The game is over when all of your infielders reach third base, field it cleanly and throw to first accurately.

EXTENSION: Have your infielders go back around the world to first base.

VARIATION: Eliminate the throw to first base. This will allow two coaches to hit fungos (one moves to the next position once 1/2 of the fielders have moved) and move the game more quickly.

We sometimes attach some conditioning to this game. For every player who makes it around the world, we take one sprint away. We start with same number of sprints as infielders, so it is possible (and preferred) they will have none at the end.

Double plays against the clock

Similar to the “ground balls against the clock” technical game, coaches will hit a ground ball and infielder will have 4.5 seconds (or an age and skill appropriate time) to turn a double play. Be sure to include all age appropriate versions of the double play (5-4-3, 6-4-3, 4-6-3, 3-6-3/1, 1-6-3, 1-2-3, 6U-3, 5U-3, 4U-3).

If you emphasize the goal is to get one out and the second out is a bonus, players will begin to recognize the speed at which they are able to make the turn in 4.5 seconds and when they cannot and they should focus on getting one out. Use questioning to help athletes determine what variables may be involved in being able to turn the double play.

Bucket of Slow Rollers

Dump a bucket of baseballs at home plate, and put the bucket of balls behind first base. Each player goes to their “deep” position. It may be necessary to put an “X” on the ground where they should start so they don’t cheat up.

Hit “slow rollers” to random players in the infield. After the first baseman catches the ball, they drop the ball in the bucket behind them.

Try to get the of this drill up by hitting the balls rapid fire and mixing up the speed of the slow rollers. To keep players from cheating in, hit a pop-up over their heads every now and then.

No Doubles Infield Defense

You can practice no double defense here (would be mostly just the corner IF) or you can just show where no double defense is and what situation you want them in no doubles defense.

Description - Corner infielders play deep and close to the line to prevent a double. They are usually about two steps off the line.

Main Situations:

- 1.) Runner on first with two outs (any inning)
 - 2.) Last inning, tying run up to the plate
 - 3.) Nobody on, last inning, winning run up to the plate
-

Turn and Burn

Purpose: To teach outfielders to sprint to the spot where the ball will land, and not try to “time” the ball getting there.

Equipment: Three cones, two baseballs per group

Set up: Three cones are set up in a “V” with about 15 yards between each (more or less depending on the age group and skill level of the players). The outfielder starts at the point of the “V” facing away from the other two cones. The coach has a baseball and is standing facing the outfielder about 5-10 yards in front of him.

X

X

X

P

C

Procedure:

- 1.) The coach points to a cone.
- 2.) The player performs a read step, then “Turns and Burns” to the cone as fast as they can.
- 3.) The coach throws a ball overhand to the cone he pointed at.
- 4.) The player should have enough time to get to the cone and set up before catching the ball.

Coaching Cues:

- 1.) Sprint as fast as they can to the cone while keeping their eyes on the ball.
- 2.) Set up behind the cone and adjust to the ball.
- 3.) Get to the cone as quickly as possible.
- 4.) Catch the ball with their glove foot coming forward.
- 5.) Have the player who caught the ball run it back to the coach, and let the next player go right away.

Advanced:

Time the player running as fast as they can to the cone with no ball. Then time them running to the cone when the ball is thrown. There should not be much difference if they are sprinting to the spot.

Sun Balls

Purpose: To teach players how to catch fly balls the ball in the sun.

Equipment: Baseballs and a clear, sunny day

Set up: Set up the players so that the player who is “up” is directly in line with the coach and the sun. The coach should be either hitting fungos from 150+ feet or throwing the ball (more basic) from about 60 feet to the players. To ensure the players are in line with the coach and the sun, the coach’s shadow should point directly at the players.

Procedure:

1.) Hit a fungo fly ball or throw a ball (depending on age and ability) to the player who is facing directly into the sun.

