



COACH PITCH

WEEK SIX

PRACTICE GOALS: What Your Team Should Learn

1. Run from home plate to second base and run from second base to home plate
2. How to hit a ball from the drill soft toss
3. Play a game of 21

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:

ROOTS - Opponents (Dealing with Success)

ROOTS stands for respect for the ...

RULES
OPPONENTS
OFFICIALS
TEAMMATES
SELF

The first O in ROOTS is for Opponents. We always treat our opponents the way we want to be treated.

A worthy opponent is a gift. It's no fun when you don't have someone on the other side to compete against! It is wrong to act disrespectfully toward an opponent, even if they are disrespectful to us!

One of the most important times to treat an opponent with respect is after your team wins the game. Ask your players to remember how they feel when they have just lost.

PRACTICE 2 TIP :

Emotional Tank (Magic Ratio)

We talked a few weeks ago about making teammates better by filling their Emotional Tanks.

Remember that praise fills tanks along with things like smiles and high-fives. Non-verbal tank-fillers are powerful.

People do best when they get five tank-fillers for every criticism. We call 5-to-1 the "Magic Ratio" because with full tanks, people can excel on the field and off.



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

- Position Fitness
- (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 out of bucket
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

25 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pink
- Catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Catch plastic ball pop ups
- Game of 21

3 MINUTES

BREAK

15 MINUTES

HITTING

- Properly grip a bat
- "Athletic" stance
- Bat should be able to "cover" the entire plate
- Soft Toss player will hit three ball, three times each
- "Dry" Swing Drill (10 swings)
- (See full practice plan for complete instructions)

12 MINUTES

BASE RUNNING

- Base running cues
- Run from home to second base
- Run from first base to second base
- Run from first base to third
- (See full practice plan for complete instructions)

15 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Creep" steps
- "Alligator" hands
- "Dry" ground balls to first base
- Bare hands to first base

CONCLUSION

- High 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 different from last week. Have each player share what they like most about baseball.

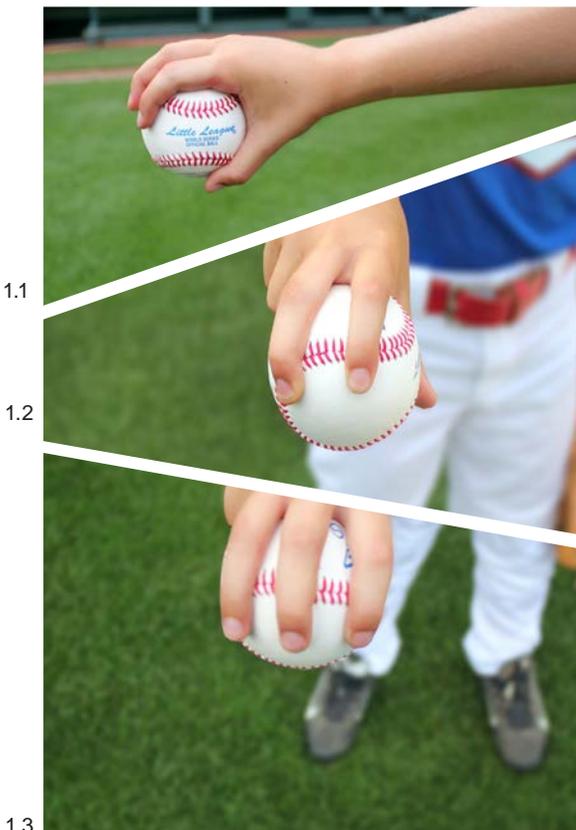
STRETCHING AND WARMUPS (7 MINUTES)

- **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 (15 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 with 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.

GAME: TOSS/CATCH/FOUR-SEAM RELAY

Players will line up in four teams of three players each. Players will toss the ball in the air, catch it, and show the coach a four-seam grip to complete their turn.



PRACTICE SEQUENCE

CATCHING AND THROWING REVIEW (25 MINUTES)



CATCHING REVIEW

- Two-Hand Target (2HT, Fig. 2.1)
- Thumb-to-Thumb (T2T, Fig 2.2)
- Pinky-to-Pinky Drill (P2P Fig. 2.3 & 2.4)



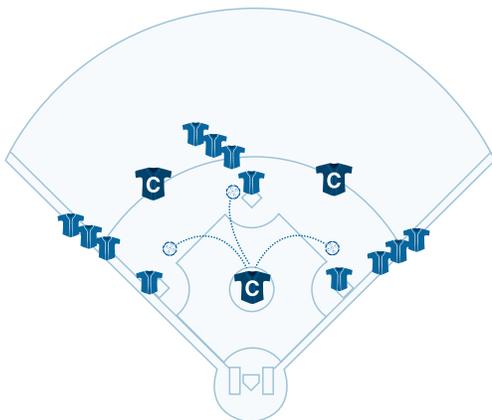
2.1

2.2

2.3

2.4

KNOCKOUT CATCHING



DRILL

Above/Below the waist throws from the coach. Ten throws each.

The coach will throw plastic balls to a designated area in the air. Using their gloves, players will react to the throw and line up underneath the ball and try to make the catch with two hands. Have the players line up in three, single-file lines of four players each. One coach per line, 10 to 15 throws per player.

