



# COACH PITCH WEEK TEN

## PRACTICE GOALS: What Your Team Should Learn

1. Use a cross/drop step to catch a fly ball using two hands (tennis ball)
2. Be able to catch a fly ball (baseball)
3. The way to play long toss

## MATERIALS:

-  Batting Helmets
-  Bases (four)
-  Baseball Bats (various sizes)
-  Baseballs (two buckets)
-  Batting Tee
-  Buckets (three)
-  Gloves
-  "L" Screen
-  Tennis Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: ROOTS - Teammates (Humility)

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF

**The T in ROOTS is for Teammates. We can respect teammates by supporting them. And we respect teammates by acting with humility.**

Humility means you don't have to tell people how good you are or draw attention to yourself. One of the most impressive qualities a person can have in sports and life is humility, especially when they are successful.

Your players can practice humility by crediting others when they or their team is successful, and by taking partial responsibility when they, a teammate, or their team loses or fails.

One humility tool we can use is **"Share the Spotlight."** This means that when one of your players receives a compliment or award, they thank the person complimenting them, and then they acknowledge at least one other person who made the success possible.

### PRACTICE 2 TIP : ROOTS - Self

Integrity means doing the right thing even when others aren't watching you.

**PCA's acronym ROOTS, describes behaviors that make the game (and world around us), better. The S in ROOTS stands for respect for Self.**

**In sports and in life, your players show respect for themselves by living up to their own standards no matter what ... even when their opponents or classmates don't.**

In any situation in which your players might be tempted to cheat or not act with integrity, they can softly pound their chest twice. They will be telling themselves that they are a person of integrity and that they will live up to their own personal high standards



# QUICK PLAN

## 90 MINUTES

**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- (See full practice plan for complete instructions)

**2 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips

**28 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Review two-hand target
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

**3 MINUTES**

### BREAK

**17 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- "Dry" Swings
- Soft Toss
- 4x4x4 Live Inning Game
- Game Conditioning

**15 MINUTES**

### BASE RUNNING

- "Merry-go-round" Drill
- Cues from Coach
- (See full practice plan for complete instructions)

**15 MINUTES**

### FIELDING

- Review 5 steps of fielding
- "Creeper" steps
- "Alligator" hands
- Bare hands throw to first base
- Roll and Toss Drill

### CONCLUSION

- High five and low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite position in baseball.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (2 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.



# PRACTICE SEQUENCE

## CATCHING AND THROWING (28 MINUTES)

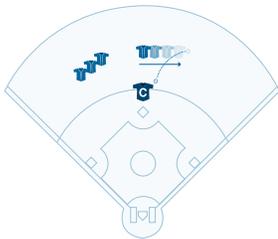


### CATCHING REVIEW

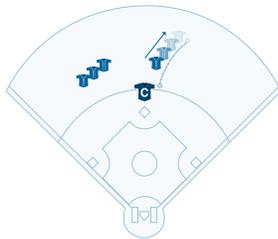
- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)

### CATCHING DRILL REVIEW

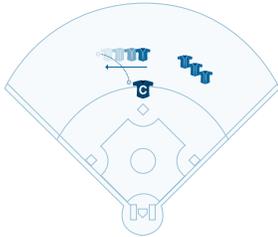
- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs



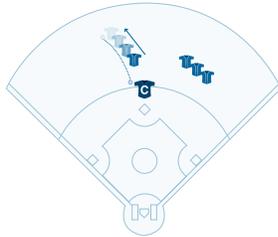
BALL OUT TO THE RIGHT



BALL OUT TO THE RIGHT & BACK



BALL OUT TO THE LEFT



BALL OUT TO THE LEFT & BACK

### DRILL

The Coach will throw a tennis ball in one of four directions:

**Ball out to the right:** Players will react to the ball and cross their right foot over their left foot and run towards the ball.

**Ball to the right and back:** Players will react to the ball by using a drop step with the left foot and run back at an angle towards the ball, looking over their right shoulder.

**Ball out to the left:** Players will react to the ball and cross their left foot over their right foot and run towards the ball.

**Ball to the left and back:** Players will react to the ball by using a drop step with the right foot and run back at an angle towards the ball, looking over their left shoulder.

Players will line up underneath the ball and try to make the catch with two hands using a T2T technique. The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players, line up into three single-file lines of four players each. One coach per line will make 10 throws per player.

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



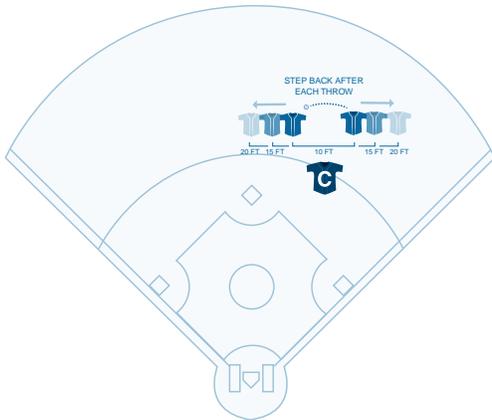
# PRACTICE SEQUENCE

## THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws
- Add the “step” and “shoulder to partner” to the throwing sequence. Complete ten throws total with the player focusing on putting all five steps together
- Have players warm up playing the game of 11. Make sure to focus on making good throws
- Three-Man Relay do this drill four times
- Hand separation drill five throws



## LONG TOSS



## DRILL

### Long Toss

Players will continue from the hand separation drill and play catch moving a step further away from their partner after each throw, until they are able to still throw the ball in a line using correct mechanics. 20 throws.

