

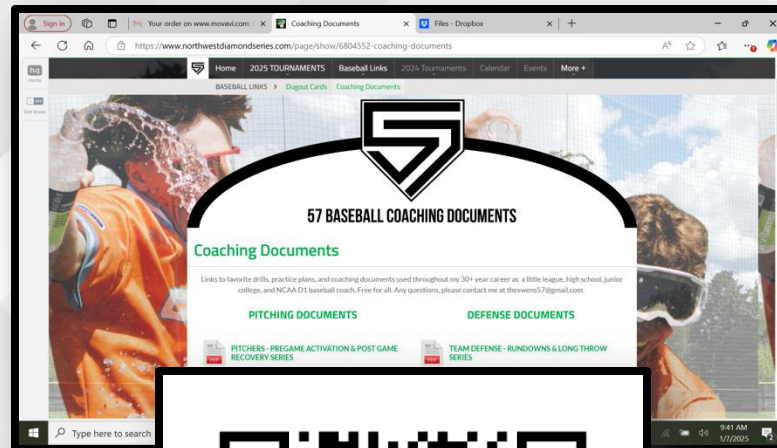
DESIGNING A GREAT PRACTICE PLAN

Gregg Swenson
WSBCA

COACHING RESOURCES



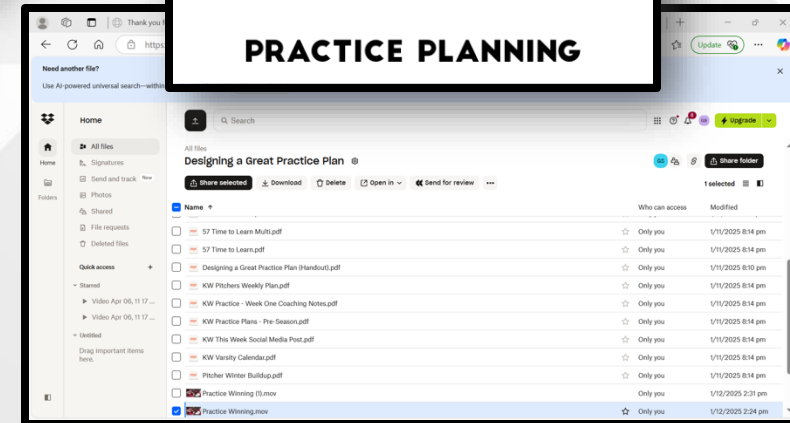
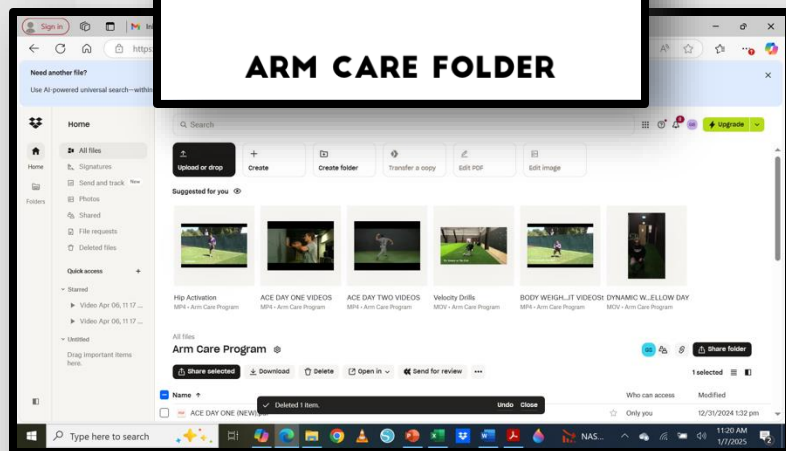
ARM CARE FOLDER



COACHING DOCUMENTS



PRACTICE PLANNING



PRACTICE ABSOLUTES

BE PRESENT

BE EFFICIENT

BE GAMELIKE

BE AWARE

PRACTICE ABSOLUTES

BE PRESENT

- Segment Your World
- Check In With The Players
- Control the Controllables

BE EFFICIENT

BE GAMELIKE

BE AWARE

PRACTICE ABSOLUTES

BE PRESENT

BE EFFICIENT

- Stay on Track
- Work on the Relevant
- Have Great Pace

BE GAMELIKE

BE AWARE

PRACTICE ABSOLUTES

BE PRESENT

BE EFFICIENT

BE GAMELIKE

- Compete All Ways
- Game Like Reps
- Quality vs Quantity

BE AWARE

PRACTICE ABSOLUTES

BE PRESENT

BE EFFICIENT

BE GAMELIKE

BE AWARE

- Who We Are
- Who We Have
- What We Do Best

PRACTICE ABSOLUTES

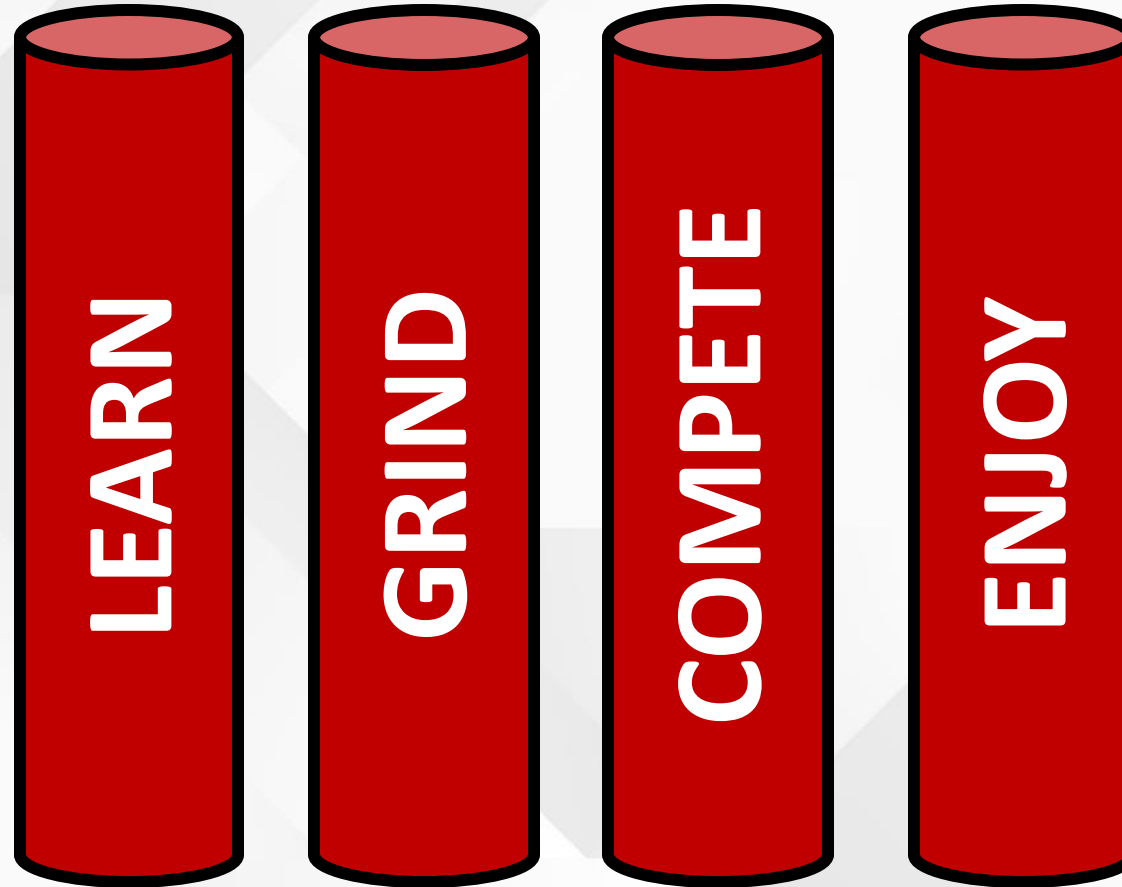
BE PRESENT

BE EFFICIENT

BE GAMELIKE

BE AWARE

FOUR PILLARS OF A GREAT PRACTICE



FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little

GRIND

COMPETE

ENJOY

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
 - Calendars
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little

KING'S WAY - VARSITY BASEBALL 2018 CALENDAR						
Monday, February 26, 2018 PRACTICE 1 3:15-5:30pm Luke Jensen	Tuesday, February 27, 2018 PRACTICE 2a 3:15-5:30pm Baseball Drills PRACTICE 2b 5:30-6:30pm Luke Jensen	Wednesday, February 28, 2018 PRACTICE 3a 3:15-5:30pm Luke Jensen	Thursday, March 1, 2018 PRACTICE 3b 6:30-7:30am Baseball Drills PRACTICE 4b 5:30-6:30pm Luke Jensen	Friday, March 2, 2018 PRACTICE 5 3:15-5:30pm Luke Jensen	Saturday, March 3, 2018 PRACTICE 6 8:00-10:30am KW Turf Field & TBD	OFF DAY
Monday, March 5, 2018 PRACTICE 7 3:15-5:30pm Luke Jensen	Tuesday, March 6, 2018 PRACTICE 8a 3:15-5:30pm Baseball Drills PRACTICE 8b 5:30-6:30pm Classroom Chalk Talk	Wednesday, March 7, 2018 PRACTICE 9 3:15-5:30pm Baseball Drills PRACTICE 10a 5:30-6:30pm Luke Jensen	Thursday, March 8, 2018 PRACTICE 10b 6:30-7:30am Baseball Drills PRACTICE 10c 5:30-6:30pm Luke Jensen	Friday, March 9, 2018 PRACTICE 11 3:15-5:30pm Luke Jensen	Saturday, March 10, 2018 PRACTICE 12 8:00-10:30am KW Turf Field & TBD	OFF DAY
Monday, March 12, 2018 PRACTICE 13 3:15-5:30pm Luke Jensen	Tuesday, March 13, 2018 PRACTICE 14 3:15-5:30pm vs Woodland High School 5:00pm Luke Jensen	Wednesday, March 14, 2018 OFF DAY	Thursday, March 15, 2018 PRACTICE 15a 3:15-5:30pm Luke Jensen	Friday, March 16, 2018 PRACTICE 15b vs Franklin Pierce HS 5:00 & 5:30pm Luke Jensen	Saturday, March 17, 2018 PRACTICE 16 8:00-10:30am KW Turf Field & TBD	OFF DAY
Monday, March 19, 2018 PRACTICE 17 3:15-5:30pm vs Kalama High School 4:00pm Luke Jensen	Tuesday, March 20, 2018 PRACTICE 18 3:15-5:30pm Luke Jensen	Wednesday, March 21, 2018 PRACTICE 17 3:15-5:30pm Luke Jensen	Thursday, March 22, 2018 PRACTICE 19 3:15-5:30pm vs Columbia River HS 4:00pm Luke Jensen	Friday, March 23, 2018 PRACTICE 20 3:15-5:30pm vs Columbia River HS 4:00pm Vernon, WA	Saturday, March 24, 2018 OFF DAY	Sunday, March 25, 2018 OFF DAY
Monday, March 26, 2018 PRACTICE 18 3:15-5:30pm Luke Jensen	Tuesday, March 27, 2018 PRACTICE 19 3:15-5:30pm vs Castle Rock High School 3:00 & 5:30pm Castle Rock High School Castle Rock, WA	Wednesday, March 28, 2018 OFF DAY	Thursday, March 29, 2018 PRACTICE 19 3:15-5:30pm Luke Jensen	Friday, March 30, 2018 PRACTICE 20 3:15-5:30pm vs Castle Rock High School 4:00pm Luke Jensen	Saturday, March 31, 2018 OFF DAY	Sunday, April 1, 2018 OFF DAY
Monday, April 2, 2018 OFF DAY	Tuesday, April 3, 2018 OFF DAY	Wednesday, April 4, 2018 OFF DAY	Thursday, April 5, 2018 PRACTICE 20 TBD Luke Jensen	Friday, April 6, 2018 PRACTICE 21 TBD	Saturday, April 7, 2018 PRACTICE 22 9:00am-12:00pm KW Turf Field & TBD	OFF DAY
Monday, April 9, 2018 PRACTICE 22 3:15-5:30pm Luke Jensen	Tuesday, April 10, 2018 PRACTICE 23 3:15-5:30pm vs Columbia High School 4:00pm Luke Jensen	Wednesday, April 11, 2018 OFF DAY	Thursday, April 12, 2018 PRACTICE 24 3:15-5:30pm Luke Jensen	Friday, April 13, 2018 PRACTICE 25 3:15-5:30pm at Columbia High School 4:00pm Columbia River High School White Salmon, WA	Saturday, April 14, 2018 PRACTICE 25 9:00am-12:00pm KW Turf Field & TBD	OFF DAY
Monday, April 16, 2018 PRACTICE 26 3:15-5:30pm Luke Jensen	Tuesday, April 17, 2018 PRACTICE 27 3:15-5:30pm Luke Jensen	Wednesday, April 18, 2018 OFF DAY	Thursday, April 19, 2018 PRACTICE 26 3:15-5:30pm Luke Jensen	Friday, April 20, 2018 PRACTICE 27 3:15-5:30pm at Adna High School 4:00pm Adna High School Chelan, WA	Saturday, April 21, 2018 PRACTICE 28 9:00am-12:00pm KW Turf Field & TBD	OFF DAY
Monday, April 23, 2018 PRACTICE 30 3:15-5:30pm Luke Jensen	Tuesday, April 24, 2018 PRACTICE 29 3:15-5:30pm vs Stevenson High School 3:00 & 5:30pm Stevenson, WA	Wednesday, April 25, 2018 OFF DAY	Thursday, April 26, 2018 PRACTICE 31 3:15-5:30pm Luke Jensen	Friday, April 27, 2018 PRACTICE 32 3:15-5:30pm Stevenson High School Stevenson, WA	Saturday, April 28, 2018 PRACTICE 32 9:00am-12:00pm KW Turf Field & TBD	OFF DAY
Monday, April 30, 2018 PRACTICE 33 3:15-5:30pm Luke Jensen	Tuesday, May 1, 2018 PRACTICE 34 3:15-5:30pm at LaCrosse High School 3:00 & 5:30pm LaCrosse, WA	Wednesday, May 2, 2018 OFF DAY	Thursday, May 3, 2018 PRACTICE 35 3:15-5:30pm Luke Jensen	Friday, May 4, 2018 PRACTICE 36 3:15-5:30pm vs LaCrosse High School 4:00pm Luke Jensen	Saturday, May 5, 2018 PRACTICE 36 9:00am-12:00pm KW Turf Field & TBD	OFF DAY
Monday, May 7, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Tuesday, May 8, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Wednesday, May 9, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Thursday, May 10, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Friday, May 11, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Saturday, May 12, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Sunday, May 13, 2018 OFF DAY
Monday, May 14, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Tuesday, May 15, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Wednesday, May 16, 2018 OFF DAY	Thursday, May 17, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Friday, May 18, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Saturday, May 19, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm LOCATION TBD	Sunday, May 20, 2018 OFF DAY
Monday, May 21, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Tuesday, May 22, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Wednesday, May 23, 2018 PRACTICE 3:15-5:30pm Luke Jensen	Thursday, May 24, 2018 TRAVEL DAY PRACTICE IN YAKIMA East Valley High School Time TBD	Friday, May 25, 2018 CHAMPIONSHIP WEEK SEMI-FINALS OPPONENT TBD TIME TBD County Stadium Yakima, WA	Saturday, May 26, 2018 CHAMPIONSHIP WEEK CHAMPIONSHIP SATURDAY OPPONENT TBD TIME TBD County Stadium Yakima, WA	Sunday, May 27, 2018 SEASON OVER

