



# COACH PITCH

## WEEK FIVE

### PRACTICE GOALS: What Your Team Should Learn

1. Successfully throw to a two hand target using a four-seam grip
2. Attempt to catch a fly ball using two hands
3. To separate their hands when throwing
4. The last three steps of fielding a ground ball

### MATERIALS:

- Batting Helmets
- ◊ Bases (four)
- ✗ Baseball Bats (various sizes)
- Baseballs (two buckets)
- ↓ Batting Tee
- Buckets (three)
- ▲ Cones (five)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Teachable Spirit (WAG)

You want your players to learn and get better every week this season. That means they need to have a "Teachable Spirit."

People often stop learning, because while they are learning something new, and they are not yet good at it, they don't want to look foolish. When actually, the foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn.

**W**ATCH  
**A**SK  
**G**ET COACHING

**W** is for Watch. Your players can learn a lot just by watching someone do something that they want to know how to do.

**A** is for Ask. Many people don't ask questions because they think it makes them look silly. But the opposite is true. It's smart to ask questions!

**G** is for Get Coaching. Your players can go to a coach to help them learn what they want to learn.

### PRACTICE 2 TIP : 2-Roots (Rules)

**The R in ROOTS is "Respect for the Rules."**

Respect for the Rules means we follow rules even when we think we can get away with breaking them.

We want to win, but we will never intentionally break the rules, because that dishonors the game. We try to win the game the way the game is supposed to be played!

ROOTS stands for respect for the ...

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



# 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

### 5 MINUTES

#### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

### 10 MINUTES

#### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls off the ground
- Toss/Catch/Grip

### 25 MINUTES

#### CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- Focus on catching the ball above / below the waist
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Hand separation drill

### 3 MINUTES

#### BREAK

### 15 MINUTES

#### HITTING

- Proper grip
- “Athletic” Stance
- Bat should be able to “cover” the entire plate
- Each player will hit three balls from a coach throwing off his knee behind an “L” screen
- Hit 5 balls off a tee
- Cone game
- (See full practice plan for complete instructions)

### 12 MINUTES

#### BASE RUNNING

- Review “Merry-Go-Round” drill
- Home to second base / second base to home relay
- (See full practice plan for complete instructions)

### 15 MINUTES

#### FIELDING

- Review 5 Steps of Fielding
- “Alligator” hands
- “Dry” ground balls / throw to first base
- Bare hands

#### CONCLUSION

- 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 of four, with one coach per group. Coach will share what it means to be a good teammate, each player will share a way someone can be a good teammate.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups: Extend your arm out with the palm
- down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing).
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once).
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks: 20 times

## BASEBALL GRIP (10 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip (See Fig. 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
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls
- Review the toss/catch/four-seam grip. Have each player will do 10 repetitions

### DRILL

Players will be partnered with someone of similar ability. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back. Continue this drill for 15 throws each.



# PRACTICE SEQUENCE

## CATCHING AND THROWING (25 MINUTES)



### CATCHING REVIEW

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

### DRILL

The coach will throw plastic balls to a designated area in the air. Players will use a glove on their hands. Players will react to the throw and line up underneath the ball and try to make the catch with two hands, T2T if the ball is above the waist; P2P if the ball is below the waist. Have the players' line up into three single file lines of four players each. One coach per line 10 to 15 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

#### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 2.1)

#### Step Two: Shoulder to Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 2.2)

#### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 2.3)

#### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4)

#### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5)



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



# PRACTICE SEQUENCE

## THROWING (REVIEW DRILL)

- 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

## DRILL

### Hand Separation:

Partner players with similar abilities. Have each player stand 15 to 20 feet apart. Each player will have his/her directional side toward the partner to start the drill. Hands together on the center of the body (chest) with ball pressed into glove with throwing hand. Elbows are down. The throwing hand and glove hand, move down the center of the together and separate with the thumbs turning in toward the body, moving the elbows up. This will put the thrower in the launch position: 20 to 25 throws, increasing distance after 10 and 20 throws.



