



PRACTICE LESSON PLAN

Advanced Level

Practice Outline:

Time - (1 - 1 1/2 hours)

Practice Objectives:

Within this practice session major focus is placed on the development of **infielding** and **hitting** (infield and outfield).

Intended Learning Outcomes:

- Improve gross **motor skills** through agility drills
- Develop proper **infield mechanics**
- Develop proper **hitting mechanics** and ball instincts
- Develop players for a number of defensive positions

Run
• 2 Poles 2 Mins

Stretch 10 Mins

Agility Work
• Step Through
• Front Shuffle Through
• Cross-Over Through
• Side-Shuffle Through
• Carioca
• Icky Shuffle 12 Mins

Throwing 10 Mins

Infield Drills
• Throwing-Side-Leg to Ball
• Drop Step
• Slow Rollers 20 Mins

Hitting Drills
• Bottom Hand Soft Toss
• Top Hand Soft Toss
• Regular Soft Toss 20 Mins

Equipment Needed:

- Stop Watch
- Cones
- Baseballs 15-25
- Fungo
- Ladder

Notes:

Run: Running from one foul pole line, along the outfield wall / warning track, to the opposite outfield foul pole line is considered running 1 "pole." If there are no foul lines at the facility you are practicing at, simply improvise with a 2 minute jog around the area.

1

Stretch: Refer to the "Intermediate Conditioning Section" of the our website for various stretches and guidelines.

2

Agility Work (Ladder): Allow approximately 2 minutes for each drill (including demonstration/ explanation). Players can do this drill in running shoes or cleats. After agility work is completed, have players play catch in partners along the left or right field line.

Technique / Posture: Head up, knees bent with feet shoulder width apart, back flat, abdominals activated.

Guidelines: Begin slowly and concentrate on proper footwork at first. Make sure there is plenty of room and that there are no sharp objects around.

Tips: Set up ladder while players are stretching. It may also be a good idea to run two separate stations simultaneously (two groups of 6-8 players) if there is enough equipment available.

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For more details and Video on Ladder Drills, visit the "Advanced Conditioning" section of our website.



STEP THROUGH



FRONT SHUFFLE THROUGH



CROSS-OVER THROUGH



SIDE SHUFFLE THROUGH



CARIOCA



ICKY SHUFFLE

Throwing: After agility work is completed, have players play catch in partners along the left or right field line. Make sure players are practicing proper fundamentals during this activity (catching with two hands as well as throwing the ball using a four seam grip). For more information regarding throwing and catching technique, visit our website.

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4-SEAM GRIP

Infield Drills: Divide team into two groups and have one group start off doing infield drills (outlined on this page) while the others do hitting drills (outlined on page 3).

Infield Technique

- Allow approximately 20 minutes for Throwing-Side Leg to Ball Drill, Drop Step Drill, and Slow Rollers.
- Switch groups after 20 minutes



Throwing-Side Leg to Ball: In partners, position players 6-10 feet apart. The feeder holds the ball in one hand straight out and in front. The infielder moves his throwing foot in the direction of the baseball.

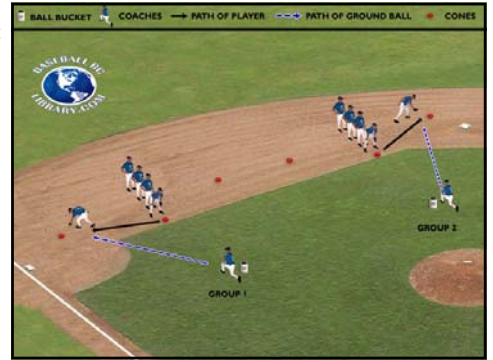


For more information visit the **Advanced Infield** section of our website.



Drop Step Drill:

Position players in a single line facing the coach (middle cone). Note, more lines can be formed if there is more than one coach. Place two other cones on the left and right side of the players and slightly behind the middle one. For more information visit the **Advanced Infield** section of our website.



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Slow Rollers: Organize infielders in a line at a particular position...first, second, third...(this drill will work at all infield positions).

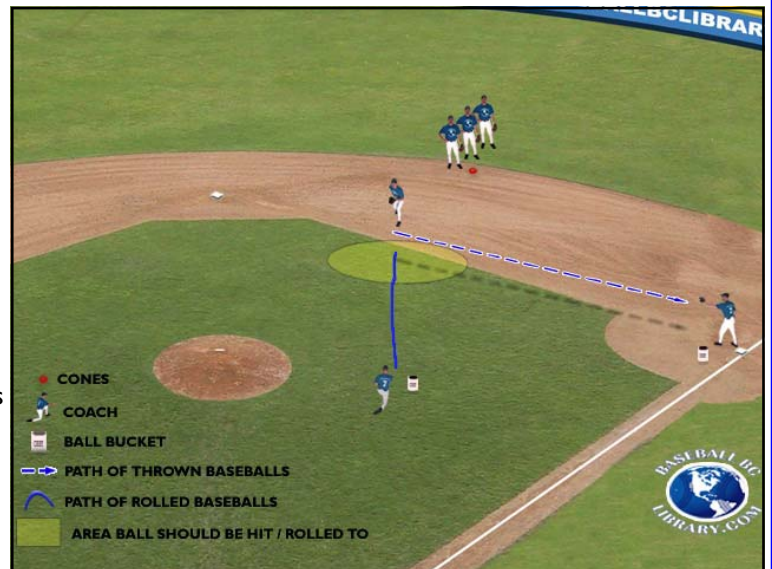
Have a coach stand beside the pitchers' mound and hit/roll slow ground balls to each player - one at a time.

The infielder's job is to charge the ball, break down, pick up the ball and make an accurate throw to the first baseman.

After the player makes the throw, he should return to the end of the line for another turn.

Give players a lot of repetitions and allow them opportunities to field balls with and without their glove.

For more information visit the **Advanced Infield** section of our website.



Notes:

Hitting Drills:

Divide team into two groups and have one group start off doing infield drills (outlined on page 2) while the others do hitting drills (outlined on this page).

- Allow approximately 20 minutes for Bottom Hand Soft Toss Drill, Top Hand Soft Toss Drill, and regular Soft Toss Drill.
- Switch groups after 20 minutes

Hitting Technique



Bottom Hand Soft Toss Drill:

Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have players find an area next to a screened fence or the side of a batting cage. Players can set up as they would with regular soft toss, however this time the hitter just swings using their bottom hand.



Top Hand Soft Toss Drill:

Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have players find an area next to a screened fence or the side of a batting cage. Players can set up as they would with regular soft toss, however this time the hitter just swings using their bottomtop hand.



8 For more information visit the **Advanced Hitting** section of our website.

9 For more information visit the **Advanced Hitting** section of our website.

Soft Toss:

Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have players find an area next to a screened fence or the side of a batting cage.

Get one player to kneel down and to the side of the hitter and toss a ball with little or no arc in front of them



After the hitter has had 10-25 quality swings, get the players to switch. The ball should be accurately tossed and the feeders should keep the delivery consistent so the hitter can work on timing. Make sure hitter is striding and pivoting correctly, rotating hips, and throwing their hands straight to the ball.

For more information visit the **Advanced Hitting** section of our website.

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Notes:
