

Indoor	90 min	Tier: 1
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OBJECTIVE

Get the prep step automatic before the season ever puts a ball in play. The standard is a landing on 75% of pitches while in the field, every position, and a gym strips away everything else that usually distracts a kid from it.

BENCHMARKS THIS PLAN FEEDS

- B9 — Prep step

PREP — BEFORE PLAYERS ARRIVE

Equipment	Athletic tape for a diamond + cones + baseballs + gloves + tees
Setup	Tape a full diamond on the open floor with room to move. Skip the tape and the session loses its anchor point.

PRACTICE TIMELINE

0:00-0:05	Dynamic warm-up (5 min) Run the routine, all 12 movements, down and back on each. Card's on its own sheet. — Lean on the lateral movements today — the prep step starts in the hips and ankles, not the hands.
0:05-0:15	Throwing ladder (10 min) Standard progression along the wall, wrist flicks through feet set. Accuracy against a target, not distance.
0:15-0:55	Attack — Prep step (40 min · 4 × 10 min) Four groups of three, rotating through two prep-step stations and two hitting-maintenance cages. — T1 — Prep step, no ball. You mimic a delivery and the group lands together as the imaginary ball gets to the plate. Sixty reps in ten minutes, easy. The cue is "land as it gets there," not "land when he throws it." — T2 — First move off the landing. Land on the tape, then break — left, right, in, back, called at random. A good landing buys a kid nothing if the first step out of it goes the wrong way. — C3 — Hitting, plan named. Tee work, hitter calls his zone before every swing. The approach habit doesn't get a day off just because today's about defense. — C4 — Short hops and hands. Close-in glove work so the hands stay sharp while the rest of the session is about feet. — Three ways a kid misses this: landing flat, landing late, landing back on his heels. All three look like no prep step at all from the dugout.
0:55-1:10	Dailies: light ground-ball work (15 min) Infielders take simple grounders at their own spot, one at a time, in place — glove work and a clean transfer, nothing past a bucket a few feet away.
1:10-1:25	Close: "Ready Count" (15 min) Two teams take the field in turn. You deliver 20 imaginary pitches, rolling a ball on random ones. A point for every pitch where the whole side lands together, a point off for anybody caught flat. Score it as a team — one flat-footed kid costs all nine.
1:25-1:30	Wrap-up (5 min) Whoever's landing late over and over is the one to watch the first time this group gets outside, where the ball moves twice as fast as anything in here.

COACH'S NOTES

This is the least glamorous plan in the library and one of the highest-leverage ones. Flat-footed defense is the most common flaw at this age, and it's almost never a hands problem — the feet are just late. A gym lets you run hundreds of reps in one session without a single ball in play, which a field never gives you.