



Date: Session 4

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.) **Perform** all lead up drills and **understand** their purpose. 2.) **Perform** proper technique for plays to their glove side 3.) **Perform** proper technique for plays to their throwing side. 4.) **Execute** proper rundown technique with no runners involved. 5.) **Master** backhand technique.

Number of Coaches : 1

Equipment: Baseballs, Agility Ladders and Clemson Hurdles

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:10	Warm-up	Rundown warm-up, ladders and hurdles, jump rope	Receiving – “Ball” and step toward throw, catch with two hands, separate quickly. w/Ball – Ball up, don’t fake, firm flip, follow to the inside.
1:10-1:15	IF positioning	Review IF positioning based on pitch type Relaying to outfielders	Open hand – Fastball Closed hand – Off-speed Don’t move to soon!
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 (add backhands) -Wide base w and w/o glove (add backhands) -Wide base short hop (short hop game add backhands) -Form field (to power position) -Simulate backhands -DP feeds (flips)	Backhands – Glove completely open to ball. Throwing foot around ball if possible. Plant on throwing foot, power step toward target.
1:30-1:38	4 – Ball drill	4- Ball drill (make athlete move)	Backhanding balls to the right, maintaining right, left field, right left throw for balls not hit directly at you
1:38-1:43	Be athletic	4 – ball drill with ball roll	Same as above, this time the ball is rolling toward them.
1:43-1:55	Ball roll with throw	4 – ball roll with throw across diamond	Emphasize power-step over top of
1:55-2:00	Wrap and Review	Review backhand technique	