

Tryout Plan #2

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	Three Base Bunting	1.) Secondary lead from all three bases 2.) Ball gets bunted down third base line first 3.) Then into green zones in for second attempt 4.) Baserunners must see the ball down before going	-Bunting techniques -Bunting ability -Ability to read bunt
0:30	Throwing Program	Cornerstone Throwing Program* Pitcher's Daily Dozen*	Coaches stay with each group, ensure technique and focus	-Leadership and staying with the throwing program -Arm strength, accuracy -Moving feet and receiving throws property
0:40	Infielder Individual Session	<u>Infielders</u> Forehand and backhand "range" ground balls. Double plays against the clock	Coach hits ground balls to the infielders forehand and back hand sides and has them throw to first base.	-Range to forehand side -Range to backhand side -Ability to throw on the run -Accuracy and quickness on DPs
	Outfielders/Catchers Individual Hitting	<u>Outfielders/Catchers</u> Hit tees around cage Hitter production chart in cage	Allow hitters to warm-up on tees around the cage. Throw fastballs down the middle and keep the hitter production chart. Give each hitter the same number of swings.	-Watch work ethic on tee -Evaluate swing on the tee -Record the results of their swings on hitter production chart
	Water Break			
1:15	Outfielder individual session	<u>Outfielders</u> Left, right, and going back on the ball	Hit flyballs to the outfielder's left, right, and behind them. Have a net or cutoff man set up to have outfielders throw to.	-Drop step -Angles to the ball -Getting behind flyballs -Sprinting to a spot -Strong, accurate throws
	Catcher individual session	<u>Catchers</u> (if you have a 3rd coach) Receiving drills Straight on blocking <u>Infielders</u> Hit tees around cage Hitter Production chart in cage	Coach throw pitches around the edges of the zone. Coach throws balls in the dirt straight on	-Holding the ball at receive point -Basic blocking technique -Watch work ethic on tee -Evaluate swing on the tee -Record the results of their swings on hitter production chart

End of Practice Announcements: Next tryout time/date

Practice Resources:

3 Base Bunting

Set Up: A small line of bunters at home plate and a small line of baserunners at each base. A coach can pitch to the bunters from short distance, or for a more realistic (but slower) feel, have a pitcher on the mound pitching to the bunters.

The Drill: Baserunners take their normal leadoffs. The pitcher comes set and can either deliver home, or move their feet as if they are picking to any of the 3 bases.

If the pitcher delivers home, the batter at the plate bunts the ball if it is a strike. The baserunners read the bunt and work ***independently*** of one another.

Runners at third can practice both suicide (if that's your style) and safety (much more my speed) squeeze. The other runners take off when the bunt is down, retreat to the bag if the ball is missed, there is a pullback, or if the ball is bunted up in the air.

Players rotate from bunting to first base, then all the way around the bases until they get back to bunting again.

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.

Hitter Production Chart

<u>Player</u>	<u>Production</u>	<u>TP</u>	Swings	<u>Ave</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

KEY

0=Sing and miss 1=Tapper, pop-up, or foul ball 3=Groundball, flyball, or soft line drive 4=Linedrive/gap shot
5=Potential homerun

Directions for use:

- 1) Write each players name (or number) on space to the far left
- 2) For each swing they take during batting practice, rate it based on the key at the bottom of the page
- 3) Add up all of their points and write it under the “TP (total points)” column
- 4) Write their total number of swings under the “Swings” column
- 5) Divide their total points, by their number of swings to obtain a per swing average. Write that under the “Ave” column.

Commentary: Being able to quantify performance during tryouts or practice is a good way to determine who actually has the best performances. Also, after tryouts, or after when (notice I didn't say “if”) you are questioned about playing time, having performance numbers from practice to back up your decisions will help explain the decisions you make.

This form can be used for tryouts, during practice as a tool to help determine playing time, or as a feedback tool for your athletes during practice.