3. Morning Workouts
ALLS AND FLYBALLS
MBER 1
PRACTICE EXPECTATIONS
FIRST BASE
POSITION DRILLS
QBS, C: RCVG DRILLS
COMMUNICATION
SE / CAGES BP
COVERY PROGRAM
CAGE 5
4
5TH ROUND
4
5TH ROUND
STATION 5
Arod Extension
Dimaggio Drill

Defense.

off the bat during BP, etc.

in Year One.
ed in Year One.
to prepare for games.

LEARN

- **Map Out Your Season**
 - **Practice Plan**
 - Templates**
- **Coach the Coaches**
- **Inform the Players**
- **Daily Mental Sessions**
- **A Lot in A Little**

2025 **NW**
BCA
Northwest Baseball Coaches Association

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
 - Checklists
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little

57 BASEBALL, LLC – YEARLY PROGRESSIONS OF AN INFIELDER

YEAR ONE

- Introduction to proper warm-up routine.
- Respect for team schedules – be on time to stretch, BP, and treatment.
- Develop good work habits – early work, extra stretch, equipment check.
- Understand mental toughness – no fear of failure, no excuses, separate the offense from the defense.
- Introduce bunt defense – know assignment and purpose of each play.
- Introduce cut-offs and relays – importance of communication, trailer expect bad throw.
- Introduce first and third defense – explain main priority on each play.
- Teach proper pop-up priorities.
- Teach how and when to hold runners.
- Teach tag plays – pop, sweep, swipe.
- Explain coverage on steals – open and closed mouth communication.
- Teach proper fielding technique:
 - Starting Position – comfortable, relaxed, balanced.
 - Aggressiveness – play through the ball.
 - Feet – use footwork to help get in proper throwing and fielding position.
 - Hands – must be relaxed in order to be quick and soft.
 - Transfer – take ball out of glove with other hand, don't flip ball from glove hand.
 - Glove Work – field ball pinkie to thumb on backhands.
 - Anticipation – expect every ball to be hit to you, know where to go with the ball.
 - Reads and jumps – concentrate on the hitting zone, know what pitch is being thrown.
- Teach proper throwing mechanics:
 - Grip – try to hold the ball across the seams – four seam grip.
 - Strength/Accuracy – use of legs and back, point elbow and shoulder to target, don't rush.
 - Arm Angle – learn to throw from different angles.
- Establish field awareness – play the scoreboard, wind, sun, speed of runners, etc.
- Teach double play pivot – use of bag, importance of good feeds, think aggressively.
- Discuss the importance of developing a daily work routine – backhands, counting hops, reads off the bat during BP, etc.
- Learn to play other positions – versatility is very important.
- Learn to respect the umpire.

YEAR TWO

- Continue to instruct, but start expecting execution of mechanics and fundamentals introduced in Year One.
- Developing a better understanding of all fundamentals, technique and mental approach covered in Year One.
- Re-enforce the importance of good work habits and routines on a daily basis that help players to prepare for games.
- Learn to become a good self-evaluator and motivator.
- Continue to develop good working relationships with umpires.
- Take pride in your defense.

YEAR THREE

- Continue to improve upon all fundamentals and techniques.
- Develop and understand the importance of all mental aspects of the game.
- Become more consistent at execution of all fundamentals.
- Being prepared for and understanding role.
- Begin to understand how to use umpires to increase our chance to win.

YEAR FOUR

- Should have a complete understanding of the importance of defense to a winning team.
- Should be very consistent in all phases of the game – physically, fundamentally, and mentally.
- Should have developed a positive no fear attitude.

ALL		
Saturday, March 3, 2018	Sunday, March 4, 2018	
PRACTICE 6 9:00-10:00am KW Turf Field & T80	OFF DAY	
Saturday, March 10, 2018	Sunday, March 11, 2018	
PRACTICE 12 8:00-10:00am KW Turf Field & T80	OFF DAY	
Saturday, March 17, 2018	Sunday, March 18, 2018	
PRACTICE 15 8:00-10:00am KW Turf Field & T80	OFF DAY	
Saturday, March 24, 2018	Sunday, March 25, 2018	
OFF DAY	OFF DAY	
Saturday, March 31, 2018	Sunday, April 1, 2018	
OFF DAY	OFF DAY	
Saturday, April 7, 2018	Sunday, April 8, 2018	
PRACTICE 22 9:00am-12:00pm KW Turf Field & T80	OFF DAY	
Saturday, April 14, 2018	Sunday, April 15, 2018	
PRACTICE 19 9:00am-12:00pm KW Turf Field & T80	OFF DAY	
Saturday, April 21, 2018	Sunday, April 22, 2018	
PRACTICE 29 9:00am-12:00pm KW Turf Field & T80	OFF DAY	
Saturday, April 28, 2018	Sunday, April 29, 2018	
PRACTICE 32 9:00am-12:00pm KW Turf Field & T80	OFF DAY	
Saturday, May 5, 2018	Sunday, May 6, 2018	
PRACTICE 36 9:00am-12:00pm KW Turf Field & T80	OFF DAY	
Saturday, May 12, 2018	Sunday, May 13, 2018	
DISTRICTS WEEK PRACTICE & GAME T80 TIME T80 LOCATION T80	OFF DAY	
Saturday, May 19, 2018	Sunday, May 20, 2018	
REGIONAL WEEK GAME DAY TIME T80 LOCATION T80	OFF DAY	
Saturday, May 26, 2018	Sunday, May 27, 2018	
CHAMPIONSHIP WEEK HAMPIONSHIP SATURDAY OPPONENT T80 TIME T80 County Stadium Yafima, WA	MEASUREMENT OVER	

Morning Workouts
S AND FLYBALLS
ER 1
CTICE EXPECTATIONS
RST BASE
SITION DRILLS
S, C: RCVG DRILLS
MMUNICATION
/CAGES BP
VERY PROGRAM
CAGE 5
5TH ROUND
Cages Station 5
5TH ROUND
STATION 5
Arod Extension
Dimaggio Drill

FOUR PILLARS OF A GREAT PRACTICE

MONDAY – PRACTICE 1 – TRYOUT DAY

- **Early Work Option** – Mass groundball and flyballs: players that arrive early should get out and either take early groundballs or flyballs. Players hit or machines send groundballs or flyballs.
- **Dynamic Warmup** – Simone Warmup – I will go over the Simone Baseball Warmup with the team. We have a few different warmups to keep things from being stale. This is a new one from a well-respected baseball trainer.
- **Meeting** – When time allows we will meet and discuss yesterday's game or practice, mental skill or core value with the club. I do not want to meet for more than 5 minutes after a game or practice. I've spent way too much time talking after a game and it is not well heard. So the goal is to wait till the next day to meet and discuss things. This first meeting I'll go over our Five Pillars (Passion, Accountability, Selflessness, Integrity and Pride) as well as our practice expectations:
- **Throw Program** – Long Toss Routine: we will play long toss every day. They are three types. Arc Toss where the boys will only lob the ball back and forth, Pull Down where once they get to full distance they will be asked to let it eat on the way back in, and Light Toss where they will lob it to a distance of 60-120' and back on light days. The routine is as follows: Slanted Square to 60', Backhand Forehand to 90', Marshals to 120', Shuffle Catch to Max, Pull Down On Way Back In
- **Fielding**: Today's practice will have the players go to their primary position and be tested for arm strength, footwork and glove work. Outfielders will make 4 throws from Right Field – 2 to 3rd base and 2 to home plate. Infielders Will all go to Shortstop and will make 4 players – 1 right at them, 1 to their forehand, 1 to their backhand, and 1 slow roller. And catchers will make 4 throws to 2nd base with times.
- **Batting Practice** – Tee Series: BP will include a tee series as either a group warmup or as a station. The series will eventually ask the players to perform specific drills, either as their choice or as the coaches choice. Most of the time it will be 4-5 drills from a list of about 20. Today we will introduce 10 of them:
 - Varied Front Leg – Hitter uses different trigger styles with front leg like toe tap, leg lift, back and forth, sway back, weight shift, double tap, etc, landing in the power position every time.
 - Rhythm Shifts – hitter starts 2-3 steps behind tee and takes a stride and triggers, then moves back leg up to front leg then takes a stride and triggers. Does this again and swings on the third rhythm. Works on getting hands to a solid load position (trigger) and creates tempo in swing
 - Solid Back Leg – hitter gets in his stance then drops his front leg behind him into a split squat position, causing him to feel his load in his back leg and heel. From there he strides and hits.
 - Longo Drill – hitter starts in his normal stance and right before he strides he lifts his back toes off the ground to start a heel ground force before striding
 - Stride 3 Times - Hitter trigger and strides 3 times, hitting on the last one.
 - Step Backs - Hitter steps back with back foot, then strides and separates into power position

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
 - Detailed Plans
- Daily Mental Sessions
- A Lot in A Little

PRE-GAME WARMUP SERIES

RECOMMENDED USE BASED ON TIME:

- 0-5 MINUTES- BANDS, ARM CIRCLES
- 5-10 MINUTES- HIP ACTIVATIONS, BANDS, ARM CIRCLES
- 10-15 MINUTES- HIPS, BANDS, ARM CIRCLES, GREENIE SERIES
- 15-20 MINUTES- HIPS, BANDS, ARM CIRCLES, GREENIE SERIES, NOODLE SERIES
- 20-25 MINUTES- HIPS, BANDS, ARM CIRCLES, GREENIE SERIES, NOODLE SERIES, SOCK THROWS

HIP ACTIVATION

- MOBILITY SERIES TO ACTIVATE THE HIPS
- LAY OUT 4 BALLS / CONES ABOUT 1 YARD APART
- EXERCISES
 - LATERAL (SETS: SLOW, FAST, SKIP)
 - FORWARD (SETS: SLOW, FAST, SKIP)
 - EXTERNAL ROTATION (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - INTERNAL ROTATION / ANKLE TOUCH (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - STRAIGHT LEG EXTENSIONS (SETS: SLOW, FAST, SKIP)

JAEGER BANDS OR CROSSOVER SYMMETRY BANDS

- WARMUP SERIES
- REPS PER EXERCISE AS RECOMMENDED

ARM CIRCLES

- 10 REPS OF EACH SET
- EXERCISES
 - PALMS DOWN
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL
 - PALMS UP
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL

SHOULDER SERIES-NOODLES 1

- 3-5 REPS OF EACH SET UNLESS NOTED
- EXERCISES
 - AROUND THE WORLD (SIDE, FRONT, ACROSS)
 - CLOSE THE DOOR
 - PAINT THE FENCE
 - BEHIND THE BACK SHRUG (2-3 SETS OF 10 SECONDS)
 - FULL THROWS

SHOULDER SERIES-NOODLES 2

- 3-5 REPS OF EACH SET UNLESS NOTED
- EXERCISES
 - ARM RAISE - FRONT
 - ARM RAISE - SIDE
 - INTERNAL EXTERNAL ROTATION
 - BICEP CURL
 - BEHIND THE BACK SHRUG

WAY BASEBALL

March 26-April 1, 2018

ty) & JV)	Luke Jensen
le Rock (Varsity)	KW Parking Lot
at Castle Rock	Castle Rock HS
erlwether (80pitches)	
assetta-Stubbs (80pitches)	Luke Jensen
ty) - Could change with weather...	
vs Castle Rock (JV)	Luke Jensen
ty) & JV)	Luke Jensen
e Rock (Varsity)	Luke Jensen
derdale (80pitches)	LJ Upper Field & Cages
ty)	Baseball Dudes
ive April 1 st -4 th off. See you on the 5 th at 3:00pm)	

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
 - Post Plans
- Daily Mental Sessions
- A Lot in A Little

KING'S WAY BASEBALL Week of: March 26-April 1, 2018

Monday, March 26, 2018

3:15-6:00pm Practice (Varsity & JV) Luke Jensen

Tuesday, March 27, 2018

1:00pm Depart to Castle Rock (Varsity) KW Parking Lot
3:00pm Doubleheader at Castle Rock Castle Rock HS

- Game 1: Meriwether (80pitches)
- Game 2: Cassetta-Stubbs (80pitches)

3:15-5:30pm Practice (JV) Luke Jensen

Wednesday, March 28, 2018

Off Day (Varsity) - Could change with weather...

3:00pm Doubleheader vs Castle Rock (JV) Luke Jensen

Thursday, March 29, 2018

3:15-6:00pm Practice (Varsity & JV) Luke Jensen

Friday, March 30, 2018

4:00pm Game vs Castle Rock (Varsity) Luke Jensen
• Game: Lauderdale (80pitches)

3:15-5:15pm Practice (JV) LJ Upper Field & Cages

Saturday, March 31, 2018

8:00-9:00am Practice (Varsity) Baseball Dudes

Sunday, April 1, 2018

Spring Break - Off Day (We will have April 1st-4th off. See you on the 5th at 3:00pm)

IN CIRCLES
GREEMIE SERIES
GREEMIE SERIES, NOODLE SERIES
GREEMIE SERIES, NOODLE SERIES, SOCK THROWS

AST, SKIP)
(THE OTHER
(SET & SLOW, FAST, SKIP)
(THE OTHER
OW, FAST, SKIP)

ACROSS

10 SECONDS

FOUR PILLARS OF A GREAT PRACTICE

MAP SESSION



LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- **Daily Mental Sessions**
- A Lot in A Little

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little
 - Rundown & Long Throw Series

57 BASEBALL RUNDOWN SERIES

The Rundown Series is performed as needed in practice, but typically we try to execute it 1-2 times a week in the weeks leading up to our first game, then about once a week during the game portion of our season. We set aside 15-20 minutes of practice time, spending about 5 minutes for each series. Pitchers will go out in groups of 3, however only one pitcher will go at a time using the top of the mound. This is a great way to execute game situations with rundowns or long throws. Use outfielders as runners.

RUNDOWN - FUNGO SERIES

- o Runner at First Base (Do one of these)
 - Groundball to 1st Base
 - Touch bag and throw to 2nd base
 - Runner stops and gets in a rundown
 - Groundball to Left Field
 - Team manager throws to cutoff (3rd Baseman) from left field when runner touches first base.
 - Third baseman redirects ball to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
 - Groundball to Right Field
 - Team manager throws to cutoff (1st Baseman) from right field when runner touches first base.
 - First baseman redirects to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
- o Runner at 2nd Base
 - Comebacker to the pitcher
 - Runner gets in a rundown
- o Runner at 3rd Base
 - Infielders play in
 - Groundball to an infielder who throws ball to the plate
 - Runner is green going in looking so he can get in a rundown

RUNDOWN - PICK SERIES

- o Runner at 1st Base
 - RHP 31 Move with throw to 2nd base
 - Runner at 1st takes off on 31 move and gets in a rundown
 - Make the out quickly to avoid the runner at 3rd from scoring (2 out execution)
- o Runner at 2nd Base
 - Pitcher performs inside move to 2nd base
 - Runner takes off on leg lift then gets in a rundown.
- o Runner at 3rd Base (Do One of These)
 - 31 Defers Full Arm Fake
 - Pitcher throws home to the catcher
 - Catcher full arm fakes to 2nd and catches runner at 3rd base
 - Runner takes off on full arm fake then gets in a rundown.
 - Squeeze Play
 - Pitcher throws pitchout to the plate
 - Runner breaks for home as in squeeze play
 - Catcher starts rundown back to third base

LONG THROW - PICK SERIES

- o Runner at 1st Base
 - LHP good move to 1st base
 - Runner goes on first movement and tries to steal 2nd base
 - 1st baseman makes long throw to 2nd base (SS covering) for out
- o Runner at 2nd Base
 - Pitcher executes spin move to 2nd base with shortstop or 2nd baseman
 - Runner takes off on first rhythm and tries to steal 3rd base
 - INF makes long throw to 3rd base for out
- o Runner at 3rd Base
 - 31 Defers Snap Throw to 3rd Base
 - Pitcher throws to catcher at home plate
 - Runner takes hard secondary and dives back to 3rd base
 - Catcher makes a snap throw to 3rd base for out.

work between
m defense

covering first

in the 5-4-3
at third base.
in the 3-6-1
be at first

lay.
lay.
lay.
out to

in the bag and

ie infielder off
in the 5-6-3

make the play

make the play

unt the ball
chers switch

y pitchers
receiving
chniques.
e going to

the

terminated
on.

they can

arly.

and starts

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little
 - Inside Game

INSIDE GAME ROUTINE

Inside Game is a staple of our PFP program, combining many aspects of the work between the infielders and pitchers in a quick paced drill that can be done during a team defense period or as a pre-game infield/outfield routine. It is done as follows:

- 3-1 Cover – ground ball to the first baseman who flips it to the pitcher covering first base.
- 6 Hole – ball hit to the six hole. If the third baseman fields it then we turn the 5-4-3 double play. If the shortstop fields it then we make the 6-5 force play at third base.
- 4 Hole – ball hit to the four hole. If the first baseman fields it then we turn the 3-6-1 double play. If the second baseman fields it then we make the 4-1 force at first base.
- 1-6-3 Double Play – ball hit to the pitcher who starts the 1-6-3 double play.
- 1-4-3 Double Play – ball hit to the pitcher who starts the 1-4-3 double play.
- 1-2-3 Double Play – ball hit to the pitcher who starts the 1-2-3 double play.
- 2-6-3 Double Play – bunt in front of the plate and the catcher goes lead out to second base and starts the 2-6-3 double play.
- 3-6-1 Double Play – ball hit to first baseman that carries him away from the bag and he starts the 3-6-1 double play.
- Jam It – Infield shifts heavily to the pull side of the hitter, with the middle infielder off set of second base. Ball hit to the pull side and the infield works to turn the 5-6-3 double play, the or the 3-4-1 double play.
- Drag – pitcher and third baseman communicate on the drag bunt and make the play 1-3 or 5-3
- Push – pitcher and first baseman communicate on the push bunt and make the play 1-3, 1-4, or 3-4

he ball
s switch

ow pitchers
r receiving
techniques.
re going to

els leading up to our first game,
inding about 5 minutes for each
is a great way to execute game

d the

uches first base.
Fand is heading to 2nd base on

ouches first base.
Fand is heading to 2nd base on

etermined
tion.

they can

early.

and starts

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little
 - Little Game

LITTLE GAME – Little Game is a team defense drill we do to get the hitters to bunt the ball and the infielders to play defense against the bunt. It is done with a pitcher. Pitchers switch after one full round of bunts. Usually 10-15 minutes with 2-3 pitchers.

- Drag – Nobody On
 - Bunter stays at 1b
- Push – Nobody On
 - Bunter stays at 1b
- Sac Bunt – Runner @ 1b – Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
- Sac Bunt – Runner @ 1b – Lead Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
- Sac Bunt – Runner @ 2b – Out
 - Bunter stays at 1st base
 - Runner moves to Home
- Sac Bunt – Runner @ 1b & 2b – Lead Out
 - Bunter stays at 1st base
 - Runner at 1st base moves to 3rd
 - Runner at 2nd base moves to Home
- Safety – Runner @ 1b & 3b
 - Bunter comes back to Home
 - Runner at 3rd base moves to Home
 - Runner at 1st base moves to Home
- Suicide – Runner @ 3b
 - All come home after play
- Suicide – Runner @ 3b – Valentine Play
 - All come home after play

allow pitchers
their receiving
at techniques.
before going to

end the

redetermined

situation.
que

, or they can

e
ve early.

s in and starts

as leading up to our first game,
ding about 5 minutes for each
is a great way to execute game

ches first base.
and is heading to 2nd base on

uches first base.
and is heading to 2nd base on

ork between
h defense

vering first

the 5-4-3
third base.
n the 3-6-1
at first

ay.
ay.
out to

the bag and

infielder off
the 5-6-3

ake the play

ake the play

FOUR PILLARS OF A GREAT PRACTICE

LEARN

- Map Out Your Season
- Coach the Coaches
- Inform the Players
- Daily Mental Sessions
- A Lot in A Little
 - Running Game

RUNNING GAME – We will use running game during team defense period to allow pitchers to work on their picks and holds with the defense, the catchers can work on their receiving and throwing to bases, and the base runners can work on their leads and steal techniques. Typically a new arm every stolen base attempt. Pitchers will pick 2-5 times before going to the plate. 3-5 arms per period makes this a 10-15 minute drill.

- Hot runner on first base
 - Pitcher will do a specific number of skills that we use to defend the running game (pick, slide step, pitch out, hold, etc.).
 - Pitcher will follow the script.
 - Pitcher will pitch until the script is complete.
 - Runner steals on every pitch to pick up the pace of the drill.
 - Runners at 2b practice stealing 3b.
 - Runners at 3b practice 31 offensive plays.
- Hot runner at second base
 - Establish a max look to baserunner.
 - Pitcher can use an inside move, daylight pick, or a timing/predetermined pick.
 - Pitcher throws two strikes to the plate then rotate to next situation.
 - Baserunner tries to steal 3b on every pitch following technique guidelines.
 - Baserunner must try to get back safely on pick play.
 - Runner at 1b can straight steal as if they are the only runner, or they can base their decision on the guy in front of them.
 - Runner at 3b practices 31 offense.
- Hot runner at third base
 - Runners at 1st and 3rd practice 31 offense against 31 defense
 - Runners at 1st will a) straight steal, b) delay steal, and c) leave early.
 - Runners at 2b practice stealing 3b using technique taught.
 - Pitcher throws two strikes then is done. Next pitcher comes in and starts with hot runner at 1b.

Leading up to our first game, about 5 minutes for each great way to execute game

work between in defense

the ball ers switch

covering first

first base.

is heading to 2nd base on

es first base.

is heading to 2nd base on

on the 5-4-3 t third base. on the 3-6-1 e at first

lay. lay. out to

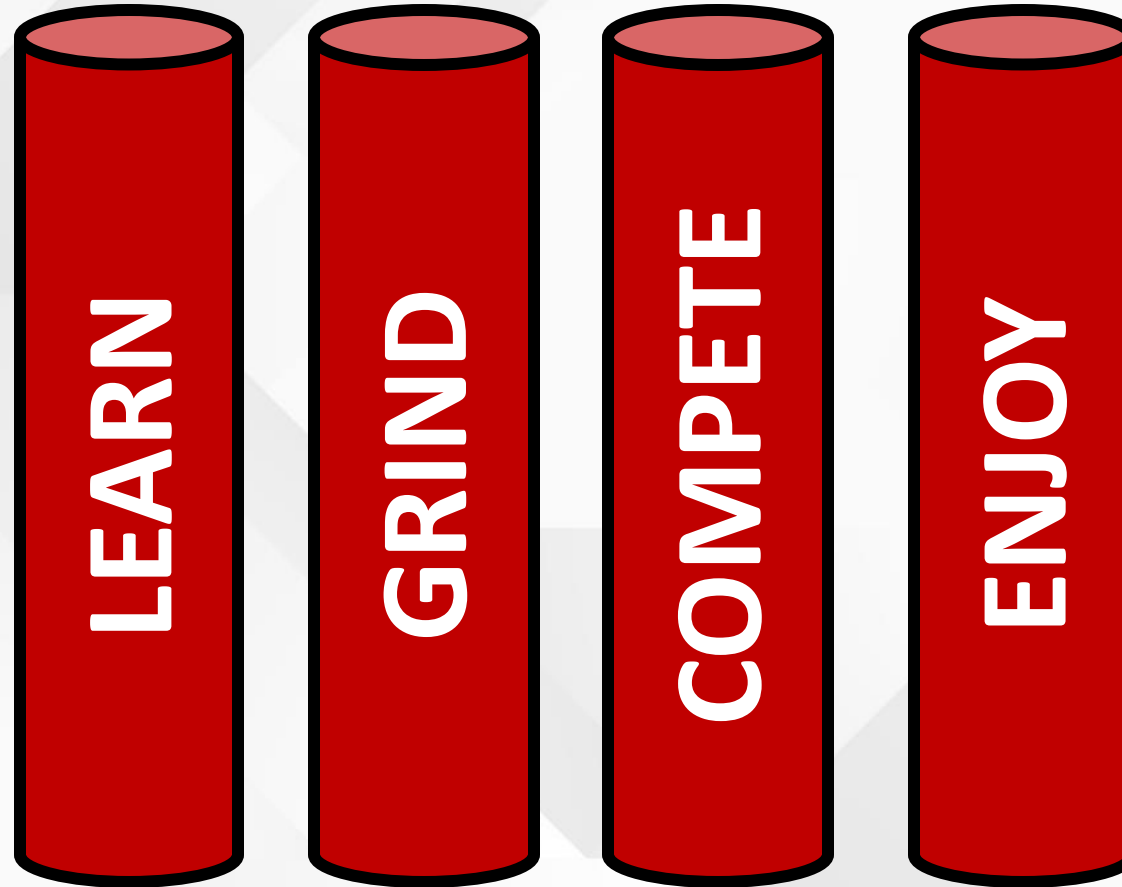
the bag and

ie infielder off n the 5-6-3

make the play

make the play

FOUR PILLARS OF A GREAT PRACTICE



FOUR PILLARS OF A GREAT PRACTICE



FOUR PILLARS OF A GREAT PRACTICE

LEARN

GRIND

COMPETE

- Measure Often
- Game Like Sessions

ENJOY

FOUR PILLARS OF A GREAT PRACTICE

DATE:				
PLAYER	CHANCES	BOBBLE	DROP	%
CHILDERS				
CHRISTIAN				
DOHERTY				
FRISH				
HOTCHKISS				
JONES				
LYMAN				
MORROW				
POSTLEWAIT				
RATIGAN				
SWANSON				
SWENSON				
TRUJILLO				
WONG				

COMPETE

- Measure Often
 - Motivates
 - Radar, Stopwatch, Charts, Stats, Etc
- Objective
- Game Like Sessions

FOUR PILLARS OF A GREAT PRACTICE

COMPETE

- **Measure Often**
- **Game Like Sessions**
 - **Live Defense**
 - **Process Based**
 - **Small Ball**
 - **Live BP**

LIVE DEFENSE

Live Defense is designed to be a 20-30 minute drill that allows the defense to execute several facets of the game.

