



Date: Session 8

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.) **Review** the Express priority system on popups. 2.)

Review the Express rundown system 3.) **Execute** proper technique on slow rollers. 4.) **Execute** flips from 1st basement to pitchers covering first base.

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, 3- Ball, ladders and hurdles,	Rundown technique
1:10-1:20	Lead up drills	In pairs, work on lead up drills from previous sessions.	Several, based on drill
1:20-1:27	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:27-1:35	Rundowns	Set up two or three lines for rundowns. Have them running simultaneously with one coach working at each	Same emphasis as rundowns in lesson #7.
1:35-1:45	Slow Rollers/PFP	Divide 1 st basement into two groups, one group goes with Slow Roller group, the second goes with PFP group. Coach #1 - Work slow rollers from 3B/SS/2B, and 1B to 3B. Coach #2 – Work PFP flips from 1B to P covering 1 st .	Coach #1 – Emphasize field on your left foot, throw on your right foot. Throw should be low $\frac{3}{4}$ angle and the player should anticipate a tail on the ball Coach #2 – Pitchers should get to the line about 15-20 feet before 1 st base, then come straight up the line on the inside. 1 st basemen should verbalize “flip” then flip using a firm flip with a stiff wrist. The 1 st basemen should lead the pitcher and try to get the ball to them about 5 feet before the bag.
1:45-2:00	Review popup priority system	Hit popups into “triangle” areas behind 1 st and 3 rd , and behind 2 nd base.	Properly execute Express pop-up verbal system of IF yelling “I got it” and echoing the name of the person who calls it
	Wrap and Review	Review rundown rules, popup priority system and	