Coaching Cues:

1.) Prior to the ball being hit, the player finds where the sun is and practices putting their glove up to block the sun.

2.) The glove has to go up to block the sun FIRST, before the eyes go up. If the eyes go up first, they player will likely look right into the sun and be blinded.

3.) Anticipate players to struggle with this and start throwing the ball from a short distance first, then add more difficulty to it.

4.) Once players begin to master this, start making them move and put two lines of fielders and add communication to the drill.

Add Competition: To add competition to this drill, keep track of the percentage of balls each player successfully catches.

Rabbit and Hunter

Pair players up on the left field line about half way between the skin of the infield and the outfield fence. The coach stands around second base with a fungo bat and a bucket of baseballs. The first pair starts running in an arc across the field toward the other foul line. The rabbit (fielder) goes first with the hunter (collector) following about 15 - 20 feet behind. The coach hits ground ball, fly ball or line drive fungos to the rabbit. The rabbit fields the ball and drops it behind him for the hunter to collect. As soon as the rabbit drops the ball, he keeps running waiting for the next fungo. The coach should try to hit 4 or 5 fungos to each pair before they reach the right field foul line.

Groups go one at a time (unless you are fortunate enough to have two fungo hitters). When each group goes from right field to left field, the rabbit and hunter switch.

This tactical game is good for players who need to work on catching the ball on the run, it is an excellent conditioning drill, and is a tremendous amount of fun.

Coaches can also throw the ball if hitting fungo won't result in enough accuracy.

Angle Ground Balls and No Doubles for Outfielders

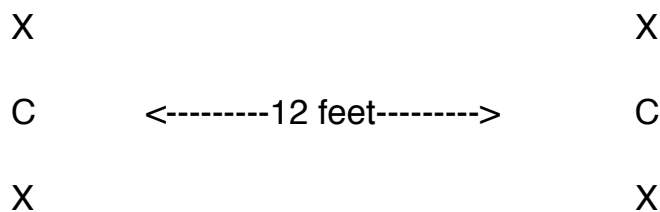
No Doubles Positioning - Outfielders take 5-7 steps back from their normal position and take deeper angles to balls on the ground.

For this drill, set up three outfielders in “No Doubles” position. The coach tries to hit ground balls to the fence either down the lines or in the alleys. For a smaller team, coaching staff, or field, just set up two outfielders (a CF and LF or RF), and try to hit balls to the fence down the line or in the alley.

Add Competition: Give each player a “point” when a ball gets by them the fence. The player with the least points at the end of the drill wins.

Goalie

Set up four cones in a rectangle that is approximately 4 feet by 12 feet as shown below. Set up one catcher in each of the cones. Catchers take turns throwing the ball back and forth in the dirt trying to get the ball by the other catcher between the cones. Every time a catcher blocks a ball, they get two points, if a ball gets through them their opponent gets a point.



Fetch

The catcher starts in his blocking position behind the plate, the coach rolls a ball to the back-stop. The catcher sprints to the ball and throws it to the next catcher who is simulating the pitcher covering home plate.

To measure this game, the coach can time player to the ball and keep track of how often they complete the throw back to the pitcher.

Pop-ups

The catcher squats behind the plate, a coach or player yells “go” as he’s throwing a pop-up behind the plate. The catcher should take the mask off, toss it away from the pop-up, turn their back to the infield, and keep their feet moving to catch the ball. The ball will come back to the infield.

Full Field Pop-up Communication

With a player at each position, one coach hits pop-ups to the right side of the infield/outfield and one hits to the left side of the infield/outfield. They try to hit pop-ups in the “Bermuda triangles” of the field between three defenders.

Players use the following communication system.

Infielders call the ball by saying “I got it.” Outfielders call the ball by saying “ball, ball, ball.” Outfielders have priority over infielders, centerfielders have priority over corner outfielders, the shortstop has priority over every other infielder.

After the player calls the ball, all other players “echo” his name to give him confidence to go after the ball.

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