



Date: Session 6

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.) **Perform** double play feeds from all positions on the field. 2.) **Execute** proper approaches and receiving at the bag for double plays 3.) **Execute** the turn and pivot on double plays. 4.) **Learn** to be aggressive on bunts

Number of Coaches : 1

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, ladders and hurdles, jump rope	Rundown technique
1:10-1:15	Goals on bunts	1) Get an out 2) Get the lead runner 3) Avoid the big play	Hustle, go hard, but don't rush (especially throws)
1:15-1:22	Catch	Proper catch technique for infielders Options to improve yourself during catch	Emphasize individual work, and each rep counts!
1:22-1:35	DP Feeds/ Corners bunts	Coach #1 -4 DP feeds from SS and 2B Coach #2 – Roll bunts to 3B, have them go to 1B. Then roll to 1B, call out either “1” or “3”	<i>Feeds from 2B</i> – Flip (left), Drop left knee (right at), switch feet (ball to your right), pirouette (3.5 hole) <i>Feeds from SS</i> – flip (to the right), drop right knee (right at), sit and drive (ball to right), jump throw (5.5 hole) All feeds – Stay low, be athletic, ball coming up, keep arm angle low 5 – 3 (or 4) bunts, field off the left foot, throw off the right foot.
1:35-1:45	DP – Turns/ DP feeds from corner	Coach #1 – DP turns at 2 nd Coach #2 – DP feeds from 3B and 1B	<i>Turn for 2B</i> – Hustle to bag, break down, left foot on bag, come across the bag w/ right foot, plant throw <i>Turn from SS</i> – Hustle to back of bag, break down, step toward ball w/ left foot, drag right foot across corner of bag. <i>Feeds from 3B</i> – Click heels, stay low, ³ / ₄ arm slot <i>Feeds from 1B</i> – hop off bag, clear to the inside, throw to the inside of bag
1:45-1:55	21 outs	Set up full infield, players must get 21 consecutive outs on routine plays. If a player makes an error they can turn a DP to clear the error	Making routine plays under pressure. They must make every play in under 4.2 seconds.