



Date: Session 5

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.) **Understand** the differences between path to the baseball for middle and corner infielders. 2.) 1st basemen should **perform** proper footwork for routine plays. 3.) **Learn** how to pick correct hops (long or short) and how to **avoid** up hops

Number of Coaches : 2

Equipment: Baseballs, fungo bats, Agility Ladders and Clemson Hurdles

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:10	Warm-up	4-Ball warm-up ladders and hurdles, jump rope	Add a backhand ball to the 3 ball warm up drill
1:10-1:15	Types of hops	Discuss the three types of hops we get as IF, long, short, and up hops	We want long hops or short hops, we want to avoid up hops
1:15-1:22	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:22-1:30	Two knee drills/1 st basemen work	Players are hit or rolled groundballs while they are on their knees. The coach should try to vary the hops players are getting different types of hops Coach #2 w/1 st basemen	Gloves out in front, funnel long hops, shoot through short hops, work backhand and forehand 1 st Basemen – heels on bag, stretch when ball is in the air, stretch with glove foot, hop off bag
1:30-1:40	Pick your hop	Groundballs are hit or rolled to the players. The coach should vary the hops so that fielders need to move in or back to get good hops. 1 st basemen continue footwork, short hop work, then work in with rest of the group	Have the player call out which type of hop they got. If they got an up hop, have them verbally tell you what they would do to get a better hop.
1:40-1:48	Ground balls at positions (2 way fungo)	Players will field groundballs at their positions. One of the two players receiving groundballs will throw the ball across the diamond.	Fungo hitter #1- 3B (throw across) Fungo #2 – SS (in to shagger) Fungo #1 SS (throw across) Fungo #2 2B (in to shagger) Fungo #1 2B (Throw across) Fungo #2 3B (in to shagger) Fungo #1 – 1B to P Fungo #2 – SS (in to shagger) Emphasize power step and right, left, field, right, left, throw
1:48-1:55	Hop game	Players have to field the ball on the specified number of hops	Coaches roll/bounce/hit ground balls. The coach will call out a number of hops “one two or three”
1:55-2:00	Wrap and Review	Review hops and movement toward the ball.	