



Date: Session 3

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.) **Recognize** swing types and **react**. 2.) **Demonstrate** proper DP feeds from all positions on the infield. 3.) **Incorporate** proper fielding fundamentals into varying situations with more difficult plays.

Number of Coaches : 1

Equipment: Baseballs, Agility Ladders and Clemson Hurdles

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:10	Warm-up	Break down running, 3 ball drill Agility ladders/hurdles	First drill done as whole group, then break into groups of 4
1:10-1:15	IF positioning	If positioning based on hitter	Be careful not to see one swing and assume. Look for hitters hand speed, bat path, patterns throughout the game
1:15-1:25	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:25-1:40	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 -Power Step Intro -Form field (to power position) -DP feeds (flips) -Dive Drill	DP Feeds- MIF – Show the ball, stiff wrist, click your heels, firm flip, follow the flip, CORNERS – 3B click heels and work feed, 1B work feed to 2 nd Dive Drill- Two knees, dive out and slide along check. Glove on ground, pinkie down.
1:30-1:42	Lead up Drills	Bucket drill with live fungo throw to target.	Get to the right, right left field, right left throw
1:42-1:55	Be athletic	5 ball drill	Within the confines of what we have taught you, be athletic and field 5 balls in a small space in a short period of time.
1:55-2:00	Wrap and Review	Review positioning by swing, review flips and feeds,	