

# Efficient and High Energy Team Practices

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# Efficient and High Energy Team Practices

## Planning for Practice

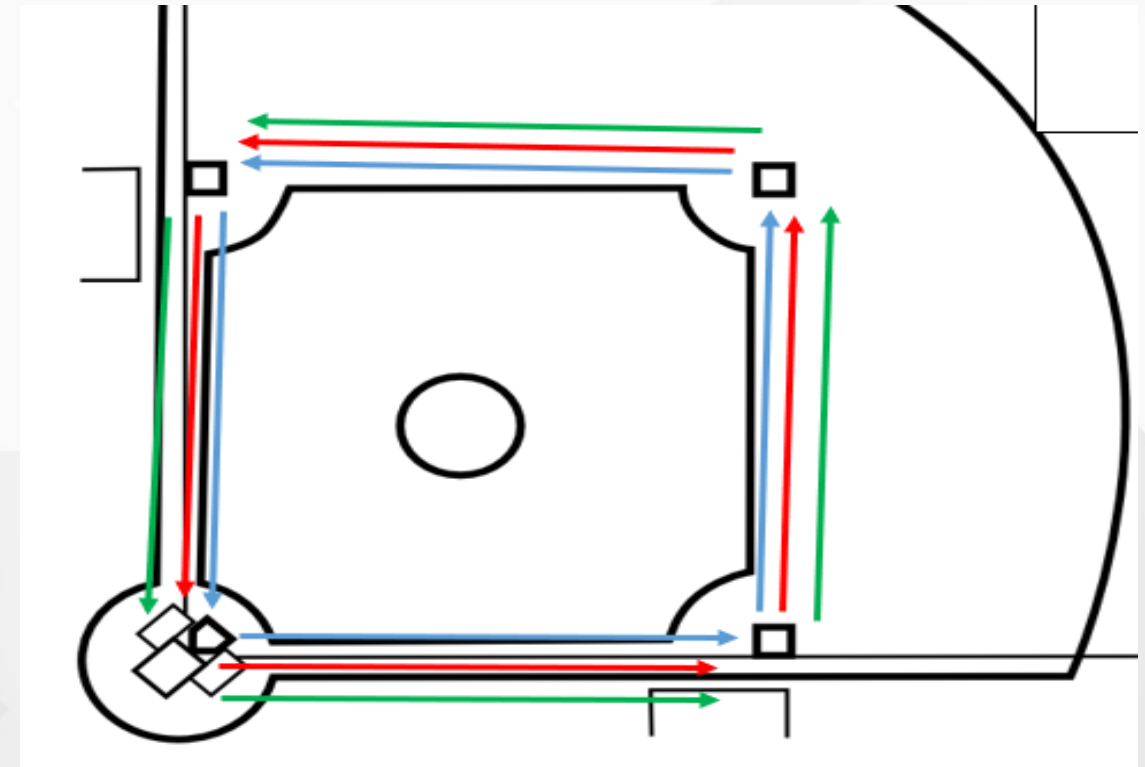
- Ingredients
  - Warmup
  - Baserunning
  - Catch Play
  - Position Defense
    - Catchers
    - Pitchers
    - Infielders (Middle vs Corner)
    - Outfield
  - Specific Hitting Focus
  - Team Offense
  - Team Defense

## Formula for Practice

- Concentrated focus
  - Team Concept
  - Competition Level
- How do you Blend this all together

# Dynamic Baserunning

- Begin with a jog around the diamond
- Round 1: \*Walking Knee Hold / Quad Stretch
  - \*Front Lunge with Twist / Back Lunge with Twist
  - \*Greatest Stretch / Side Lunge
- Round 2: \* “A” Skip / Heel under
  - \*Shuffle face in / Shuffle face out
  - \*Small Step Karaoke face in / Small Step Karaoke out
- Round 3: \*Hard 90 with breakdown
  - \*Delay Steal
  - \*Hit-it Mode
  - \* Visualize ball off bat
- Information



# Rules to Kansas Scramble

- 1 Coach is enough to run a successful scramble
- Explain the Concept of the Scramble
- Explain the Concept of “Eat it”
- No Crossfire Actions
- Stay Calm

**Sequence #1:** INF 5-4-3 / 1-2 / 6-3

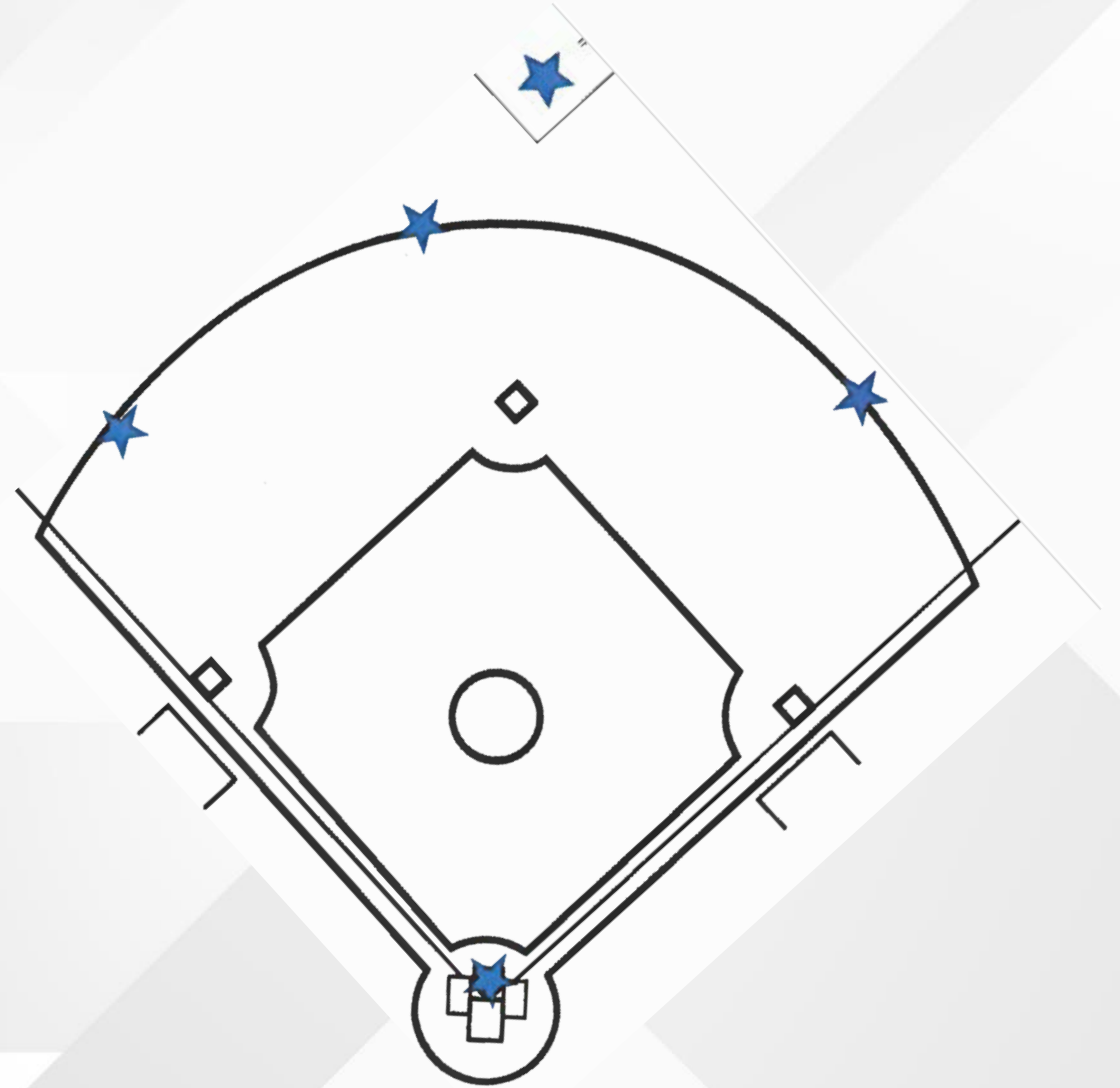
OF 7-5-3 / 8-4 (Left Center) / 9-3-2

**Sequence #2:** INF 6-4-3 / 1-5 (run down) 3-2-3

OF 8-3-2 / 7-5 / 9-6

**Sequence #3:** INF 4-6-3 / 1-6-3 / 5-2-3

OF 7-4 / 8-5 (L. Center) / 9-5







# JESUIT BASEBALL

*State Champions: 2016 & 2019 | Metro League Champions: 1997, 2003, 2006, 2007, 2012, 2019, 2022*

## Kansas scramble Small Ball and reads

1. 5-3 (bunt)
2. 2-6-2 (1/3)
3.  $\frac{3}{4}$  - 1 (Get over and communicate)

- 7-5 (long hop)
- 8 - 4 or 5 (read depth)
- 9 - 3 (Redirect)

1. 5 - 3 (DP)
2. 2 - 6 (Ball in dirt)
3. 1 - 4 (2<sup>nd</sup> base cover 1<sup>st</sup>)

- 7 - 5 (redirect)
- 8 - 4 (Ball off Fence Coach Lowe drill)
- 9 - 4 or 5 (read depth)

1. 5 - 3 (Web gem)
2. 6 - 4 (Ball Game!!!!)
3. 4 - 6 (Web gem)
4. 3 - 1 (Ball Game!!!!)

