



# COACH PITCH WEEK TWELVE

## PRACTICE GOALS: What Your Team Should Learn

1. Enjoy the game of baseball and softball
2. Reflect on the season and how they improved throughout the season

## MATERIALS:

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



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP:

#### Post-Game Ritual (Honoring the Game)

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

**Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands, and thank them for competing.**

You can make this a ritual after every game. After a loss, congratulate the other team. This may not be easy so you might really have to work at this including role playing it in practice.

### PRACTICE 2 TIP :

#### End with a Flourish

Try to have your team End with a Flourish. That means playing with as much enthusiasm and effort at the end of the season as they did at the beginning.

Some people stop learning at the end of a season, but your players can learn as much as they did at the start if they keep up their Teachable Spirit.

**Ending with a Flourish is a way for your athletes to say "Thank you" to their teammates and the coaches and people who helped them this year.**



# QUICK PLAN

## 90 MINUTES

**5 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)

**3 MINUTES**

### **BASEBALL GRIP**

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

**10 MINUTES**

### **CATCHING AND THROWING**

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

**3 MINUTES**

### **BREAK**

**52 MINUTES**

### **HITTING**

- 6x6 Game
- (See full practice plan for complete instructions)

**5 MINUTES**

### **BASE RUNNING**

- Home to second base; second base to home relay
- (See full practice plan for complete instructions)

**5 MINUTES**

### **FIELDING**

- Review five steps of fielding
- Roll and Toss drill

### **CONCLUSION**

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



# PRACTICE SEQUENCE

## INTRODUCTION (5 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Talk about how thankful you are to be able to coach this group of players and praise how much progress they've made from the beginning of the season until the end. Have players talk about what they have learned and how they have improved this year, make sure to highlight their strengths.

## 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.
- Lateral shuffle to third base and back to the shortstop position. Once there, each player will do ten high knees.
- Run to third base, once there do 12 push-ups.
- 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 (3 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 (10 MINUTES)



### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

### CATCHING DRILL REVIEW

- Above/Below the waist throws from the coach. Five throws each
- Plastic Balls catch. Ten catches each
- Fly balls, straight on, with hardballs. Ten each
- Directional Fly Balls. Ten each

### 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

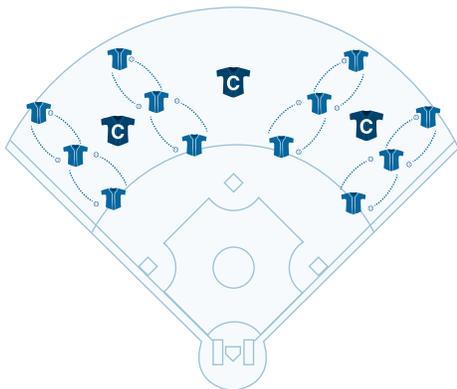


2.5 Finish

### 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. 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



### DRILL

#### Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence. Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players.

The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat. Do this 15 times.



# PRACTICE SEQUENCE

## BREAK (3 MINUTES)

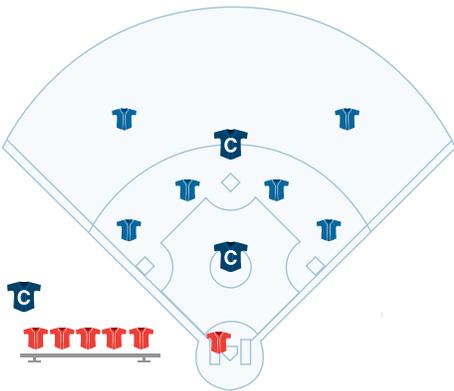
## HITTING (52 MINUTES)



### HITTING REVIEW

- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (10 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

### COACH PITCH 6X6



### DRILL

#### Coach Pitch 6x6

This game will be similar to a regular baseball game, playing four innings. Coach will pitch to the players from a knee or standing from 40 feet away. 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 two groups of six players each. Group One will be batting, Group Two will be infielders and outfielders. The three players who are outfielders in the first inning will be infielders the next inning. Keep this rotation for the remainder of the game. 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 scored the inning will end and Group Two will come in to hit and Group One will play the field. This rotation will continue until the game is over.

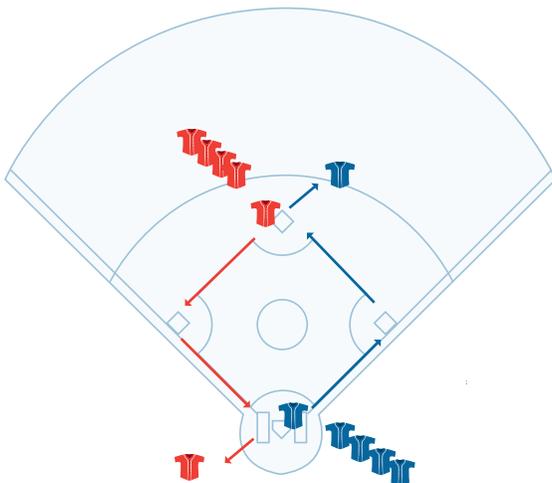
## BASE RUNNING (5 MINUTES)



### BASE RUNNING REVIEW

- Purpose of base running and how to score.

### HOME PLATE RELAY RACE



### DRILL

#### Home Plate Relay Race

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.



# PRACTICE SEQUENCE

## FIELDING (5 MINUTES)



### FIELDING REVIEW

- Five Steps of fielding



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front

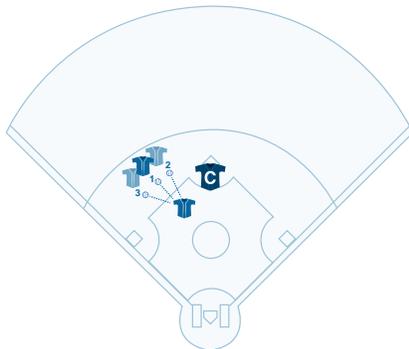


4. Receive / Suck / Funnel / Move



5. Throw to Target

### 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