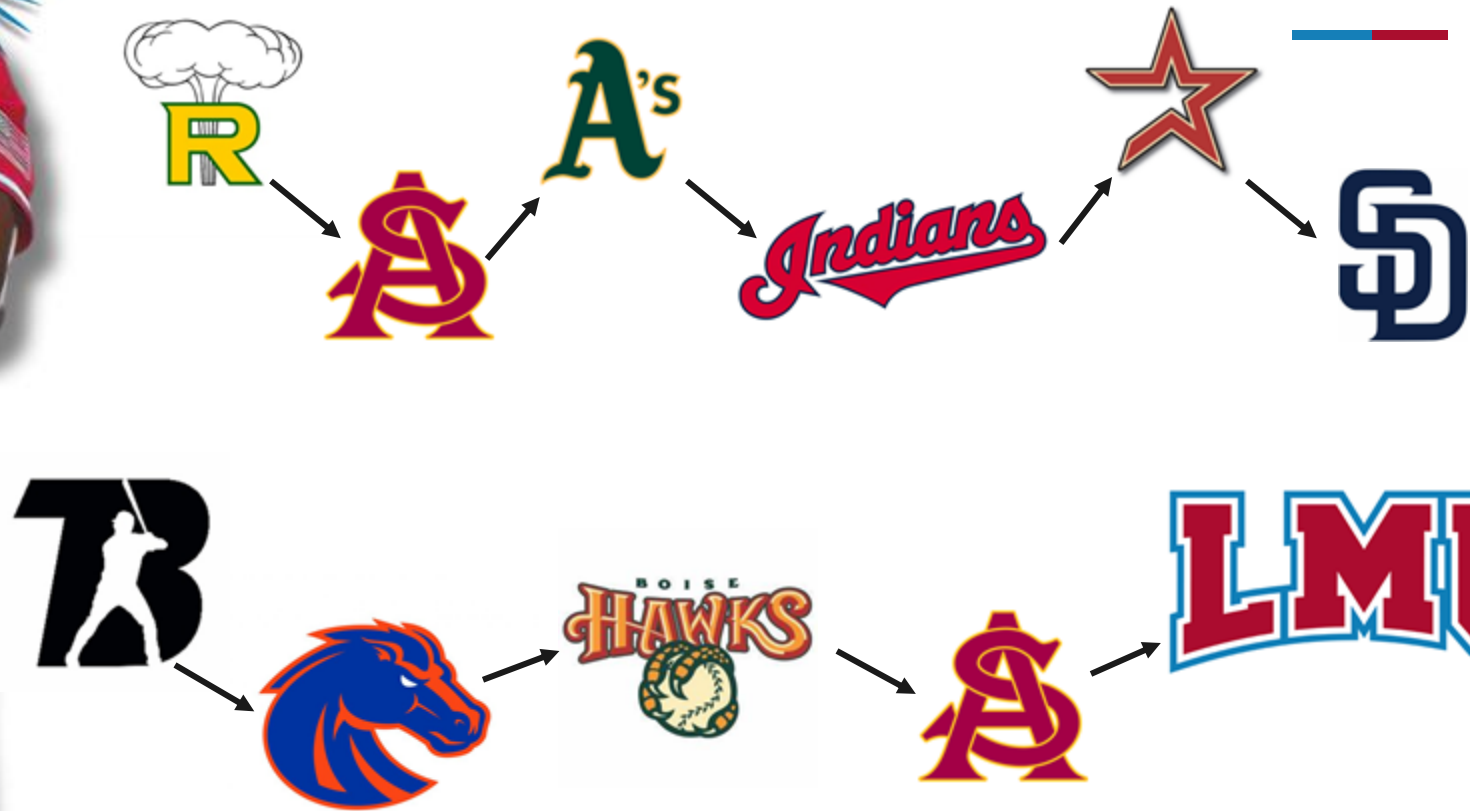
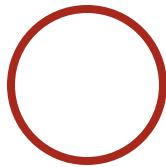




# MY JOURNEY

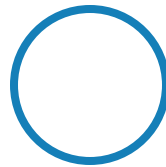


# PLAYER DEVELOPMENT | SKILL ACQUISITION



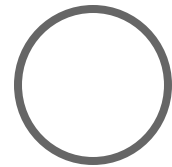
## High School

- Lay the foundation
- Fundamental skills
- Prepare for college



## College

- Improve areas of weakness
- Learn to prepare
- Prepare for professional baseball



## Professional

- Learn to separate themselves
- Be their own coach

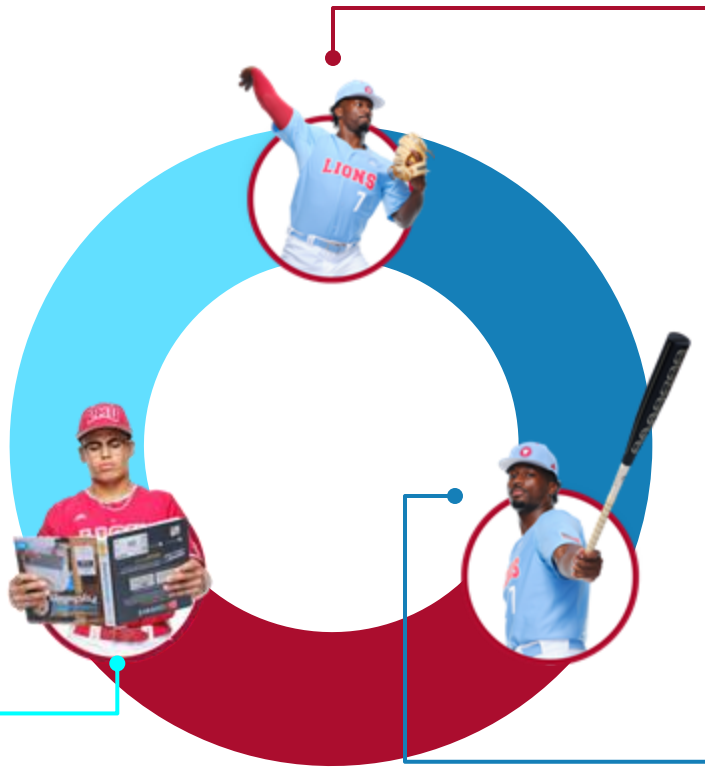


# TOPICS

APPROACH  
PLANNING

OUTFIELD  
DEVELOPMENT

HITTING  
ENVIRONMENT





# ADVERSITY IN THE NORTHWEST



WEATHER



FACILITIES



EXPOSURE









LOYOLA MARYMOUNT BASEBALL



# OUTFIELD DEVELOPMENT



# OUTFIELD PLAY

## 3 RULES

1 Make the routine play!

2 Throw it to/through the cut

3 Always keep the double play in order (batter/runner off 2B)

## DECISION MAKING

- Do or Dies (Lane work)  
*\*90% sure throwing him out to give up 90'*
- In Lane (Take a shot)  
*If the ball is within arm's length + 2-3'.*
- Out of Lane (Throw to cut/Second base)  
*If the ball is outside arm's length +2-3".*

# DRILL MENU

## OUTFIELD DRILLS

### CATCH PLAY ROUTINE (ADD-ONS)

#### Ground Ball Footwork

Crow Hop  
Glove Side Spin  
Backhand  
Switch Foot Backhand

#### Fly Ball Footwork

Crow Hop  
Glove Side Spin  
Backhand  
Switch Foot Backhand

### INDIVIDUAL/PARTNER WORK

Glovework (Tap Backs/Catch Backs)  
Pre-Set

#### Ground Ball Footwork

Half Moon Drill  
V-Drill

#### Fly Ball/Line Drive Footwork

Quarterbacks\*  
Z-Drill/Reverse Z-Drill

Only way to find your true range is to take game like reps during BP!! (Best Speed)

### FLY BALL WORK/JUMPS

Balls Off the Wall  
Bermuda Triangle  
Diamond Drill\*  
Quarterbacks\*  
Square Drill\*  
Sun Balls  
Toss Fungo  
Wheel Drill\*  
Y-Reaction Drill  
Z-Drill/Reverse Z-Drill  
DB Hips

Head Snaps  
Right & Left  
Blind Start\*  
Around the World  
Fungo Line Drives

### GROUND BALL WORK

Half Moon Drill  
Line Drill  
Same Pace Depth Variation (machine)  
Square Drill\*  
V-Drill  
Cone Drill\*  
"Late turn" Drill  
Slide Picks w/Communication

### SITUATIONAL/TROWS

Balls Off the Wall  
Communication\*  
Fungo Tee/Soft Toss  
Three Throws Series (3 variations)  
Throwing Decisions (situations)

\*variations





# HALF MOON DRILL





# V-DRILL





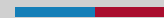


# Y-REACTION DRILL

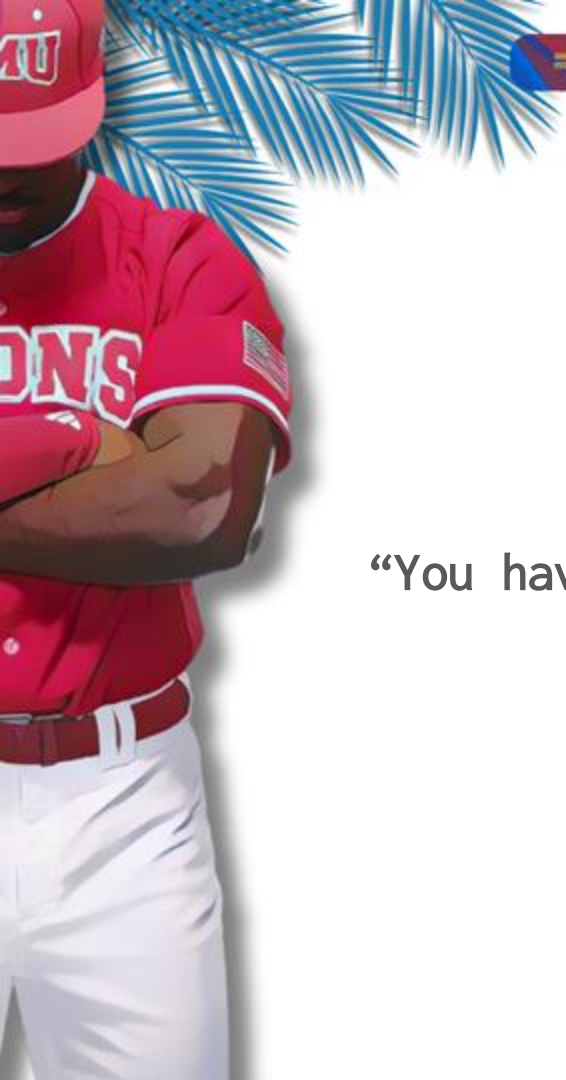




LOYOLA MARYMOUNT BASEBALL



# HITTING DEVELOPMENT

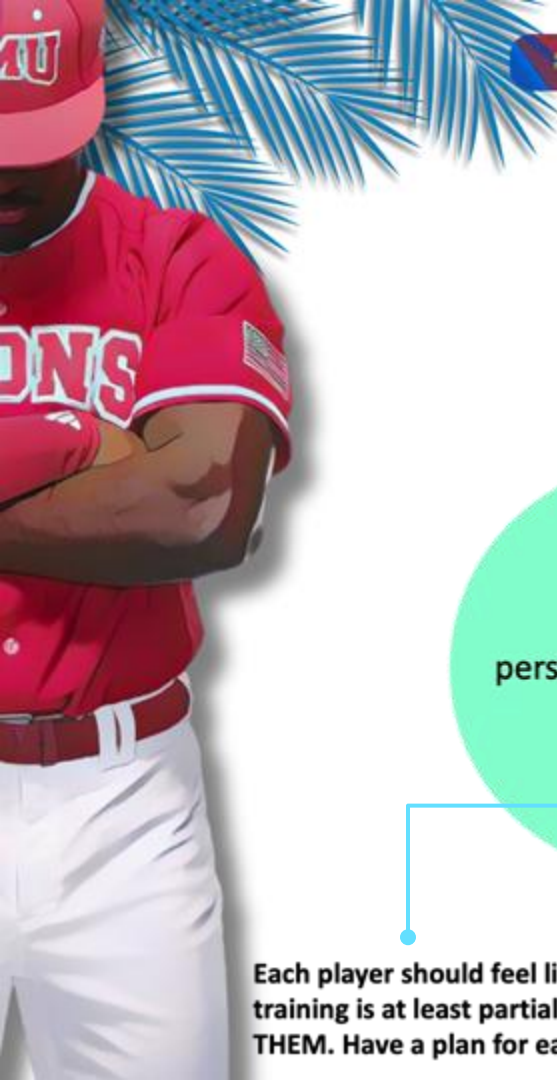


# HITTING ENVIRONMENT

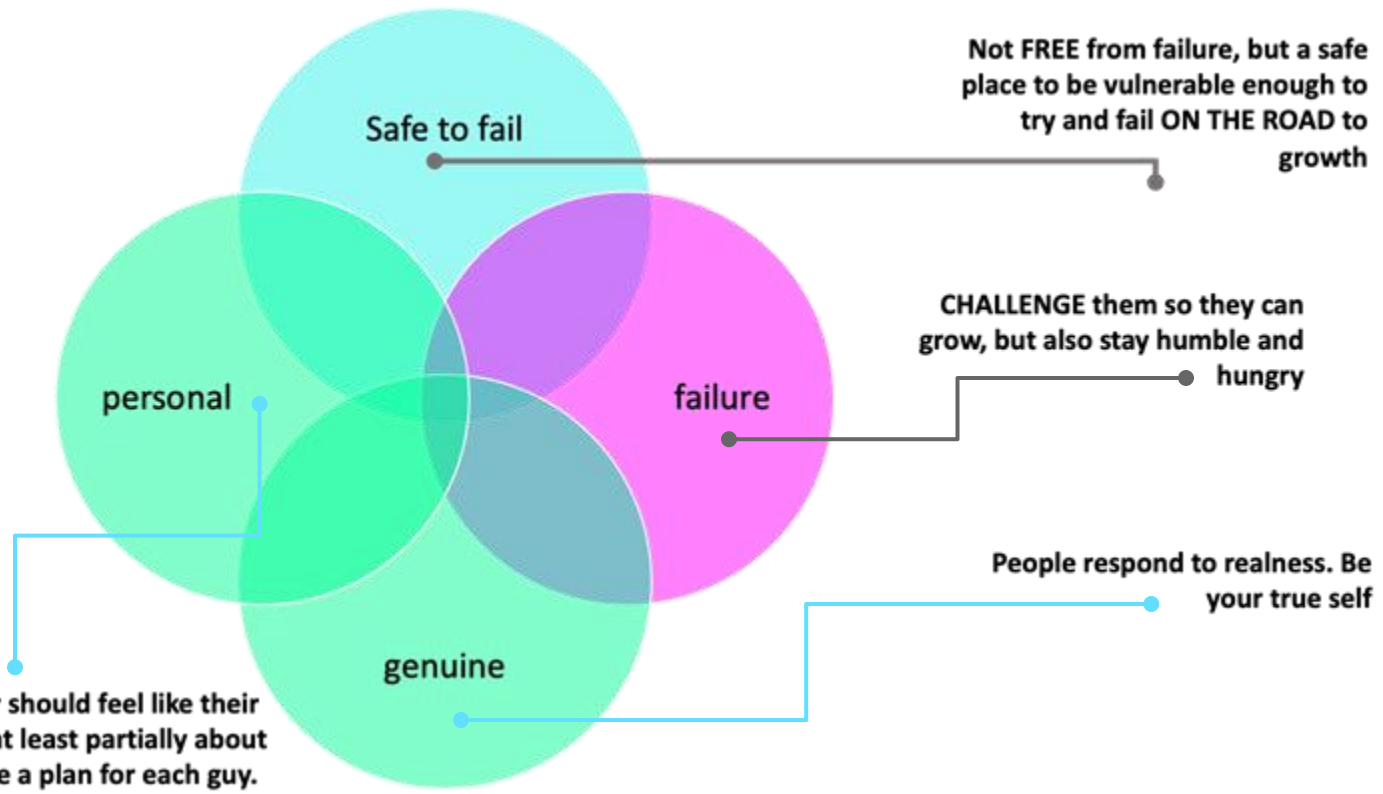


“You have to be comfortable being uncomfortable.”

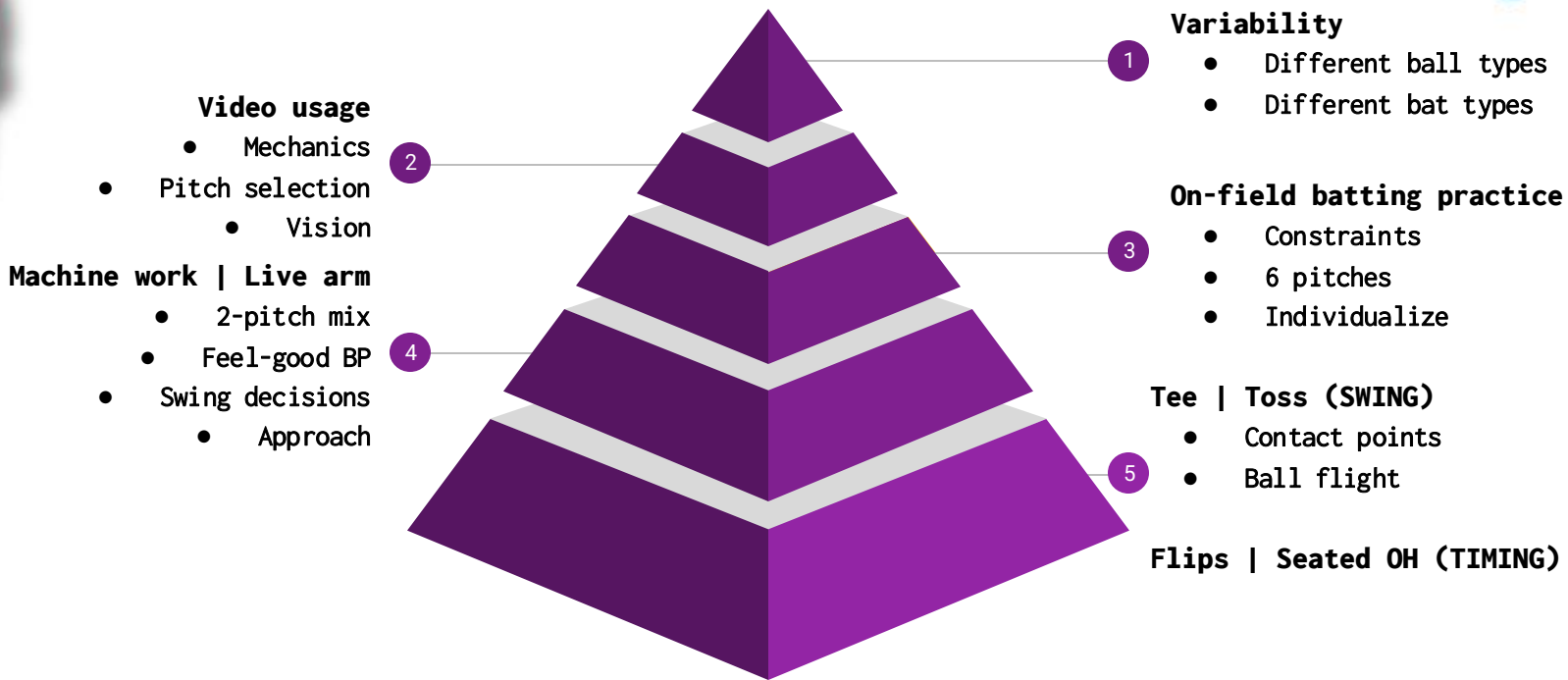




# ENVIRONMENT



# HITTING ENVIRONMENT





# APPROACH PLANNING

"I love it when a plan comes together."



# DARTMOUTH

13 CLARK GILMORE R FB SR VS RHH

## RELEASE POINT



## ATTACK PLAN

UP IS YES, ON MIDDLE ELEVATED, IN DOWNWAVE, IN MIDDLE ELEVATED, BE TOUGH, NO WILL NOT YES

## STANDARD

UP IS YES

BSP 100% 100%

UP IS YES

## RUNNING GAME

SB 100% 100% PICK STYLE 100%

1.2 1.4 QUICK MOVE

PICK GRADE 100% TAPPING NOTES

100%

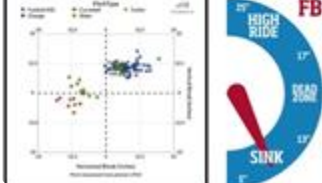
## PITCH USAGE

PITCH	TOTAL	IN ZONE	SET P	2K	BSP	AVAILABLE UP	ATTACK
FB	75%	55%	72%	71%			
CB	1%	57%	2%	1%			
SL	14%	40%	21%	20%			
CH	10%	50%	5%	8%			

## PITCH PROFILE

PITCH	VEL MAX	VEL END	VS	HS	MOVEMENT
FB	90	88	11.00	10.00	TAIL
CB			-2.00	-11.00	
SL	78-79	10.00	4.00	FBIS	
CH	78-79	4.00	10.00	SINK	

## MOVEMENT PLOT

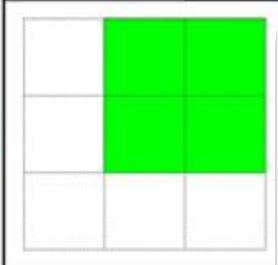


## FB PROFILE



# GO ZONE

HITTER VIEW  
PITCH WINDOWS



## LOCATION INFORMATION

ALL STRIKES DAMAGE

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

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Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

Pitch Frequency

# DARTMOUTH

13 CLARK GILMORE R FB SR VS LHH

## RELEASE POINT



## ATTACK PLAN

UP IS YES, FB has AGR + must stay through FB, 1A/2A NIBBLES AWAY, BE TOUGH, NO WILL NOT YES, 1A/2A NIBBLES AWAY, BE TOUGH, NO WILL NOT YES

## STANDARD

UP IS YES

BSP 100% 100%

UP IS YES

## RUNNING GAME

SB 100% 100% PICK STYLE 100%

1.2 1.4 QUICK MOVE

PICK GRADE 100% TAPPING NOTES

100%

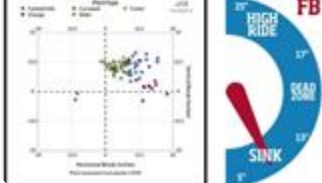
## PITCH USAGE

PITCH	TOTAL	IN ZONE	SET P	2K	BSP	AVAILABLE UP	ATTACK
FB	70%	50%	68%	57%			
CB	1%	50%	2%	1%			
SL	9%	54%	6%	13%			
CH	20%	51%	26%	28%			

## PITCH PROFILE

PITCH	VEL MAX	VEL END	VS	HS	MOVEMENT
FB	90	88	11.00	10.00	TAIL
CB			-2.00	-11.00	
SL	78-79	10.00	4.00	FBIS	
CH	78-79	4.00	10.00	SINK	

## MOVEMENT PLOT

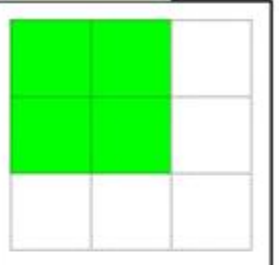


## FB PROFILE



# GO ZONE

HITTER VIEW  
PITCH WINDOWS



## LOCATION INFORMATION

ALL STRIKES DAMAGE

Pitch Frequency

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# HITTING APPROACH PLAN

## INDIVIDUAL PLAYER

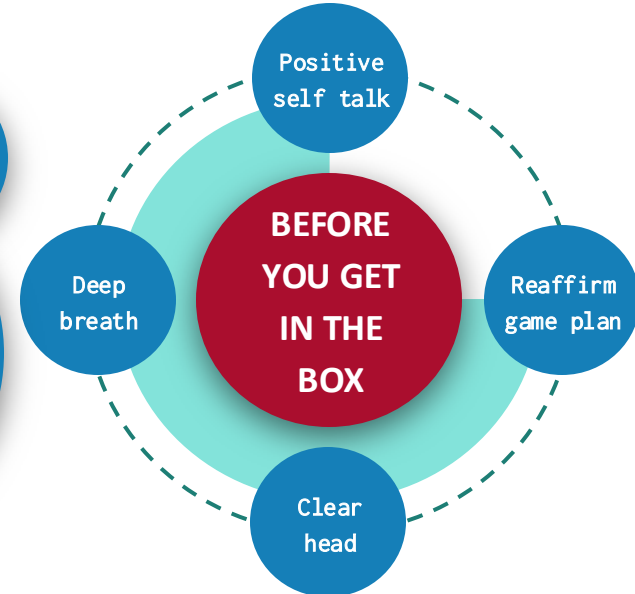
KNOW YOUR STRENGTHS

PITCH ARSENAL

PLAN BY EACH

Scouting Report

PITCHER





# HITTING APPROACH | LOCATION

GOAL | Hunt your pitch in your location!

## 3 BALL

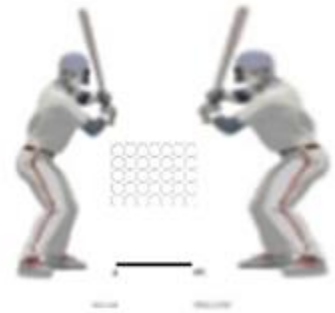
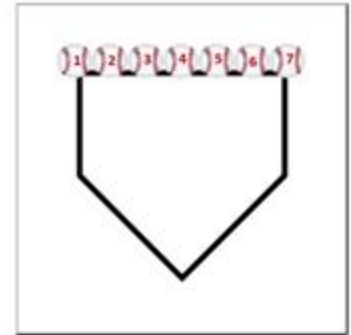
- 0-0
- 1-0
- 2-0
- 3-0
- 3-1
- More selective

## 5 BALL

- 0-1
- 1-1
- 2-1
- Can't be too selective

## 7 BALL

- 2K approach?
- Hit & Run





# HITTING APPROACH | TIMING

LMU

## Early Rhythm

- Plus FB
- Leg load when P's hands separate
- Sell out for FB

## Split Rhythm

- FB oppo gap | mistake BB pull side gap
- Leg load when P's arm comes forward
- Make 3-pitch guy a 2-pitch guy

## Late Rhythm

- Soft tosser
- Leg load when P releases ball
- Sell out for OS

## RHYTHM OPTIONS



# HITTING APPROACH | 15 SECOND

## RIDE



### Average time between pitches

- Hitters must commit to a process of protecting their mind from distractions during that time
  - Until they commit to something, they will be distracted by everything

Last 3

### Clear your mind

- Just before pitcher throws
- Let training, instincts & athleticism take over & do their job
- THIS is "not thinking" in the box

Next 3

### Visually SEE the plan

- Pitch types + locations
- Solid contact + ball flight
- COMMIT to the plan
- ALL in!

Next 4

### Get control of your mind

- Deep breaths
- Good body language
- Flushing mechanism
- Focal point
- Reset

First 5

### Learn something

- Was I ready to hit?
- Was I on time?
- Did I pick up the baseball?



# WELCOME TO THE BLUFF

## LMU