- This is a defensive drill.
- The offense's job is to execute a ground ball (hit & run) to give the defense the opportunity to turn double plays or make reads on the speed of the ball and make plays at the plate.
- If the ball is hit into the outfield then it is played live, allowing the defense to throw to the proper base on balls hit to the outfield, and to work on double relays on balls in the gap or down the lines.
- If the ball is hit off the L-Screen, the pitcher will have a ball placed on the ground in front of the mound and pick it up and start the double play turn.
- As an offense, hitters are executing a hit & run on all pitches, with two pitch max per hitter.
- If the hitter takes a pitch or swings and misses all players move up.
- The runner at first base starts his secondary on front foot strike by the BP thrower, and plays the ball live off the bat.
- The runner at third base is green going in looking, watching the ground ball the whole way and if the fielders turn a double play, go in to the plate hard.
- But if the infielders throw the ball to home, stay in the rundown with the chance to move up the other runners.
- Live Defense is a competitive drill with scoring based on each team's priorities. A simple scoring system is as follows:
 - Defense Scoring
 - +5 Any Double Play
 - -5 Any Error
 - -10 Throw to the wrong base in the outfield
 - Offense Scoring
 - +1 One Point for Each Base Gained by the Base Runner
 - +1 Hard Hit Ground Ball
 - -10 Fly Ball
 - -10 Swing & Miss
 - Both Teams Scoring
 - -20 Any Bonehead Play (Doubled up on line drive, take a pitch on hit & run, etc)

[illegible]

- REACT LIVE ON SWINGS 1-5
- LIVE SWING 6 – FINISH THE PLAY

FOUR PILLARS OF A GREAT PRACTICE

COMPETE

- Measure Often
- Game Like Sessions
 - Live Defense
 - Process Based
 - Small Ball
 - Live BP

57 BASEBALL PROCESS BASED SCRIMMAGE SCORING SYSTEM			
PACE OF GAME		BLUE	ORANGE
		PACE	PACE
Non hustle play by either team (base running, backing up bases etc)	-2		
Slow pace by catcher and pitcher (as determined by pitching coach)	-2		
Team energy and involvement (as determined by _____)	+2		
Off the field in 10 sec (OF) and or 6 sec (INF) (STOPWATCH)	+2		
PITCHERS		PITCHERS	PITCHERS
0-1 TO 0-2 COUNT	+2		
1-2-3 Inning (nobody gets on base)	+2		
9 Pitches or less in an Inning	+2		
Inducing Double Play	+2		
Leadoff or 2 out walk	-2		
1-2-3 Innings in a row by same pitcher	+4		
On or Out in 4 Pitches or less	+2		
Lead-Off Hitter Out	+2		
DEFENSE		DEFENSE	DEFENSE
Web Gem	+2		
Error or Mental Mistake as determined by coach	-2		
Incorrect Execution of Play	-2		
2.05 by catcher in between innings on throw to second base (STOPWATCH)	+2		
Throw out lead runner with tag	+3		
Mental Mistake	-2		
Around INF after strikeout or out at first in 5 Sec or less (STOPWATCH)	+2		
OFFENSE		OFFENSE	OFFENSE
RBI	+2		
Bunt Base Hit / Hit By Pitch	+2		
Stolen Base / Aggressive Baserunning 1 st -3 rd or Ball in dirt Attempt Safe or Out	+2		
Double	+2		
Triple	+3		
Home Run	+4		
2 out RBI	+4		
TEAM BATTLES		TEAM	TEAM
Winner of 3-2 War	+2		
Winner of 8 Pitch At Bat	+2		

COMPETE

- **Measure Often**
- **Game Like Sessions**
 - **Live Defense**
 - **Process Based**
 - **Small Ball**
 - **Live BP**

SMALL BALL SCRIMMAGE

– a scrimmage where the players are only allowed to bunt to reach base and score points

- Start every inning with runner at 1b
- First base is 80' away from home
- All other bases, and runner taking lead, are on the 90' bases
- Runners and fielders must start in an area designated
- Machine is located behind the mound
- Defense can't charge until the bunt is shown
- Pitcher is in normal landing area on natural side of mound
- Outfielders can play shallow and back up all plays
- Point System:
 - 2 Foul Balls and You Are Out = +2 (Other Team)
 - Base Hit Bunt, Safe = +2
 - Ball Bunted In Triangle = +1
 - Popped Up Bunt = +2 (Other Team)
 - Move Runner = +1
 - Run Scores = +3
 - Defense Gets Lead Runner = +3
 - Error on Defense = +2 (OT)
 - Mental Error = +2 (OT)
 - Non-Hustle = +2 (OT)

