

Live Approach, Real Landing

Outdoor	2 hours	Arm-load: Full — a live-arm pitcher works today,...
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OBJECTIVE

A plan only means something against a real arm, and a landing only means something when there's a ball to react to. Today puts both to the test — hitters naming their zone before they step in for B1 (Approach), and everybody else turning the live contact into reps for B5 (Prep step).

BENCHMARKS THIS PLAN FEEDS

- B1 — Approach
- B5 — Prep step

PREP — BEFORE PLAYERS ARRIVE

Equipment	L-screen + baseballs + batting tee + full catcher's gear + helmets + gloves
Pitchers	built-up arms only, controlled effort, short stints, live work confined to the attack block
Setup	tape or chalk three zones on the plate side of an L-screen — in, middle, away

PRACTICE TIMELINE

0:00-0:10	Dynamic warm-up (10 min) Run the routine, all 12 movements, down and back on each. Card's on its own sheet.
0:10-0:20	Catch play (10 min) Full ladder, working out to game distance and back down, finishing on a line at 60 ft. No ceiling today — the live work coming up needs it open.
0:20-0:30	IF/OF/C daily work (10 min) Everybody to their own spot. — Drills: Short-hop exchange reps at second and short, drop-step routes in the outfield, corner-to-corner receiving for catchers
0:30-1:10	Attack benchmark 1 — Approach (40 min) Groups of 3, four rotations of 10 minutes, one live arm on the mound each rotation. B1 (Approach) is the read. — Rotate the mound between two or three built-up arms — short stints, controlled effort. The other eight fill the rest of the alignment every rotation: catcher, both corners, middle infield, all three outfield spots. — Before he steps in, the hitter tells you the zone he's hunting and why. Five pitches. Whether the swings matched the words is the read that matters, not whether he got a hit. — A kid who names "middle" every single time isn't planning, he's guessing with extra steps. Make him call a spot he'd normally take.
1:10-1:50	Attack benchmark 2 — Prep step (40 min) Full defense at their own spots, fungo-fed. B5 (Prep step) is the read. — Every rep starts with the landing, not the fungo. Call it out before you hit: "ready — go." A late landing shows up as a slow first step no matter how good the hands are. — Work the corners hardest — third and first get the least time to recover from a flat-footed start, and it's where a late prep step costs the most outs. — Rotate outfielders through drop-step reads off the same fungo so the block isn't just an infield drill.

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1:50-2:00

Baserunning work (10 min)

Primary lead off each base, secondary lead as the pitch is thrown — shuffle, shuffle, last step landing as the ball reaches the plate. Cue: "your last step lands when the catcher catches it."

COACH'S NOTES

The two benchmarks today are really the same idea from opposite ends of the field — get to a balanced, ready position before the ball demands one of you. A hitter who's honest about his zone and a fielder who lands on time are both just refusing to guess. Expect the approach work to look rougher than the prep-step work; naming a plan out loud in front of teammates is a newer habit for most of this group than fielding a ground ball is.