

Date: Session 1

Lesson start time: 1:00 p.m.

Length of practice: 1 hour

Number of students: 12

Practice objectives: The athletes will be able to... 1.) **Establish** a pre-pitch routine 2.) **Demonstrate** proper infield ready position and **explain** the differences between corner IF, and middle IF. 3.) **Understand** the purpose of catch for infielders. 4) **Understand** the purpose for, and **perform** 4 of the Express Baseball Club lead up drills. 5.) **Perform** the proper footwork for fielding routine groundballs. 6.) **Demonstrate** proper fielding technique

Number of Coaches : 1

Equipment: Baseballs, Agility Ladders and Clemson Hurdles

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:15	Warm-up	3-ball warm-up, Agility ladders/hurdles 3 groups of 4 rotate through 3 stations	Prevents injuries, works on proper fielding technique, footspeed and agility
1:15-1:20	Pre pitch routine	What things do we need to know prepitch?	Outs, Score, Inning, Baserunners, Speed of runners, Cut/relay responsibility, your abilities
1:20-1:25	Ready position	Describe the goals of a ready position. Let each player experiment and find their own.	Movement, focus, difference between corner and MIF.
1:25-1:40	Catch	Proper catch technique for infielders Options to improve yourself during catch	Quick transfer (not necessarily quick throw), find 4 seams, proper footwork, accepting cuts from long toss, quick hands, DP flips and feeds
1:40-1:55	Lead up Drills	In pairs, work the following drills -2 Knee w/ and w/o glove -Wide base w and w/o glove -Wide base short hop (short hop game) -Right Left fielding position	No flip of glove, shoot through short hops, fielding position, butt down, field in front, head down, palm up palm down, right slightly in front of left.
1:55-2:00	Wrap and review	Review topics covered and give homework: Develop your own prepitch routine, master right, left, field and fielding position	Individual to you within parameters, be athletic don't be a robot