



**Date:** Session 2

**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.) **Emulate** proper defensive positioning based on pitch type and pitch location 2.) **Recognize** no doubles and double play situations 3.) **Demonstrate** proper infield ready position and **explain** the differences between corner IF, and middle IF. 3.) Be able to **perform** a proper post fielding footwork (Powerstep, or right to left, left to target). 4) **Perform** the basic fielding technique while rounding the ball to the right.

**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, Agility ladders/hurdles Large group through one, 2 groups with stations	Prevents injuries, works on proper fielding technique, foot speed and agility
1:10-1:18	IF positioning	Straight up, pitch type, no doubles, DP	Straight up – Know your abilities, Pitch Type – FM – Straight up, FA – 1-2 steps opposite field, FI – 1-2 Steps pull side Off speed – 1-2 steps pull side Trust your intuition No doubles – Nobody on or runner on first with two outs, anytime, DP – 2 in 2 toward the bag
1:18-1:25	Catch	Proper catch technique for infielders Options to improve yourself during catch	Quick transfer (not necessarily quick throw), find 4 seams, proper footwork, accepting cuts from long toss, quick hands, DP flips and feeds
1:25-1:30	IF Positioning	Set up IF, set up situations, watch reaction see pre pitch routine	See IF positioning above and pre-pitch routine
1:30-1:45	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) -Clock drill	New: Power step is right over left in direct line toward bag. Clock drill – start at 11 and work down to 7. Works throwing from different arm angles. Emphasis release ball in front.
1:45-1:55	Round	Ground balls straight at, work rounding along with lead up drill fundamentals. Cone Drill	Get to the right of the ball, attack ball from right, right, left field, right, left throw.
1:55-2:00	Wrap and Review	Review pre pitch routine, review pre pitch positioning and when we go no doubles	