GAME: KNOCKOUT CATCHING

Split each team into four players. Teams will line up behind first, second, and third bases and when their team is called the first player will receive a ball thrown from the coach standing on the pitcher's mound. The coach will throw pop-ups to the players. After a successful catch the player will go to the end of the line. Once a player misses a ball he/she will sit down at the end of their line and cheer for their team. The game is finished when there is one player left.



PRACTICE SEQUENCE

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. 3.1)

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. 3.2)

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. 3.3)

Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 3.4)

Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 3.5)



3.1 Step



3.2 Shoulder to Partner



3.3 Launch



3.4 Delivery



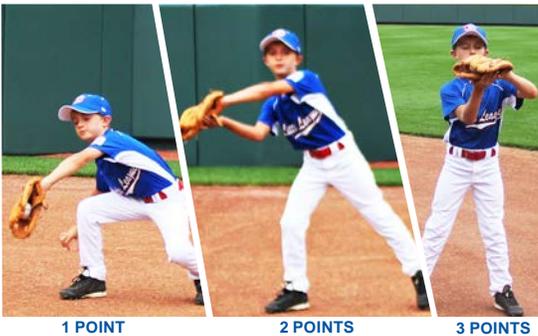
3.5 Finish



PRACTICE SEQUENCE

THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip, continue drill for ten throws.
- Add the step and shoulder point to the throwing sequence. Five throws total with the player focusing on putting all five steps together.
- Hand separation drill, ten throws



DRILL

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.

BREAK (3 MINUTES)

HITTING (15 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage
- Dry swing drill (10 swings each)



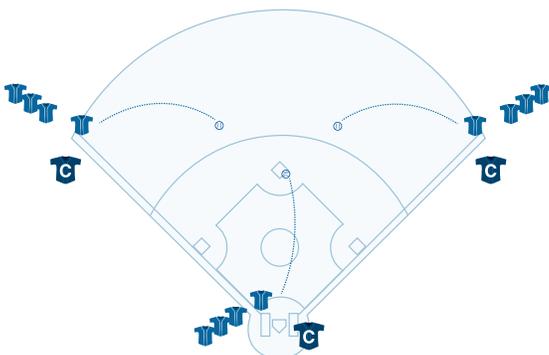
DRILL

Soft Toss

Each player will hit nine balls. Players will hit three, then rotate for three sets. This will keep the players engaged. A coach will crouch down on the opposite side of the hitter's stance.

Each player will do this drill three times. Each coach will have four hitters. One set of hitters will be at home hitting towards the outfield. The second set of hitters will be at the right field foul pole hitting towards second base. The third set of hitters will be on the left field foul pole hitting towards second base.

Players not hitting will be waiting for their turn away from the hitter and hitter's path. Make sure that each player is approaching their at-bats as if it were in a game. Players must be wearing batting helmets.





PRACTICE SEQUENCE

BASE RUNNING (12 MINUTES)



BASE RUNNING REVIEW

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

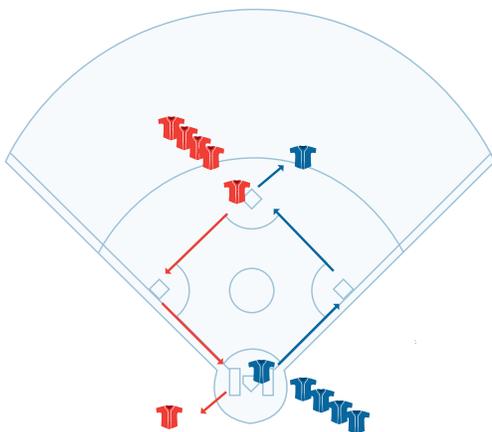


DRILL

Base Running Cues

Players are to start at home and determine how they will approach first base by the cues given to them by the first-base coach. If the coach points to the base and says “base” the player will run through first base. If the coach points at second base and tells them “turn” the batter/runner will begin to curve out to the right about 10-15 feet before first base. The runner will bow out the right making their path from home look similar to a question mark (?) once they touch first base. This will allow the runner to touch first base and start to head to second base in a straight line. For this drill the runner will go about 10-15 feet beyond the base looking towards the outfielder who fielded the ball. This gives the base runner cues on how to approach first base, advance or turn back and run quickly to first base.

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 (15 MINUTES)



FIELDING REVIEW



1. Creepers 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 players which type of ball they are going to field. Players will perform the drill and finish by throwing to a coach standing at first base. Players will go to the end of the line and pick up another ball from the bucket. Each player will do five balls each from second base, shortstop and third base.



DRILL 2

Players take off their hat, flip it over and place the brim of the hat in their mouth. This will force the kids to field the ball completely out in front of them, having the hat forces the player to look beyond the glove by watching it the whole way in.

DRILL 3

No Glove Drill

Players will use their bare hands and field 20 ground balls each using the five steps of fielding. The coach will be near the pitcher's mound and will have six players each line up at the shortstop and second base positions. The coach will roll ground balls to the players who will finish by throwing to a coach at first base. The coach will put the balls in the bucket. After taking 15 balls each, the players will field 10 balls with their gloves. You can have the players rotate between positions.

CONCLUSION

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