

BUILDING BP ENVIRONMENTS

“HS Freshman to Future Big Leaguer”

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The “TRADITIONAL” BP setup

-50 mph at 45 feet

-fungo hitters

-the traditional rounds (bunt, H&R, etc...)

-the skeleton is still good with some “new” tweaks.

“We don’t hit what we see, we hit what we experience.”



What do we value in BP?

The Priorities- What do we value?



Dominate the Fastball

Efficient use of timing

Secondary pitches into 2 pitch combos



Dominate the Fastball



Dominate the Fastball

1. Hitters can build to handle high VELOCITY.

-if they can't, the pitcher needs nothing else.

2. Hitters can build solutions for MOVEMENT & ANGLES.

-pitch movement characteristics, spin -> sharpness

-varying release height & side

3. Hitters can build discipline in their FB SWING DECISIONS.

-we are what we choose to swing at.

-know the strike zone, know "your zone", know the "go zone"





Establish equivalent velocity in BP

- *Ratio for reaction time*

$$\frac{\text{Machine velocity}}{\text{Machine distance}} = \frac{\text{Desired training velocity}}{\text{Mound distance (60 ft 6in)}}$$

We always “pitch” to perception.





Establish equivalent velocity in BP

$$\frac{\text{Machine velocity (65 mph)}}{\text{Machine distance (md)}} = \frac{\text{Desired training velocity (85 mph)}}{\text{Mound distance (60 ft 6in)}}$$

$$(65) (60.5) = 85\text{md}$$

$$3932.5 = 85\text{md}$$

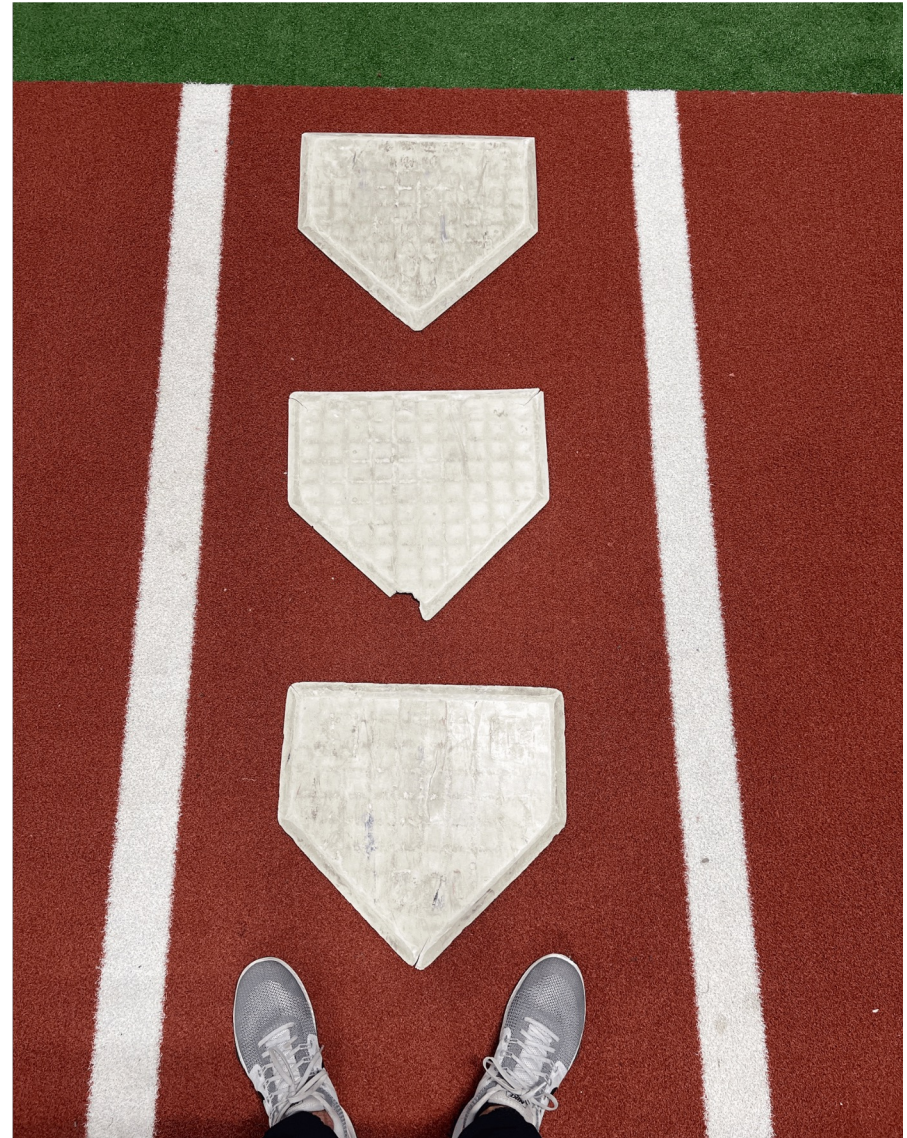
$$3932.5/85 = \text{md} \longrightarrow \text{machine distance for 85 mph} = 46 \text{ feet}$$





3 PLATE DRILL

- *Set 3 different velocities*
- *Scale to ability/readiness of your hitters*
- *Practice for reaction time & swing efficiency*
- *Create progressions & competition in rounds*





3 PLATE DRILL- 2 & move rounds





3 PLATE DRILL- Round ideas

1. 2 & move

2. 3 at front, 3 at back

3. Game of golf

- **Stroke play**
- **Skins game**





Foam & Plastic balls

- *Ton of great options out there*
 - *Marv, Driveline, Jugs, Heater Sports, & many others*
-
- ✓ *Train velocity without fear*
 - ✓ *Create different & consistent shapes*
 - ✓ *Feedback on contact quality*





Foam Ball High Velocity Rounds





Not all FB's are created equal.

Must handle release and angles.

Offset to low offset.





OFF SET BP





“BEAT THE BULLPEN”

- *Two machines set to different FBs, or two overhand BP throwers*
- *One designated as starter, one as reliever*
- *Early rounds set for starter, flip to reliever at some point in BP*
- *Hitters gets two swings to barrel up the new FB look*





“BEAT THE BULLPEN”





“BEAT THE BULLPEN”

Great for practicing our in-game processes

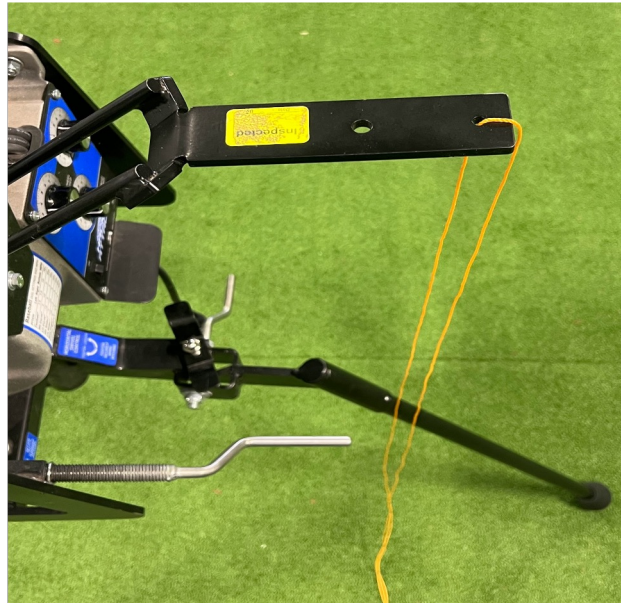
- 1. Watch two pitches from behind screen*
 - Simulates quick film visual*
- 2. Get pitch description- “perception/feel”*
- 3. First hitter communicates w/ rest of group*
 - Encourage questions for preparation*





PEDAL DRILL

- *Swing decisions based on hunting pitch height*
- *Adjusting with string attached to machine & around foot*





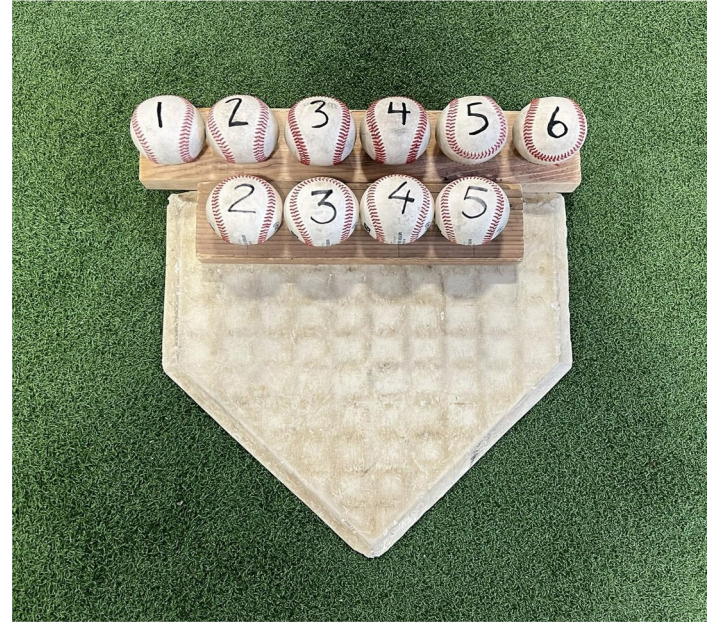
PEDAL DRILL





6/4 BALL ZONES

- *6 ball general strike zone awareness*
- *4 ball hunting for the heart, “your zone” & “go zone”*





FOUR BALL DRILL





FOUR BALL DRILL- 2 Seam competition

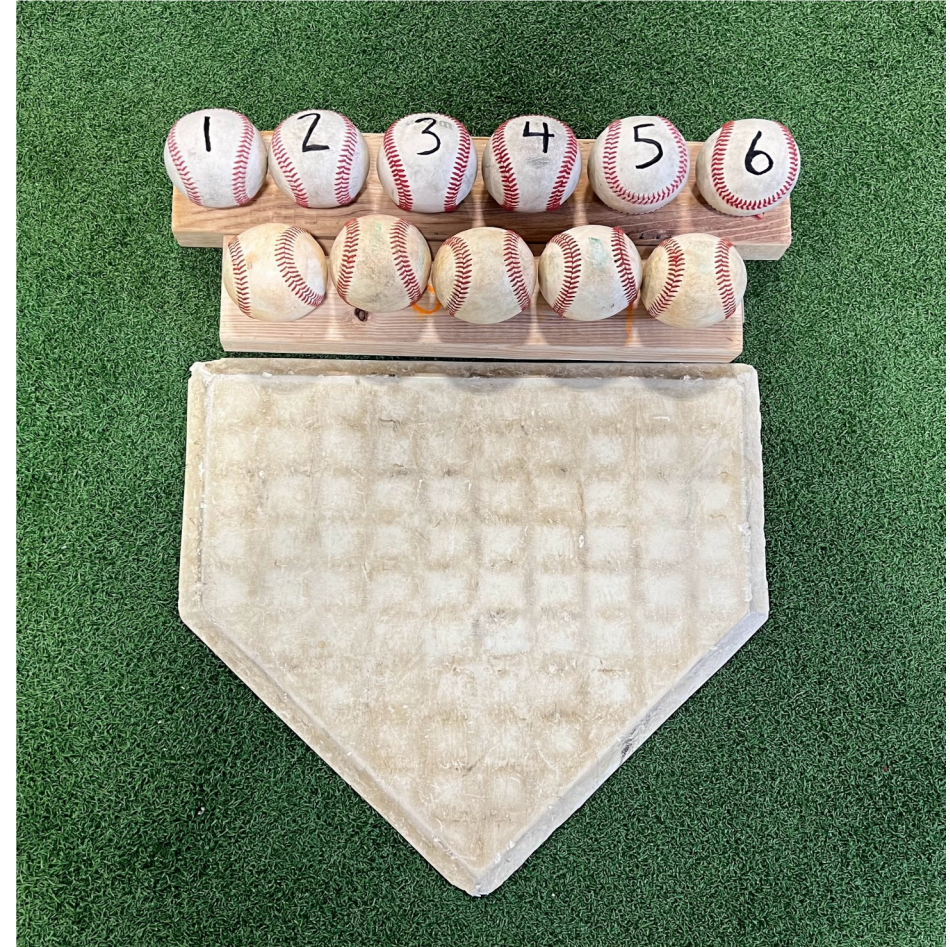




5 Ball addition

- *Use 5 ball zone at times at the HS level*

Box adjustments & 2K hitting



Efficient use of timing



Training timing & adjustability

- 1. Hitters are efficient using time & space.*
 - *Not every hitter uses the same timing & movement in loading phase, but great ones have efficiency within both*

- 2. Hitters show up on time & ready to launch*
 - *Ready at release*
 - *Feel of “waiting on the baseball”*

- 3. Hitters show adjustability & margin for error*





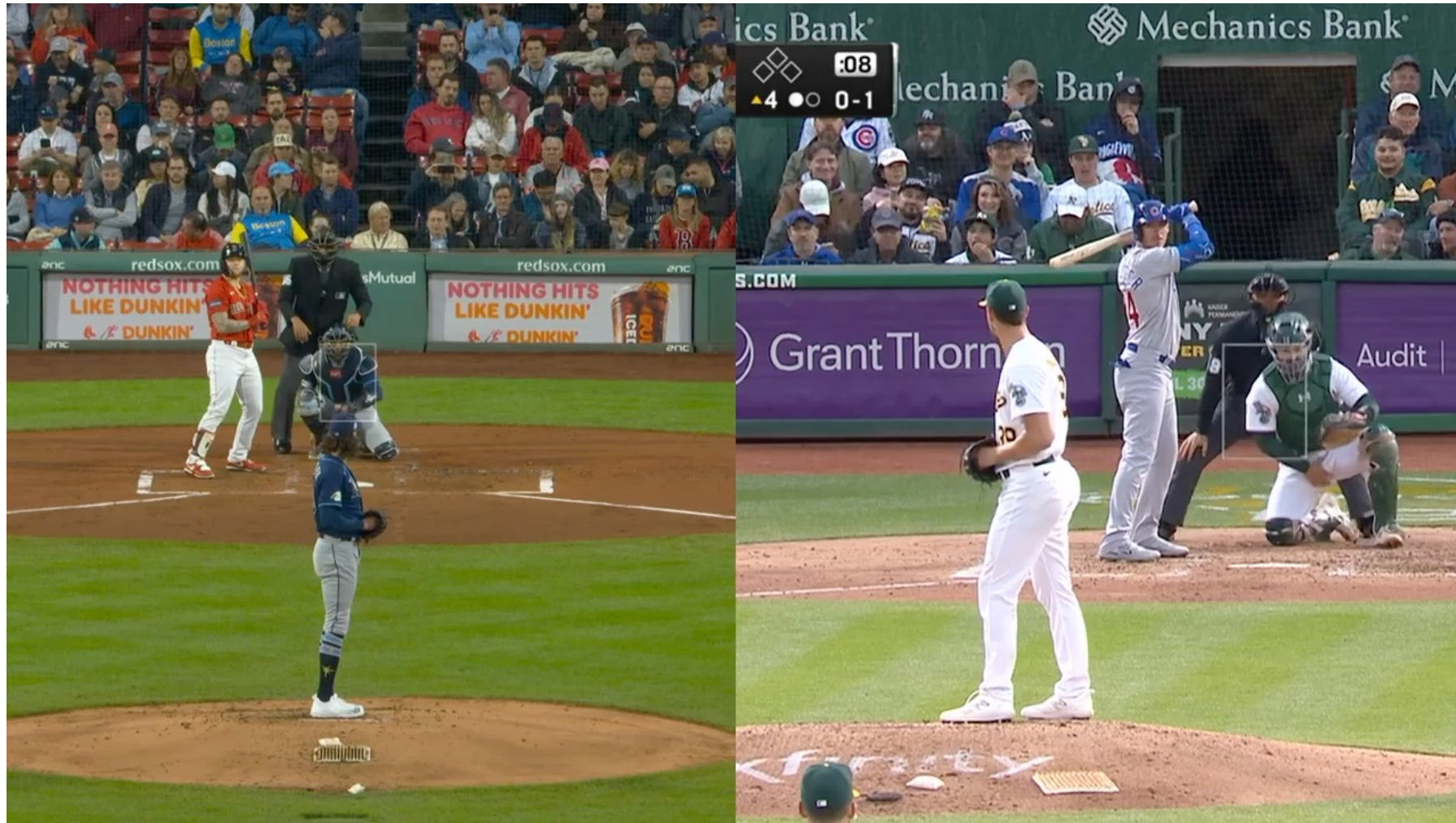
TIMING CHUTE

- *Allows hitter to explore loading move that fits them*
- *Checkpoint for load engagement & control of forward move*
- *Small timing manipulations without changing pitch*
- *Windup vs. slide step*



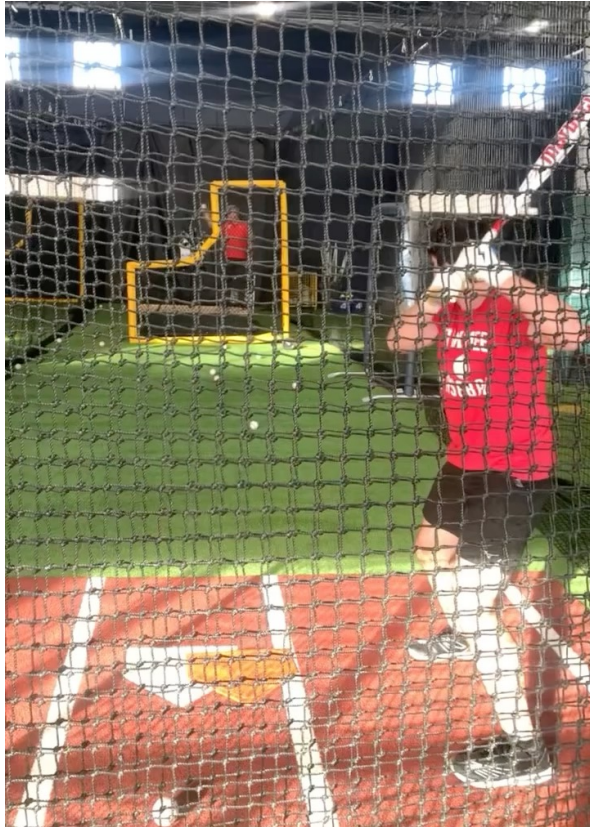


Bellinger & Verdugo





TIMING CHUTE





Overhand BP: Fastball/Three finger CH

- *Learn to create repeatable loading phase & maximize timing window*
- *Margin for error in launch/path*





FB/Three Finger CH



Secondary pitches & two pitch combos

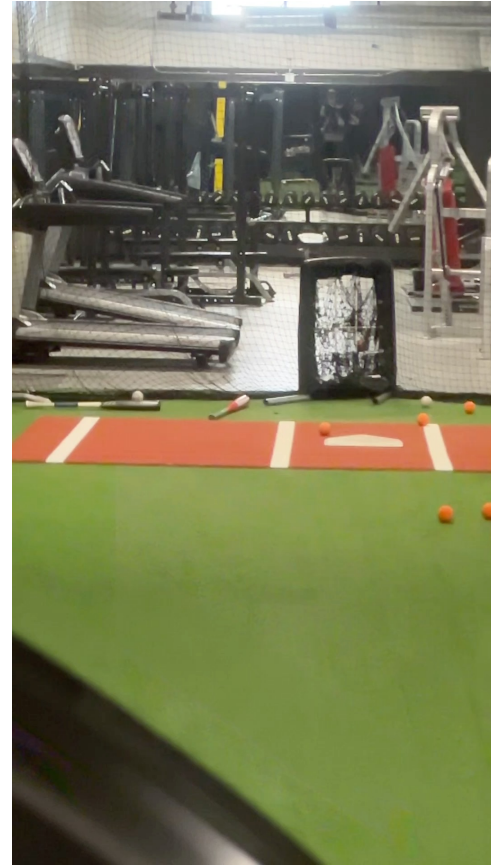


A “3-Wheel machine” is the new necessity





Foam/Plastic Breaking Balls





65 foot breaking balls





LH breaking ball- 4 ball window



Two pitch combo



FB/Plyo lob flips -> FB/BB machine



Point Game



Point Game

The “ultimate” simulation

POINT GAME						
RED TEAM	2ND	3RD	1ST/2ND	2ND/3RD	LOADED	TOTALS
Ryan OF						
Cutlip OF						
Skinner C/INF						
Kelly MIF						
Schumacher 1B						
Freed C						
Rhodus OF						
Walker OF						
Keith MIF						
Carlson UTL						
TOTALS						
GRAY TEAM	2ND	3RD	1ST/2ND	LOADED	TOTALS	
Burbank OF						
McDaniel OF						
Haws C						
Johnson 3B						
Rohlmeier MIF						
Price OF						
Stephenson 1B						
Curl OF						
McGhee UTL						
Doty MIF						
Tam OF						
TOTALS						
PLUSES:				MINUSES:		
<i>(8) LINE DRIVE RELIEVER</i>				<i>(5) STRIKEOUT LOOKING</i>		
<i>(6) LINE DRIVE 2 PLATE</i>				<i>(4) DOUBLE PLAY</i>		
<i>(5) LINE DRIVE</i>				<i>(4) BAD BASERUNNING</i>		
<i>(4) LINE DRIVE OUT</i>				<i>(3) STRIKEOUT</i>		
<i>(3) RIGHT SIDE 2ND</i>				<i>(5) WHINING</i>		
<i>(3) MIDDLE ON 3RD, 2ND/3RD</i>				<i>(1) ERRORS</i>		





Database built through 4 years of work

Folders
↑ Name ▾ ⋮

📁 2023

📁 2024

📁 2025

📁 2026

📁 2027

📁 Alumni

📁 Defense Portal

📁 Freshmen Club Hitters

📁 Hitter Portal

📁 JV Hitters

📁 Pitcher Portal

📁 Transfers and New Gu...

📁 Varsity

Files

☰ 2023 8th Grade Camp

5:30-6:00: Check-in

6:00-6:15: Camp Intro: Coach Wright

6:15-7:25: Drill Rotation (7 minute stations)

Q#	Supervisor	Drill	Equipment Needed
10		Wedge Tee - PIS & BIS	Tees, 3 wedges
9		Slide Leads	Tees, 4 slides
8		Palm Patches 1 Hand Bat	Short Bat, Tee
7		Med Ball Pivotalians	Med Balls
6		PVC Trip & Shoulder Tee	PVC Pipes, Tee
5		1 Legged Tee	Tee
4		Countdown to Contact	Tee, Elbow/ortho Sparker
3		Connection Ball Tee Reversing PVC Swings	Connection Balls Regular Tee w/ eye of ball
2		Short Bat % swings 100%	Ball short bat

➕ Player Performance D...

	2023	2024	2025	2026	2027
Garrett Kruger
Carl Lutz
Hayden Snider
Johnson, Jack
McDevitt, Alex

🎥 Screen_Recording_20...

🎥 Screen_Recording_20...

