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## 1-on-1 Lesson Process

This process may vary for each player. Typically, this template serves as a guide to help both the player and coach develop routines and create a customized plan for player development.

Coaches are encouraged to adapt this framework to fit their own style and personality, while still maintaining structure to ensure each session is productive.

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## Goals for Each Lesson

- **Theory**  
Teach the mechanics required for the fundamental skill (e.g., proper hitting mechanics).
  - **Reality**  
Show the player what their current mechanics look like and identify where they fall short.
  - **Application**  
Introduce drills and adjustments to help close the gap between theory and reality.
  - **Feel the Adjustment**  
Help the player recognize and feel the difference between “old reps” and “new reps.”
  - **Homework**  
End with drills or ideas the player can use at home to continue improving.
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## Lesson Plan Summary

1. Intro discussion with player (and parent) on focus areas
  2. Athletic, skill-based warm-up
  3. Evaluation drills to assess skill level
  4. Competition set (add pressure if possible)
  5. Focused drill work based on observations
  6. Repeat competition and drill sets as needed
  7. End-of-session review and discussion
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## Step 1: Interview & Engagement

Engage both the player and parent early in the session.

### Ask the player:

- What would you like to work on today? (*Make them answer—this is their session.*)
  - What are 2 things you do well?
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- What are 2 things you want to improve?

**Ask the parent:**

- Is there anything you'd like your player to focus on?

**Build rapport:**

- Ask about their day or other sports they play
- Ask how often they've been practicing
- Use conversation to get the player engaged and comfortable

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## Working Portion of the Session

- Continuously engage the player with feedback
- Reinforce both strengths and areas for improvement
- When making corrections:
  - Explain the mechanics behind the adjustment
  - Explain *why* it matters (power, control, contact, etc.)

This should be an interactive session—not just reps.

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## Athletic Movement / Warm-Up

- Dynamic warm-up focused on athletic movement
- Coach should observe:
  - Movement patterns
  - Effort level
  - Attention to detail
- Include high-rep short hops or ball-handling drills (~5 minutes)

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## Step 3: Skill Development

### Hitting

- Tee work:
  - Warm-up swings: 10–15
  - High tee: 7–10 swings
  - Low/away tee: 7–10 swings
- Observe attention to detail
- Progress to live swings (front toss or BP)
- Implement 1–2 customized drills based on observations
- Continue progressing from tee → live reps



- Clearly explain how each drill benefits the player
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## Pitching

- Band work (~5 minutes)
- Towel drills (~5 minutes)
- Heavy ball work (shoulder turn, power position)
- Movement/shuffle throws (coach's preferred variation)
- Flat ground pitching
- Select 1–2 key drills
- Optional mound work

**Goal:** Move from drill work → live pitching so the player can *feel* the adjustment.

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## Fielding

- Short hop series
  - Position-specific drills
  - Emphasize proper hands and footwork fundamentals
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## Step 4: End-of-Session Review

- Include the parent if appropriate
  - Review:
    - What the player did well
    - What needs improvement
  - Provide simple, actionable homework for the next session
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## Common Traps to Avoid

### 1. Too Much (or Too Little) Drill Work

Find a balance between:

- Drills
- Mechanical discussion
- Competitive reps

Players don't want to hit off a tee for an entire session—they need game-like reps.

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**Example (Hitting Session Balance):**

- Tee work
  - Mechanics discussion
  - Short toss
  - Competitive BP or game situations
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## 2. Not Challenging the Player Enough

Players are there to learn—and failure is part of that process.

- Push players outside their comfort zone
  - Encourage failure and learning
  - Clearly explain the learning process
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## 3. Not Allowing the Player to Breathe

Coaches often over-instruct.

- Don't correct every rep
- Create space for players to self-adjust
- Encourage them to reflect on their reps

**Use guided questions:**

- “What did you feel there?”
- “What changed on that swing?”

The goal is for players to develop awareness so they can adjust independently.