

INFIELD DEFENSE

“BUILDING CONFIDENCE THROUGH PREPARATION”

- Wes Long
- HEAD COACH
- SEATTLE PREP

CAREER

- 2000 HS GRADUATE AUBURN HS (AL)
- COLLEGE: ALABAMA HUNSTVILLE 2001-04
- Drafted by Oakland A's 2004
- MINOR LEAGUES 2004-2011
- CITY BASEBALL 2012 – PRESENT
- BALLARD HIGH 2016-17
- CHICAGO CUBS 2018
- SEATTLE UNIVERSITY 2018-2021
- SEATTLE PREP – CURRENT
- RESIDE: SEATTLE, WA (MAGNOLIA)

COACHING PHILOSOPHIES

- BE YOURSELF, BE GENIUNE, BE ENTHUSIASTIC, BE PREPARED
- GET TO KNOW YOUR PLAYERS AND PUT THE TEAM FIRST
- CREATE A TEAM IDENTITY
- PRIORITIZE COMPETING, PRECISION, EXECUTION
- “My Goal is to build young men through the Game of Baseball. I’m trying to build competitive baseball players that are great teammates”



BUILDING DEVELOPMENT PHILOSOPHIES

- PERSONAL EXPERIENCE AND LEARNING FROM OTHERS
- LIFELONG LEARNER....ADAPT



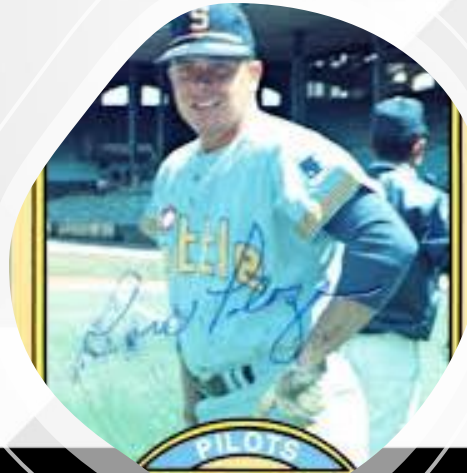
High Rep Glovework

Hammer Core Fundamentals

“Consistency over Time”

High Rep Glovework

Hammer Core Fundamentals



Daily Fundamental Series #1

- Pick Series – Funnel, Backhand, Forehand
 - Routine GB Walk-Through
 - Routine Backhand Short-hop
 - Forehand Short-Hop Press Thru
 - Create Your Own Hop Drill
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- ***Mix in variations w hand flips, fungo's and machine



Pre- Practice Catch Play

- *Have a plan
- *Connect w/ Players
- *Walk the lines



High Rep Throwing Routine

Get More Reps making game throws
from your position



Daily Fundamental High Rep Throwing

- **Ball In Glove Throwing Routine – High Rep, Multiple Position Throws**
 - Routine Walk Through
 - Multiple Angle Backhand
 - Multiple Angle Forehand
 - Throws on the Run multiple arm angle



High Rep Fundamental Work: Builds Confidence through Preparation

- Infield defense can be stressful and create anxiousness for a lot of players...Leading to errors and multiple error games. Building in a successful routine can give a player a foundation to stand on when confidence is waning. Encourage game speed reps..... Constructive talk to our players is critical and will build them up.



Post Your Detailed Practice Plan

HARTFIELD BASEBALL PRACTICE SCHEDULE									
MONDAY, JANUARY 25, 2021					GOOD				
					PRE-SEASON PRACTICE #15				
ANNOUNCEMENTS DRESS: PANTS, BLACK PRACTICE T & CAP LOCKER ROOM: PURVIS, S STUMPH, WILSON OUT: CRUTIN, HUMPHRIES, GA JACSON, OR JACSON, JOHNSON, KUSHING, STROED, WARDEN, WILSON									
TEAM STAGING AREA #4-#15- 3B DUGOUT #21-#25- 1B DUGOUT 5TH GRADE DECK 8TH GRADE 1B TUNNEL/SHUTPEN									
EARLY WORK- 2:40 PM									
INF (SMITH)		CATCHERS (MO)		PITCHERS (PERRY)		INFILDER DEFENSE (HARRIS)			
5:45- PRECISION PRESENT		5:45- PRECISION PRESENT		5:45- PRECISION PRESENT		5:45- PRECISION PRESENT			
5:55- PERSONAL ROUTINE/INF		5:55- EVERYDAYS		5:55- EVERYDAYS		5:55- EVERYDAYS			
5:55- EVERYDAYS		5:55- RECEIVING, BLOCK		5:55- PERS/DAY 3 DRILL		5:55- KAT/NASH SHORT/TOLEME GS WORK			
ED 1	ED 2	ED 1	ED 2	ED 3	ED 4	ED 5			
BRADLEY	ELIAS	FILES	BIGGERS	MUENZENMAY-DAY 4	DRAKE-CHART	PURVIS-6	RAGAN-6		
ROBERTS	NEUVILLE			NEWMAN- DAY 3	C STRINGER-4	SHELTON-SHAG	J WALKER-CHART		
B STRINGER	B WALKER-FRED			TAUM- CATCH DAY 3	BOYD-5	C STUMPH-18	GAFFON-3		
				S STUMPH- CATCH PEN	JAMES-4	MCGARRH-6/4	L SHEPHERD-3		
					CANOF	IN LEWIS			
EVERYDAYS (1- 88 AT H, 2- ACTIVE, 3- LADDERS, 4- PLYO, 5- BRANDY/THROW PRO									
PRACTICE- 3:55 PM									
TIME	GROUP	ACTIVITY	COACH	EQUIP	AREA				
3:55- 4:05 (20)	ALL	JN ED (1- ACTIVE, 2- HORRIBLE, 3- 1 HAND)	MO	X	RP/FP PEN				
4:05- 4:15 (10)	ALL	TEAM DEFENSE- CLEMON TURBO PFP	ALL	BALLS/ROCK	FIELD				
4:15- 4:30 (5)	ALL	SMASH PRACTICE SET UP/EAT	ALL	BP SET UP	FIELD				
4:30- 5:05 (30)	ALL	SMASH PRACTICE (SEE SP SHEET)	ALL	BP SET UP	FIELD/PDF				
5:05- 5:15 (10)	ALL	PITCHERS POST HAW/DO YOUR JOB	ALL	X	FACILITY				
5:15- 5:20 (5)	ALL	DEBRIEF	BOX	X	DUGOUT				
EVERYDAY BASE RUNNING- AT HOME H TO 1B, GROUND BALL, OVER THROW H TO 1B, BASE HIT, AGGRESSIVE TURN H TO 2B					TEAM DEFENSE- CLEMON TURBO PFP ED1- 3-1, 1-5-3, 1-2 SQUEEZE, 5-4-3 ED2- 4-1, 1-5 BUNT, 1-2-3, 5-4-3 ED3- 3-6-1, 1-3 BUNT, 3-1-5, 4-4-3				
POST PRACTICE- 5:30 PM									
5:30	POSITION	DAY 1 TEAM LIFT				SMITH	WEIGHT ROOM		
	PITCHERS	DAY 1- CANOF, MCGARRH				HARRIS	WEIGHT ROOM		
		HEVY ROPE- 616- CANOF/KEW, MCGARRH							
		DAY 2- 10 LEWIS, NEUVILLE, NEWMAN, B STRINGER							
		6X15 SHUT, 6X60- 10 LEWIS, NEWMAN/ 6X60- NEUVILLE, B STRINGER							

Heavy Hitter Daily Drills

- Roll-Outs w/ Throw
- Routine GB's w/ Throw
- 1B Fielding Arc – Footwork
- V-Drill – Multi arm angle throws
- Multi Position Throwing on the Run – multi arm angle
- MIF Multi Ball DP Drill
- CIF Fielding Bunts w/ Throw to 1B
- Full Infield – Infield In Plays w/ Throws to plate



“Create your defensive identity and build your routine around it. If you are passionate, consistent and believe in your message.....SO WILL YOUR PLAYERS”

Adjustability

- Have your staples, but learn your players and their skillsets, and adjust your teaching to maximize player performance.



Special Thanks

