



Date: Session 7

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 Express priority system on popups. 2.) **Master** the express baseball bunt defense system 3.) **Execute** proper technique for run-downs with runners involved.

Number of Coaches : 2

Equipment: Baseballs, Agility Ladders and Clemson Hurdles, jump rope

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:10	Warm-up	Rundown warm-up, ladders and hurdles, jump rope	Rundown technique
1:10-1:18	Pop up priorities	Pop up priorities for SS, 2B, 3B, 1B, C and P Verbal for infielders “I got it” Everyone else echoes their name to ensure they know they know they are free to catch the ball	See attachment
1:18-1:25	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:25-1:32	Square DP feeds	Coach #1 - Middle infielders and corner infielders will form squares around the field. They will practice their DP feeds first going clockwise, then counter clockwise. This will get them feeds from both 2B and SS. Coach #2 -Do the same thing with the corner IF. They will need more space.	Have the player receiving the flip grade the flip from 1-4 with 1 being a bad flip and 4 being a perfect flip.
1:32-1:46	Express Baseball Bunt Defenses.	Work bunt Defenses with a runner on 1 st , runner on 2 nd , and runner on 3 rd .	Get to the ball quickly. Don’t rush throws. Get an out and avoid big plays.
1:46-2:00	Rundowns Wrap and Review	Set up one rundown line at first. As they get more comfortable, set up multiple rundown lines at once.	Start without a runner. Then add a runner when they are more comfortable. Rules: 1.) Don’t fake throw 2.) Get to the inside of the baseline (both players) 3.) Get the ball up right away 4.) Say “ball” when you want the ball. 5.) Step toward the ball when you say “ball” 6.) Peel off to the inside after you throw and go to the end of the next line 7.) Tag firmly with two hands 8.) 2 throws or less.