



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 **fielding** (infield and outfield).

Intended Learning Outcomes:

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

Run

- 2 Poles 2 Mins

Stretch

10 Mins

Agility Work

- Fast Feet
 - Shuffle Through
 - Side-In
 - Cross-Over-In
 - Outside Foot In From Side
 - Front Foot In
- 12 Mins

Throwing

10 Mins

Infield Drills

- Short Hops
 - High Short Hops
 - Underhand Rolls
- 20 Mins

Outfield Drills

- Footwork Drill
 - Ground Ball Drill
 - Gap Communication
- 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.



FAST FEET



SHUFFLE THROUGH

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



SIDE - IN



CROSS-OVER-IN

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.

3

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



OUTSIDE FOOT IN FROM SIDE



FRONT FOOT IN

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.

4



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 outfield drills (outlined on page 3).

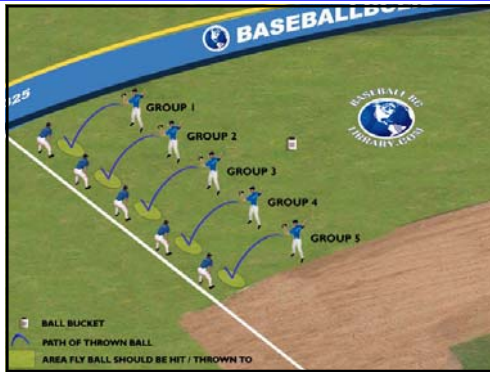
Infield Technique

- Allow approximately 20 minutes for Short Hop Drill, High Short Hop Drill, and Underhand Rolls.
- Switch groups after 20 minutes



Short Hop Drill:

Position players in partners, facing each other approximately 6-8 feet apart. Player A throws the ball just short of Player B's reach. Player B's job is to correctly field the short hop, gather the ball and return it to Player A in the same fashion.

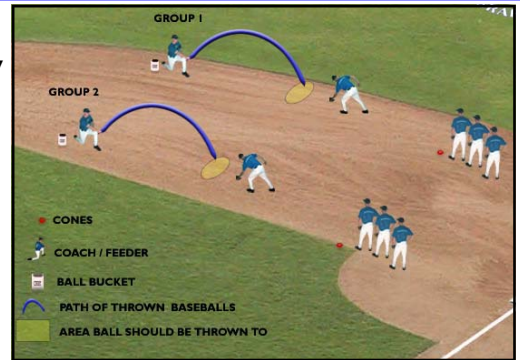


For more information visit the **Advanced Infield** section of our website.



High Short Hop Drill: Key Words:

In two groups, face players 10-15 feet apart from their respective feeder. The feeder's job is to lob the ball approximately 8-10 feet in the air just in front of the fielder. The fielder's job is to run towards the baseball and field it on the short hop. After the ball is fielded it is then flipped back to the feeder.



Underhand Rolls: Divide players into two groups and position them between 3rd and 2nd and 1st and 2nd.

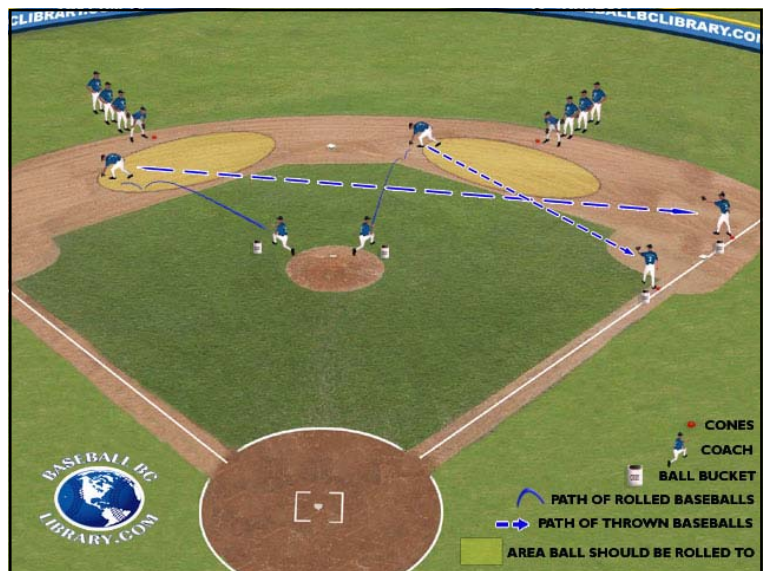
The feeder rolls the ball underhand toward the infielder (start by rolling balls straight at the fielder, then work on them moving to their right and to their left).

For each progression, the fielder receives the ball and flips it back to the feeder.

The feeder should deliver the ball with enough pace to reach the infielder but deliver it so the infielder has to move a couple of steps to the left or right.

Another variation of this drill is to place players along the first base line to act as first basemen and have players make a throw across the diamond.

For more details visit our website.



Notes:

Outfield Drills:

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

- Allow approximately 20 minutes for Footwork Drill, Ground Ball Drill, and Gap Communication.
- Switch groups after 20 minutes

Outfield Technique



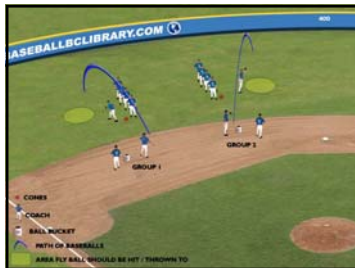
Footwork Drill:

Players line up in front of coach and (one at a time) execute a proper drop step for a ball hit to their right.

As soon as the player breaks, the coach throws a short fly ball for the player to catch.

After the fielder has retrieved the ball, he runs to the back of the line.

8 Start with balls hit to the player's right, then left, then over their head.



Ground Ball Drill: The player's job is to simply track down the ball using proper outfielding technique.

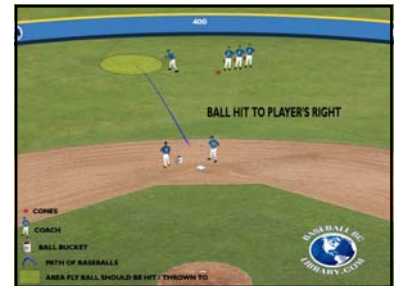
After fielders retrieve their baseball, they throw the ball to the shagger then run to the back of the line.

Start with balls hit to the player's left, then right, then straight at them.

Timing is everything. The purpose of this drill is to practice footwork and get good angles to the position of the ball.

Remind players to round the ball if they have time. This means getting their body in front of the ball and coming through it if they get the chance on a slow roller.

9



Gap Communication:

Any open field location is fine for this drill, however, an actual baseball diamond is ideal.

Divide players into two lines (one line standing in left center, the other in right center) and hit fly balls between them.

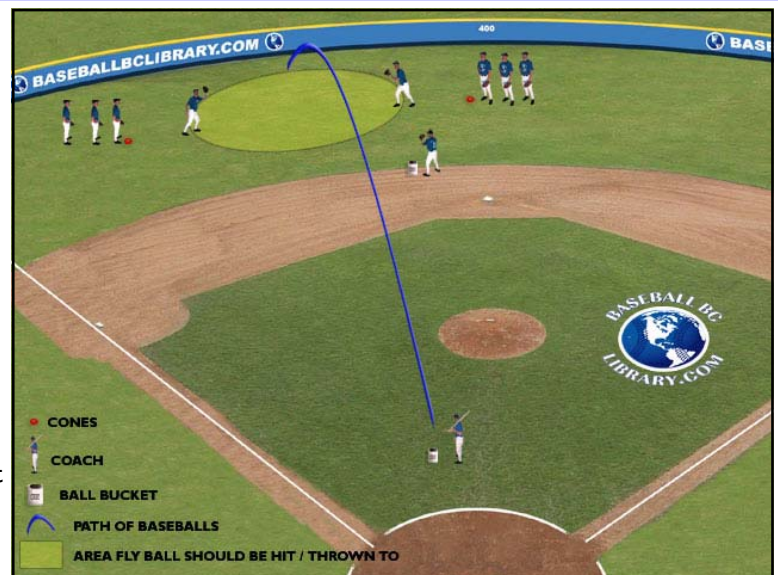
Their job is to decide who is going to make the catch and who is going to cover.

After each hit, have players rotate to the end of opposite lines. For example, player 1 switches to the end of the line that player 2 came from.

Using a pitching machine that has been tilted to shoot pop ups may prove to be much easier and more accurate.

Pick one player to act as the center fielder (the position that usually holds authority among the rest of the outfielders and dictates who will make the catch).

10



Notes:
