



Session #2

Equipment: Med balls, Agility Ladder, Surgical Tubing, 1 batting cage (utilize more if you have them), 4 hitting stations w/tees, L-screen, 3 buckets of baseballs, 12 orange cones

Minutes after start of practice	LESSON PLAN FOCUS - Bunt Defenses, Double Plays, Bunt for a hit, Have a plan in each count		
	Name of Activity	Description	Key Teaching Points
0:00	Warm - Up	Shortened Cornerstone Warm-Up* Cone Agility Series*	1.) Movement Prep 2.) Improve Agility 3.) Rotational Explosive Movement
0:15	Baserunning	3 Base Bunting	Bunting Technique, Philosophy Read Bunt Down
0:25	Throwing Program	Cornerstone Throwing Program* Pitcher's Daily Dozen*	Coaches stay with each group, ensure technique and focus
0:35	Infielder Individual Session Outfielders/ Catchers Individual Hitting Water Break	Bucket Drill (5 minutes) Middle IF DP Feeds Corner IF Slow roller and fielding bunts w/ throw to 1st and 3rd (5 minutes) Cornerstone Double Play Rotation (10 minutes) 1.) Hit/Take 2.) Opposite field tee 3.) Inside/Outside tee 4.) Bunting for a hit station 5.) Random count game	Get to the right of the ball, good tempo, form fielding, Make sure of 1st out (good feeds) Get to ball quickly, body control 4.3 seconds and under Hitting position Don't guide the ball, drive the ball Hands tight to the body Ball on foul line Appropriate approach in appropriate count
1:00	Popup Communication	Cornerstone Popup Communication Drill	Proper communication and echoing

1:05	<p>Outfielder Individual Session</p> <p>Catcher individual drills</p> <p>Infielder Individual Hitting</p>	<p>Angle Ground Balls No Doubles (5 minutes)</p> <p>W Cone Drill (10 Minutes)</p> <p>Chicken Communication Drill (5 Minutes)</p> <p>Drill Menu Receiving Drills</p> <p>Throws to 2nd and 3rd</p> <p>1.) Hit/Take 2.) Opposite field tee 3.) Inside/Outside Tee 4.) Bunting for a hit station 5.) Random count game</p>	<p>Deep angles to ground balls</p> <p>Good communication</p> <p>Good communication</p> <p>Thumb under on low pitch, catch around ball on corners</p> <p>Proper footwork, take of like an airplane, not a helicopter</p> <p>Hitting position Don't guide the ball, drive the ball Hands tight to the body Ball on foul line Appropriate approach in appropriate count</p>
1:25	<p>Team Time</p> <p>Bunt Defense</p>	<p>Bunt Defense "1" w/ no runner, runner @ 1st</p> <p>Bunt Defense "5" w/ runner at 1st</p> <p>Bunt Defense "3" w/ runner at 1st & 2nd</p>	<p>Break as soon as bunt is shown, get to ball quickly, body control, get an out</p> <p>Use outfielders as runners, play straight up, then overly aggressive</p>
1:45	<p>Competition</p>	<p>Infielders vs. Base Runners</p>	<p>Runners try to hit a H.O.G. off tee</p> <p>Infielders make routine plays</p> <p>Keep score</p>