- 7 - 2 Do or Die
- 8 - 2 Do or Die
- 9 - 2 Do or Die
- Catcher Pop Up

# Hunter vs Prey

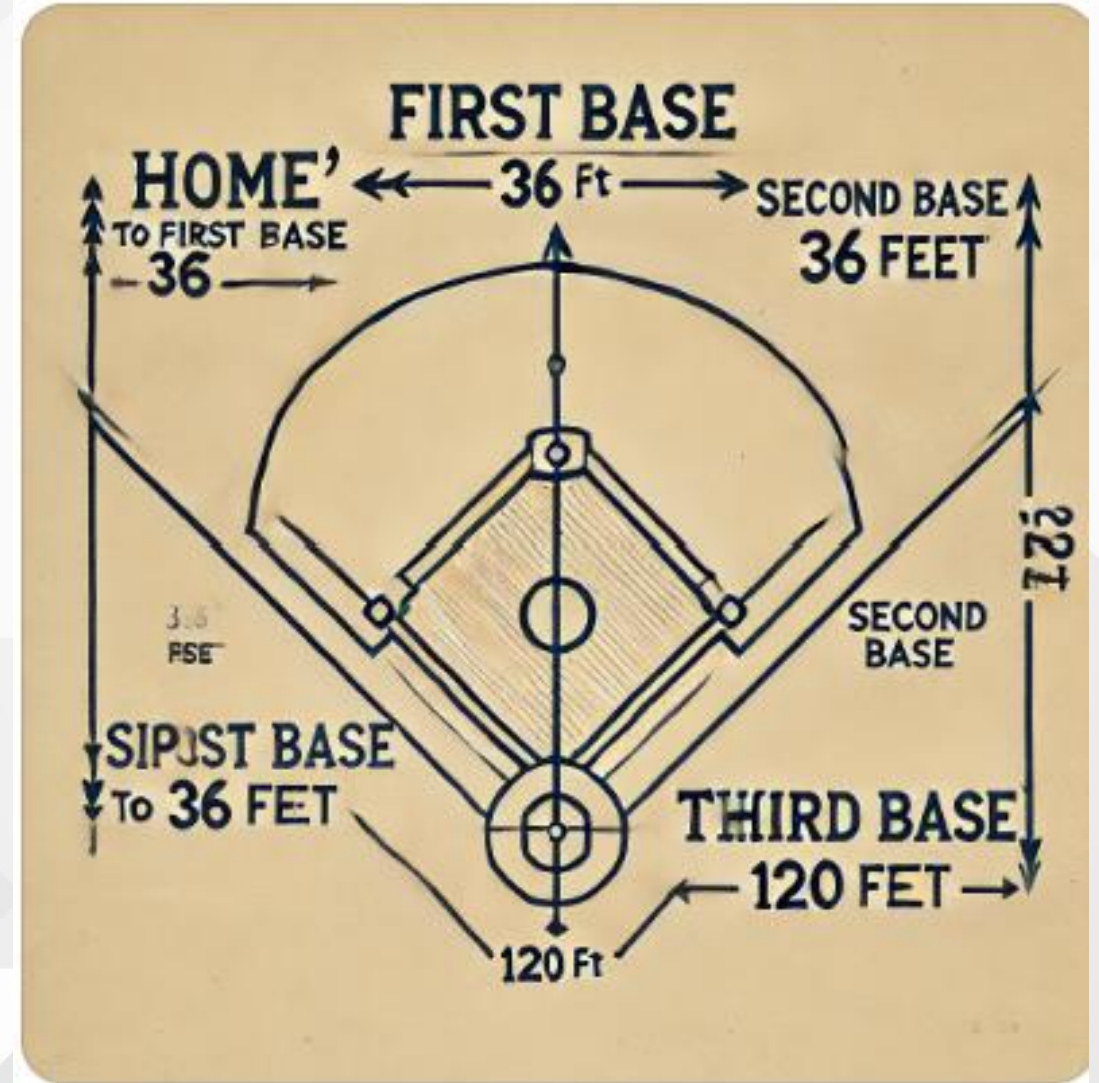
SITUATION BREAKDOWN	
Inning 1	Runner on 2nd w/ 0 out
Inning 2	Runners on 1st and 2nd w/ 1 outs
Inning 3	Runner on 3rd w/ 1 outs
<p><b>Rules &amp; Score System:</b></p> <p>Inning starts with the <u>third to last hitter</u> starting on base in the situation and <u>the next two hitters</u> behind him on a knee.</p> <p>Each inning, all hitters will bat before switching, outs and situation never change.</p> <p>Each hitter starts with the same situation, previous batter goes to starting base.</p> <p>Coaches do not send or hold runners, teams can send players out to be base coaches.</p> <p>There is <b>NO STEALING</b></p> <p>If the lead runner is thrown out, he will not be awarded any points HOWEVER the trail runner/hitter can earn points by taking an extra base on the throw/play</p> <p><b>SCORING:</b></p> <p>Offensive team scores 1 point for execution of call and 1 point for each EXTRA base they get in a given situation.</p> <p>Defensive team receives 2 points for getting the lead runner out and one point for an out of a trail runner/batter.</p> <p>Defensive team loses a point if they commit an error.</p>	

HUNTER vs PREY SCRIMMAGE							
TEAM 1 (AWAY)							
Batting Order	Inning 1	Inning 2	Inning 3				
1							
2							
3							
4							
5							
6							
7							
8							
8							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							



# Double or Nothing

- Enjoy the Spirit of Competition
- Backyard Baseball = Competitive Baseball
- Team Baseball vs Hero Ball
- Play Easy Catch – Hit Doubles
- Better to play shorter games (series)
- Lite Flight Ball and Quick Stick (JUGS Sports)
- Dimensions of the Field
  - Coaches be aware of too tough vs too easy
  - Homerun over a fence is key







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Thank you

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