



COACH PITCH WEEK ELEVEN

PRACTICE GOALS: What Your Team Should Learn

1. Run the bases more proficiently
2. Use a cross/drop step to catch a fly ball using two hands (baseball)

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: Positive Self Talk

Self Talk is something we all do. We talk to ourselves silently in our own mind.

In sports and in life, it is important that we talk positively to ourselves.

This is especially important after we make a mistake or when we are facing a strong challenge.

Positive Self Talk helps us approach any situation more confidently and it helps us perform better.

PRACTICE 2 TIP : Catch Yourself Before You Complain

Earlier in the season, we talked about the importance of a positive attitude.

Sometimes when something isn't just the way we like it, we are tempted to complain about it. But your players have the ability to catch themselves before they complain, and replace complaining with something else. Something positive!

The best competitors see imperfect circumstances as challenges. They like challenges and trying to rise to meet them.

Doing this instead of complaining is one of the keys to projecting a positive attitude!



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)

4 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

28 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
- Long toss

3 MINUTES

BREAK

22 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

7 MINUTES

BASE RUNNING

- Home to first base, first base to third base, second base to home
- (See full practice plan for complete instructions)

18 MINUTES

FIELDING

- Review 5 steps of fielding
- "Creeper" steps
- "Alligator" hands
- Bare hands throw to first base
- Knee groundball drill

CONCLUSION

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



PRACTICE SEQUENCE

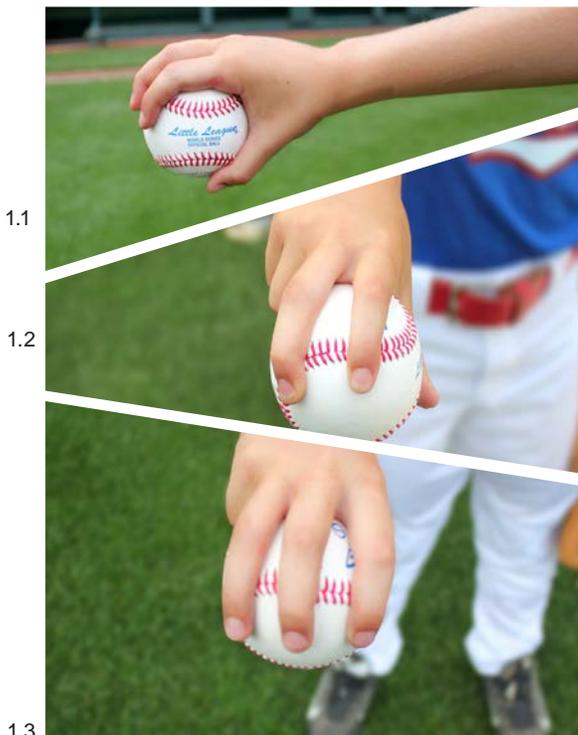
INTRODUCTION (3 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Share a good memory from the season so far. If players want to share allow them.

STRETCHING AND WARMUPS (5 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 (4 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.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.



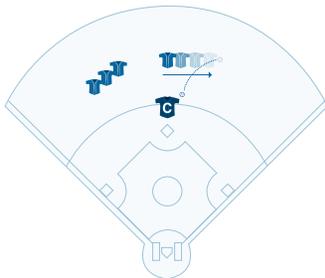
PRACTICE SEQUENCE

CATCHING AND THROWING (28 MINUTES)

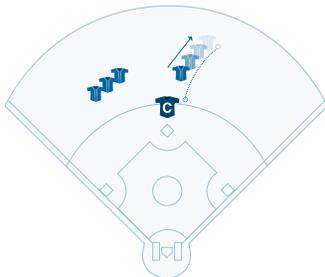


CATCHING DRILL REVIEW

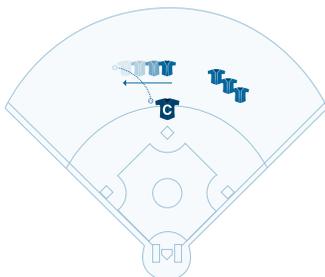
- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs



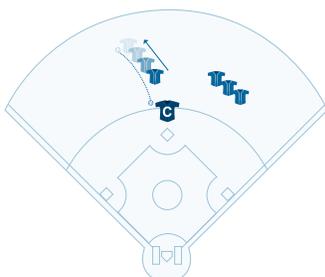
BALL OUT TO THE RIGHT



BALL OUT TO THE RIGHT & BACK



BALL OUT TO THE LEFT



BALL OUT TO THE LEFT & BACK

DRILL

The Coach will throw a baseball 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.



PRACTICE SEQUENCE

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

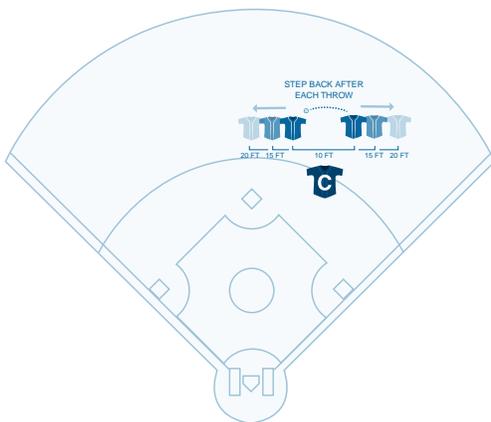


2.5 Finish

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.

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.



PRACTICE SEQUENCE

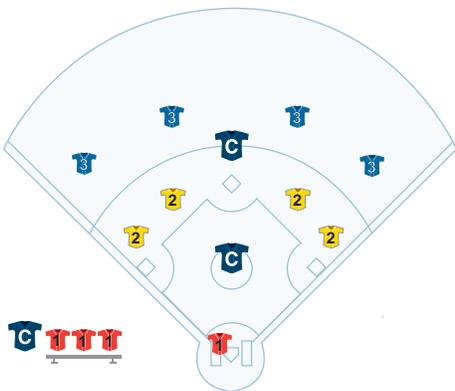
BREAK (3 MINUTES)

HITTING REVIEW (22 MINUTES)



- 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 4X4X4



DRILL

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.

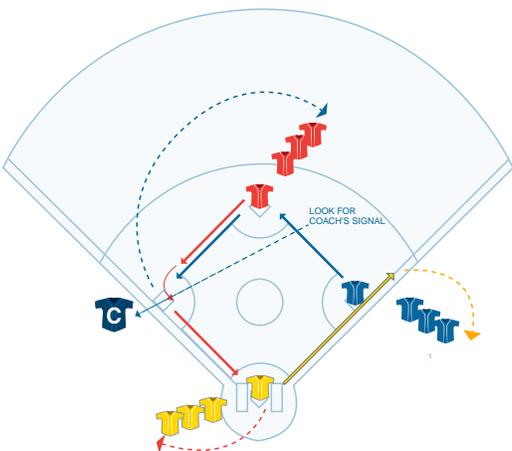
BASE RUNNING (7 MINUTES)



BASE RUNNING REVIEW

- Purpose of base running and how to score.

HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



DRILL

Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside or third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



PRACTICE SEQUENCE

FIELDING (18 MINUTES)



FIELDING REVIEW

- Fielding Five Steps of fielding
- Dry Ground Balls (five each)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target

DRILL

Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



CONCLUSION

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