

Tryout Plan #1

Time	LESSON PLAN			
	Name of Activity	Description	Key Teaching Points	Evaluation
0:00	Warm - Up	Cornerstone Dynamic Warm-Up*	1.) Movement Prep 2.) Improve Agility 3.) Rotational Explosive Movement	-Leadership -Character -Attention to detail
0:15	Baserunning	Side Line Baserunning in Two Groups w/ coach as pitcher	1.) Secondary leads 2.) Hit and run 3.) Straight steals	-Knowledge of secondary leads -Getting jumps on steals
0:25	Foot speed Tests	<u>Options for foot speed tests</u> 1.) 60 yard dash (the gold standard if you have the space to run it. 2.) 5-10-5 shuttle (great for change of direction 3.) 3/4 court straight steal sprint off pitcher	1.) Start in baseball start, start clock on runner's first move 2.) Make sure they get to each cone/line 3.) Go on pitcher's move, pitcher can pick, start clock on pitcher's first move	1.) Straight line speed 2.) Change of direction/ agility 3.) Speed within the context of base running
0:50	Throwing Program & Velocity Off Tee Velocity	<u>Infielders</u> Cornerstone Throwing Program* Pitcher's Daily Dozen* Position velocity test off ground ball <u>Outfielders/Catchers</u> Hit tees around cage Velocity off tee - 5 swings each	Coach stays with group and monitors player's throwing ability, moving their feet, and arm velocity (using radar gun) Allow hitters to warm-up on tees around the cage. Take velocity off tees from inside the cage	-Throwing mechanics -Arm strength -Receiving ability, quick hands, and moving feet to the ball -Watch work ethic on tee -Informally evaluate hitting mechanics -Off the tee velocity/power
1:20	Throwing Program & Velocity Off Tee Velocity	<u>Outfielders/Catchers</u> Cornerstone Throwing Program* Pitcher's Daily Dozen* Position velocity test off ground ball <u>Infielders</u> Hit tees around cage Velocity off tee - 5 swings each	Coach stays with group and monitors player's throwing ability, moving their feet, and arm velocity (using radar gun) Allow hitters to warm-up on tees around the cage. Take velocity off tees from inside the cage	-Throwing mechanics -Arm strength -Receiving ability, quick hands, and moving feet to the ball -Watch work ethic on tee -Informally evaluate hitting mechanics -Off the tee velocity/power
1:50	Basic Defensive Skills	<u>Infielders</u> Routine ground balls 4.5 sec <u>Outfielders</u> Routine fly balls	Coach hits a routine groundballs, infielders have 4.5 seconds to complete a throw to first Coach hits routine flyballs, moving players slightly from side to side and backward	Fielding mechanics: Field out in front, in tempo, good footwork, 4.5 seconds or less Proper footwork, drop step, sprint to the spot, get behind the ball and catch coming through.

End of Practice Announcements: Next tryout time/date

Practice Resources:

Sideline base running

A group of baserunners start on the left field foul line with a coach as a pitcher. The coach will rotate between “nothing on” (regular secondary lead), hit and run, and straight steal.

The coach will come set like a pitcher. Then he will either deliver a pitch home, or pick to first base. The players will react and sprint through a straight line extended from second base.

If there is “nothing on” the players should take three shuffles (secondary lead).

As the year progresses, you can add your signs in to tell what they will be doing each time through.

Foot speed tests

Click [HERE](#) for the 5-10-5 shuttle

60 yard dash - Set two sets of cones 60 yards apart. Have two runners of similar speed run at a time with one coach with a stopwatch for each player. Players start BEHIND the cones. One coach raises their hand signifying the athletes to get “ready.” When the hand drops both athletes start running. The coach starts the watch on the athlete’s first move and stops it when they cross the line. Click [HERE](#) for an example of the set-up and timing.

3/4 court straight steal off pitcher - Set up two runners on the baseline of a basketball court in a baseball stance with a pitcher at the angle as if the players are on first base. The players should not take a “leadoff” so they are starting from the same point. One coach will be needed to time each player. The players are to “straight steal,” and the pitcher should mix up between delivering home, and picking to first base. The clock starts on the pitcher’s first move, and stops when the runner crosses the free throw line on the opposite side of the court.

If a player gets picked off, they do not get to register that attempt. So if they get picked on all of their attempts, they do not get a score for that test.

Position velocity test

Infielders - Roll a ball from their front, have a coach or manager with a player set up directly in line with them and first base.

Outfielders - Toss the ball up in the air from in front of the player with a radar gun behind them. Set up a target or put a cutoff man for them to throw to.

Catchers - Have the radar gun behind the catcher at home plate. Have a coach deliver a pitch from a short mound, and have them throw to second base. This would also be a good time to get catcher's glove to glove (POP) time.

Off the tee velocity test

Set up a radar gun behind the hitter on the tee. Try to keep the radar gun at the same level the ball will be hit and directly behind ball.