## BREAK (3 MINUTES)

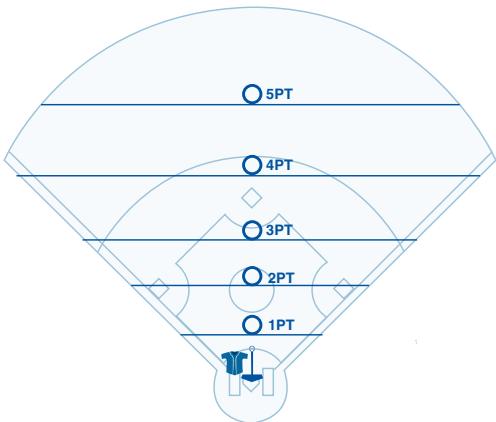
## HITTING (15 MINUTES)



### HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage
- Coach pitching from knee (live) two balls each
- Tee in to a net five balls

### HITTING DRILL



### DRILL

Each player will hit five balls off of a batting tee into the field. Do this three times. Coach will put five cones out in the field and give each cone a point value from five to one. Five points is awarded for the cone farthest away from the hitter, until the closest cone, which is worth one point.

Make sure that each player is approaching their at-bats as if it were in a game. Make sure to have proper grip, stance, and plate coverage. You can make teams or do it as individuals.



# PRACTICE SEQUENCE

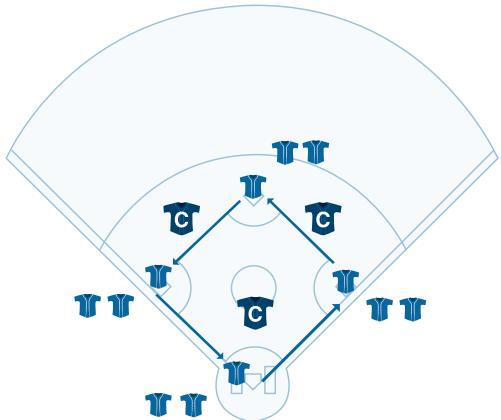
## BASE RUNNING REVIEW (12 MINUTES)



### BASE RUNNING REVIEW

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

#### MERRY-GO-ROUND

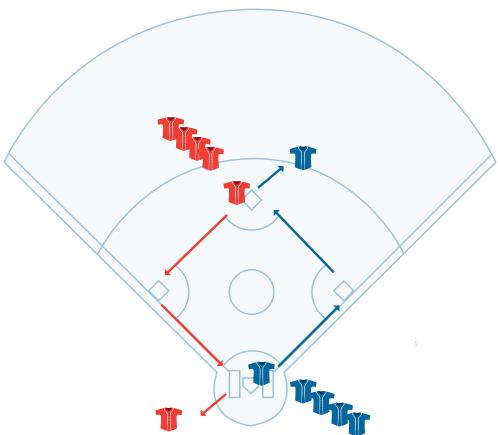


#### DRILL

##### 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. Player will approach the plate with a bat. They will get a proper grip on the bat and assume their batting stance. They will check to see if their plate coverage is good. 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 home. 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.

#### HOME PLATE RELAY RACE



##### GAME: 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 REVIEW (15 MINUTES)



### FIELDING REVIEW

- 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



Alligator Hands



### DRILL 1

#### Dry Ground Ball

Players will start with the ball in their gloves. Do the first three steps of fielding. From this point, the coach will instruct the player which type of ball they are going to field. Players will perform the drill and finish by throwing to a coach at first base. Players will go to the end of the line and grab another ball from the bucket. Each player will do five to ten balls each.

#### GAME:

Each ball successfully thrown to the coach's chest at first base is worth two points. If the coach is able to catch the ball it is worth one point. No points are awarded for any ball that isn't catchable.



### DRILL 2

Players will not use a glove, only bare hands and field 10-to-15 balls each using the five steps of fielding. No throw is made and each ball is put into bucket.

### CONCLUSION

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