## GAME OF 21



## GAME OF 21

Match players of like ability for this game. To start the drill, play to 11, until the players are skilled enough to play to 21.

Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

During warm ups match players with like ability up and play the game of 11 or 21.



# PRACTICE SEQUENCE

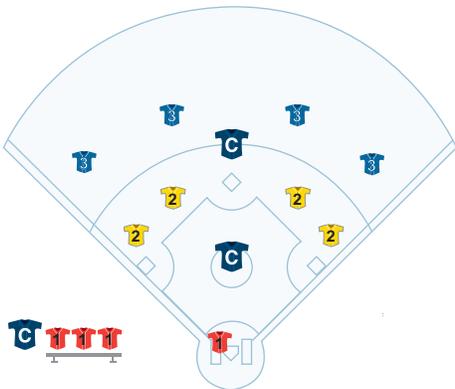
## BREAK (3 MINUTES)

## HITTING REVIEW (17 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

### COACH PITCH 4X4X4

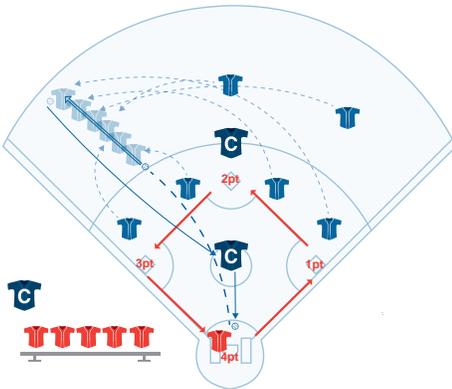


### DRILL 1

#### Coach Pitch 4x4x4

This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

### GAME CONDITIONING



### DRILL 2

#### Game Conditioning

Split the group into two groups. The first group hits while the other is in the field. A coach pitches. The first batter hits the ball and starts to run the bases. The group in the field runs to the ball and lines up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it right to the coach who is pitching. When the ball gets to the coach the runner stops. Each base the runner has touched is counted as one point for the team. Immediately the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field and the other team comes in to hit and try to beat their score. This game is based on fun and running with some live hitting and hustling around the bases mixed in.



# PRACTICE SEQUENCE

## BASE RUNNING (15 MINUTES)



### BASE RUNNING REVIEW

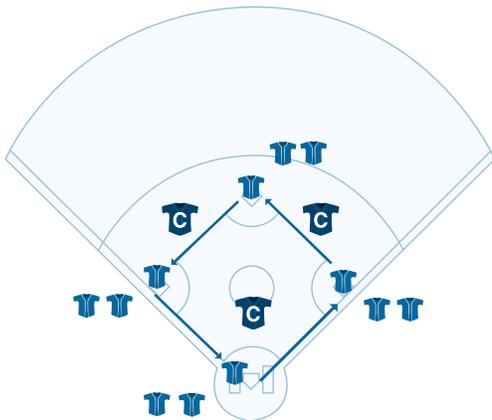
- Purpose of base running and how to score
- Two ways of running to first base two times for each way



“BASE”

“TURN”

### MERRY-GO-ROUND



### DRILL

#### Merry-Go-Round

This is a fun drill that will allow the players to run the bases and get an understanding of how to run from base-to-base. Start with an even number of players at each base. Players will approach home plate with a bat. They will get a proper grip on the bat. They will get in their stance and check to see their plate coverage. Once the coach says “Go!”, the player will swing the bat like they just hit the ball and will run toward First Base. This will set the drill in motion. The player at First base will run to Second Base. The player at Second Base will run to Third Base. The player on Third base will run to Home Plate. Each player will go to the end of the line at the next base. Continue this drill until each player has “hit” two-to-three times.



# PRACTICE SEQUENCE

## FIELDING (15 MINUTES)



### FIELDING REVIEW

- Five Steps of fielding
- "Alligator" hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second base)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



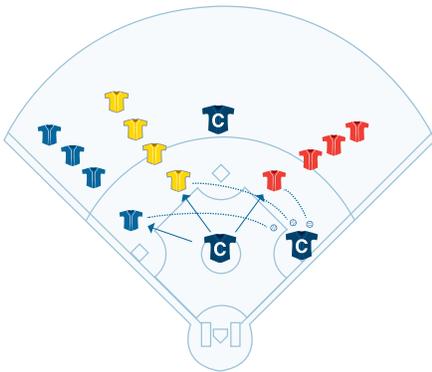
5. Throw to Target



———— Alligator Hands ————



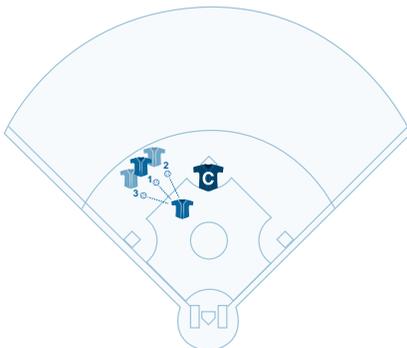
### GAME: BARE HANDS



### GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.

### ROLL AND TOSS DRILL



### DRILL

#### Roll and Toss Drill

Partners will face each other 5-to-10 feet apart. One partner will start with both balls. Partner with the balls will roll a ground ball to their partner. The receiving partner will quickly field the ground ball and toss the ball back. As the ball is being tossed another ground ball will be rolled. This drill will focus on fielding ground balls while moving laterally.

Continue this drill for 15 repetitions and then switch partners.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss