



**Date:** Session 10

**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.) Show **mastery** of footwork on routine plays . 2.) **Review** Express lead up drills 3. **Execute** proper technique double play feeds and turns.

**Number of Coaches :** 2

**Equipment:** Baseballs, Agility Ladders and Clemson Hurdles

Time	LESSON PLAN		
	Name of Activity	Description	Key Teaching Points
1:00 – 1:10	Warm-up	Rundown warm-up, 4- Ball, ladders and hurdles,	Rundown technique
1:10-1:20	Pick-ups	Players (in pairs) will take 2 baseballs and roll them side to side. The player will stay low to the grounds, shuffle to the ball, flip it back to the feeder. They will do 3 sets of 25 pick-ups.	Stay low to the ground, don't cross feet on shuffles, field out in front.
1:20-1:27	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:27-1:37	4- Way fungo	Set up 2 coaches and 2 players (perhaps catchers or pitchers) to hit fungo to each position. Rotate players into fielding from hitting.	Form fielding, correct path to ball, right left field, right left throw, pick hops
1:40-1:50	DP Routine play rotation	Rotation 1 Coach 1 – 5-4-3 DP to 1B at bag Coach 2 – SS to deep 1B  Rotation 2 Coach 1 – 6-4-3 DP to 1B at bag Coach 2 – 5-3 Deep 1B  Rotation 3 Coach 1 – 4-6-3 to 1B at bag Coach 2 – 5-2  Rotation 4 Coach 1 – 3-6-1 DP, pitcher cover	Stagger reps between coaches for safety  Proper feeds based on location  Proper turns based on feed
1:50-2:00	Review of mental concepts		Game situation, pressure, making routine plays.