ROUND 3

- RUNNERS AT 1st & 2nd
- REACT LIVE ON SWINGS 1-5
- LIVE SWING 6 – FINISH THE PLAY

ON LAST SWING

THE PLAY

1-5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

72

73

74

75

76

77

78

79

80

81

82

83

84

85

86

87

88

89

90

91

92

93

94

95

96

97

98

99

100

ORANGE

PACE

PITCHERS

DEFENSE

OFFENSE

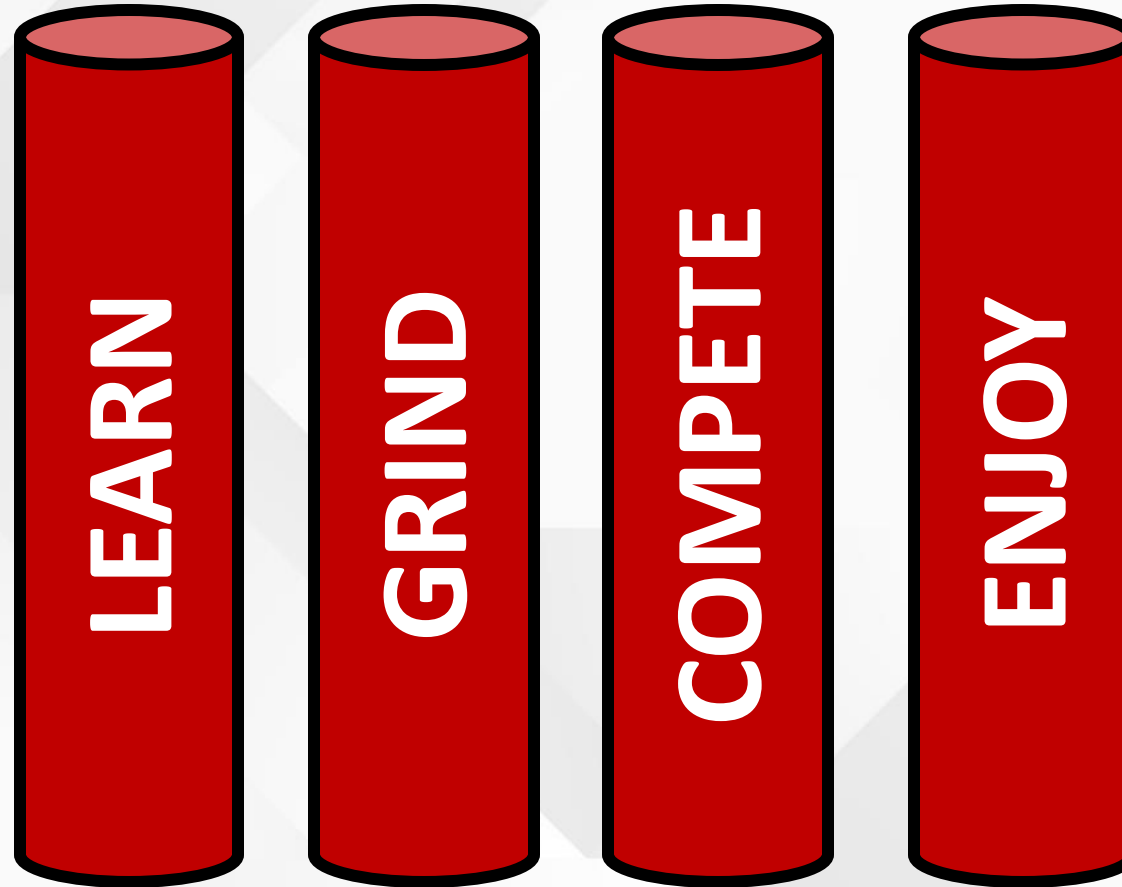
TEAM

COMPETE

- **Measure Often**
- **Game Like Sessions**
 - **Live Defense**
 - **Process Based**
 - **Small Ball**
 - **Live BP**

LIVE DEFENSE				BLUE PACE	ORANGE PACE																								
<p>57 BASEBALL – LIVE BP</p> <p style="text-align: right;">DATE: _____</p>																													
ON FIELD GROUP <div style="border: 1px solid black; padding: 5px; min-height: 150px;"> 1I 2I 3I 4I 5I </div>	DEFENSE ONE <div style="border: 1px solid black; padding: 5px; min-height: 150px;"> 1I 2I 3I 4I 5I </div>	DEFENSE TWO <div style="border: 1px solid black; padding: 5px; min-height: 150px;"> 1I 2I 3I 4I 5I </div>	BASERUNNING GROUP <div style="border: 1px solid black; padding: 5px; min-height: 150px;"> 1I 2I 3I 4I 5I </div>																										
ON FIELD ROUNDS <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>SWINGS:</p> <p>ROUND 1</p> <p>1 – <2OUT SCORE HIM @3rd</p> <p>5 – OPPO (LIVE ON LAST SWING)</p> <p>ROUND 2</p> <p>1 – H&R</p> <p>5 – 2K APPROACH (LIVE ON LAST SWING)</p> <p>ROUND 3</p> <p>1 – MOVE RUNNER @2B</p> <p>5 – 2 OUTS W/RUNNER @2B (LIVE ON LAST SWING)</p> </div>	INFIELD ROUNDS <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <ul style="list-style-type: none"> PLAY SWINGS 1-4 LIVE (RUNNER AT 1B ALWAYS 1 OUT) REGROUP P.SWING 5 PLAY 6th SWING LIVE (RUNNER AT 1B ALWAYS 1 OUT) FINISH THE PLAY </div>	OUTFIELD ROUNDS <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <ul style="list-style-type: none"> PLAY SWINGS 1-4 LIVE, THROW GOES TO SHAG BUCKET (RUNNER AT 1B ALWAYS 1 OUT) REGROUP SWING 5 PLAY 6th SWING LIVE (RUNNER AT 1B ALWAYS 1 OUT) FINISH THE PLAY </div>	BASERUNNING ROUNDS <div style="border: 1px solid black; padding: 5px; min-height: 200px;"> <p>ROUND 1</p> <ul style="list-style-type: none"> RUNNER AT 1st & 3rd: REACT LIVE ON SWINGS 1-5 LIVE SWING 6 – FINISH THE PLAY <p>ROUND 2</p> <ul style="list-style-type: none"> RUNNERS AT 1ST REACT LIVE ON SWINGS 1-5 LIVE SWING 6 – FINISH THE PLAY <p>ROUND 3</p> <ul style="list-style-type: none"> RUNNERS AT 3rd & 2nd: REACT LIVE ON SWINGS 1-5 LIVE SWING 6 – FINISH THE PLAY </div>																										
PITCHER DUTIES				PITCHERS	PITCHERS																								
<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>MOUND</th> <th>FUNGO/BASES</th> <th>SCREENS</th> <th>WALL</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>				MOUND	FUNGO/BASES	SCREENS	WALL																					INFENSE	INFENSE
MOUND	FUNGO/BASES	SCREENS	WALL																										
				TEAM	TEAM																								

FOUR PILLARS OF A GREAT PRACTICE



FOUR PILLARS OF A GREAT PRACTICE

LEARN

GRIND

COMPETE

ENJOY

- Celebrate the Game
- Enjoy the Process
- I Wish I Would Have...

FOUR PILLARS OF A GREAT PRACTICE



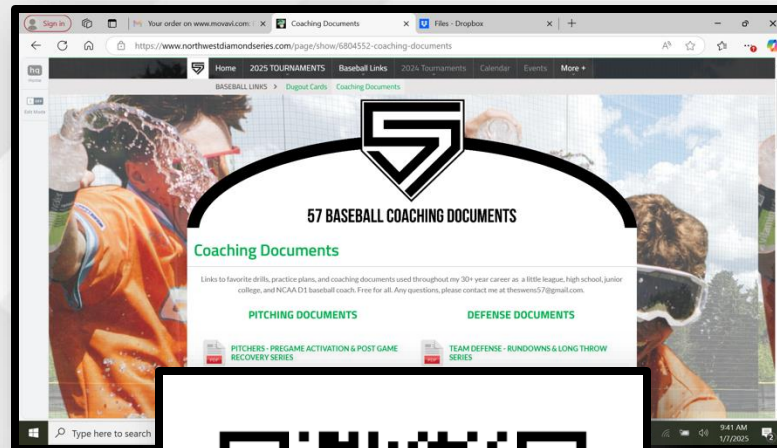
ENJOY

- Celebrate the Game
- Enjoy the Process
- I Wish I Would Have...

COACHING RESOURCES



ARM CARE FOLDER



COACHING DOCUMENTS



PRACTICE PLANNING

