**Tryout Plan #3**

| Time | LESSON PLAN | | | Evaluation |
|------|-------------|---|---|------------|
| | **Name of Activity** | **Description** | **Key Teaching Points** | **Evaluation** |
| 0:00 | Warm - Up | Cornerstone Dynamic Warm-Up* | 1.) Movement Prep<br>2.) Improve Agility<br>3.) Rotational Explosive Movement | -Leadership<br>-Character<br>-Attention to detail |
| 0:15 | Baserunning | Reads off 2nd - Main Field<br><br>Sideline base running - Deep in LF or RF<br><br>Rotate groups after 7 minutes | At you to your left on ground go, stay to the right.<br><br>Add signs so runners must determine if they're doing a regular secondary, a hit and run, or a straight steal. | -Reads off second, baseball instincts<br><br>-Ability to read signs<br>-Knowing the difference between secondary, hit and run, and straight steal |
| 0:30 | Throwing Program | Cornerstone Throwing Program*<br>Pitcher's Daily Dozen* | Coaches stay with each group, ensure technique and focus | -Leadership and staying with the throwing program<br>-Arm strength, accuracy<br>-Moving feet and receiving throws property |
| 0:40 | Infielder Individual Session<br><br><br>Outfielders/ Catchers Individual Hitting<br><br><br>Water Break | <u>Infielders</u><br>Cornerstone Lead-up Drills<br>Circle Throw<br>Pick your hop tactical game<br><br><br><u>Outfielders/Catchers</u><br>Hit tees around cage<br>Hitter production chart in cage vs. random count tactical game | Fielding fundamentals<br>Throwing on the run<br>Footwork to pick correct hop<br><br><br>Let hitters warm up, then play random count game and keep the hitter production chart. | -Evaluate infield fundamentals, athletic ability, and ability to pick the correct hop (long or short vs. up)<br><br>-Evaluate hitters vs. more challenging pitches, more velocity, breaking balls and in count situations. |
| 1:10 | Outfielder individual session<br><br><br>Catcher individual session | <u>Outfielders</u><br>NFL wide receiver tactical game<br>Turn and burn tactical game<br>Catch to target timing tactical game<br><br><br><u>Catchers:</u> Go to 2nd position<br><br><br><br><u>Infielders</u><br>Hit tees around cage<br>Hitter production chart in cage vs. random count tactical game | -Catching flyball on the move /w distraction<br>-Sprint to the spot<br>-Quick, strong, accurate throws to target<br><br><br><br><br>Let hitters warm up, then play random count game and keep the hitter production chart. | -Athletic ability and catching under pressure<br>-Sprinting to the spot<br>-Strength and accuracy of throws<br><br><br><br><br>-Evaluate hitters vs. more challenging pitches, more velocity, breaking balls and in count situations. |
| 1:40 | Team Tactical Game | 21 outs | Hit a variety of routine ground balls, pop-ups, fly balls. | -Make routine plays under pressure |

| 2:00 | Pitchers and Catchers | Pitchers:<br>Each pitcher gets 15 pitches from the wind-up and 15 pitches from the stretch. | Vary up pitches from the stretch and wind-up | -Chart each pitch using the "Quality strike chart" and using the radar gun to determine max velocity and difference between fastballl and offspeed pitches |
|---|---|---|---|---|
| | | Catchers:<br>Catchers should catch the bullpens like a game | Have a coach evaluating just catchers | -Chart how many borderline pitches the catcher received correctly<br>-Chart how many pitches the catcher blocks out of how many opportunities |

End of Practice Announcements:  Cut Process when/where/how

# Practice Resources:

## Reads off 2nd w/ 1 Out

Base running from 2nd is where most of the truly hard decisions have to be made on the base paths. Do this drill without a defense today since other runners will be working down the left field line.  Here are a few of most critical plays a baserunner will need to make a decision on:

1.) Ground balls - at them to their left go, hold to their right.
2.) Flares or duck snorts between the IF and OF (a good opportunity to work on communication on defense also).
3.) Choppers on the infield.
4.) Line drives
5.) Bunts
6.) Deep fly balls

You can set up two or three runners at second (with a throw down base behind second) and hit fungo simulating the various plays above.

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Click HERE for Infield Lead Up Drills

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## Pick your hop tactical game

Coaches hit a variety of different speeds, trajectories and directions to the infielders.  After fielding each ball (throw is optional) they should tell the coach what type of hop they fielded the ball on (short, up, or long).  If they fielded it on an up hop, they will verbalize what they should have done to get either a short hop or long hop.

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## Circle catch tactical game

This game is best used as an athlete exploration for making throws to first base on the run.  Athletes must learn that their ball will move to the arm side as they deliver it to first base.  The farther they are apart, the more the ball will tail.

Have two players start 20 to 30 feet apart with one baseball.  They will begin jogging counter clockwise in a circle.  After making a few circles, they will begin playing catch on the run.  They will quickly learn that if they don't "lead" their partner they will not complete the throw.

Have your players compete to see who can complete the most throws at given distances.

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# Random Count Tactical Game

1.) Set up an L-screen about 40 feet away (closer for younger players) for overhand front toss.
2.) Explain your hitting philosophy in each count (the Generating Offense and Hitting ebook has explanation of hitting philosophy by count)
3.) Prior to each pitch, give the player a count.  Mixing up counts after each pitch will help players process their philosophy and focus on each count.
4.) Deliver the pitch.  At advanced levels, coaches should try to locate and throw off speed pitches.
5.) After the pitch, have the player verbally critique their decision to swing or not.  Make sure they explain why their decision was good or bad.
6.) More advanced players might also include a conversation about their mechanics along with their swing decision.

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# NFL Wide Receiver Tactical Game

Pair athletes up who have similar athletic abilities.  Select one to be the wide receiver and one to be the defensive back.  Have them start from about 15 feet to the side of the coach (quarterback) who has a bucket of baseballs.  The coach says "go" and the wide receiver has to try to get open and catch a pass from the coach.

To add a baseball twist, you can have the wide receiver call "ball, ball, ball" after the ball reaches it's apex.  After the receiver calls the ball, the defender may stay close to the receiver (echoing, see Infielder/Outfielder communication), but may not try to interfere with him catching the ball.

This tactical game teacher players to catch the ball on the run, with distractions, and allows them to work on the infield/outfield communication system.

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# Turn and Burn Tactical Game

Set up cones in a "V" with the two top cones about 40-50 feet from the bottom cone.  Have each player start at the bottom cone facing away from the top two cones.  The coach points to one of the two back cones.  The player turns and sprints to the cone as fast as they can.  The coach times the player to each cone.

After every player knows their time, repeat the exercise, but this time have the coach throw a "fly ball" for them to catch about 5-10 feet beyond the cone they point to.  Give them more than enough time to get under the ball.  The coach should time them to the cone (not until they catch the ball).  The time to the cone should be about the same regardless of if they are going to catch a fly ball or just sprinting.

This teaches outfielders to sprint to the spot and wait for the ball, not trying to time it up.

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# Catch to target timing tactical game

Set up exactly like to the "catch to release timing" drill, only stop the clock when the ball gets to the target (even if they miss the target):

Score this game as follows:

| Name | Catch to Target Time | C2T Rank | Target Hits/ Total Tries | Target Hits Rank | Total Rank |
|------|------|------|------|------|------|
|      |      |      |      |      |      |
|      |      |      |      |      |      |
|      |      |      |      |      |      |

Whoever has the lowest total rank wins

# 21 Outs

Put at least one infielder at each position (including catcher and pitcher).  The goal of the game is to get 21 consecutive outs (a full 7 inning game).  If your league only plays 6 inning games, call this game 18 outs.

Hit routine ground balls to varying positions in the infield.  They must field the ball cleanly and throw accurately to first base to record an out.  If someone makes an error, other infielders get to "pick them up" by turing a double play on the next ground ball.  If they make an error then fail to turn a double play, they will start over at zero.  Leave plenty of time for this drill as it is difficult, and your team will need to start over several times.

This game is best used at the intermediate performance or game competition phase.   It creates tension and makes your players learn to perform under pressure.

VARIATION: Put a clock on your player and require that each out be recorded in under 4.5 seconds.

VARIATION #2: Add runners make the game more like an actual game.

VARIATION #3: Add outfielders and include fly balls and pop-ups.

# Hitter Production Chart

| Player | Production | TP | Swings | Ave |
|--------|-----------|-----|--------|-----|
| _____ | _____ | ___ | ___ | ___ |
| _____ | _____ | ___ | ___ | ___ |
| _____ | _____ | ___ | ___ | ___ |
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| _____ | _____ | ___ | ___ | ___ |
| _____ | _____ | ___ | ___ | ___ |

## **KEY**
0=Sing and miss 1=Tapper, pop-up, or foul ball 3=Groundball, flyball, or soft line drive 4=Linedrive/gap shot
5=Potential homerun

Directions for use:

1) Write each players name (or number) on space to the far left
2) For each swing they take during batting practice, rate it based on the key at the bottom of the page
3) Add up all of their points and write it under the "TP (total points)" column
4) Write their total number of swings under the "Swings" column
5) Divide their total points, by their number of swings to obtain a per swing average. Write that under the "Ave" column.


Commentary: Being able to quantify performance during tryouts or practice is a good way to determine who actually has the best performances. Also, after tryouts, or after when (notice I didn't say "if") you are questioned about playing time, having performance numbers from practice to back up your decisions will help explain the decisions you make.

This form can be used for tryouts, during practice as a tool to help determine playing time, or as a feedback tool for your athletes during practice.