



COACH PITCH

WEEK SEVEN

PRACTICE GOALS: What Your Team Should Learn

1. Successfully throw to a two hand target using a four-seam grip while playing a game of 21
2. Run from first base to third base and from second base to home plate
3. Take cues from the first base coach
4. Field a ground ball while moving laterally

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:

Buddy System (Filling Emotional Tanks)

It is amazing how positive thinking and acting can impact a situation. We all learn and perform better when our Emotional Tanks are full, in sports and in life. Being a great tank-filler takes practice, but it will make you a great teammate in all that you do.

Try using the "Buddy System" to help your team fill tanks. Pair your players for a drill. They can have a different partner each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can, and also watch their partner and give their buddy high fives and tell them they did a good job after the drill!

PRACTICE 2 TIP :

Mastery - Competing with Yourself

Learning to compete is an important part of being an athlete, and, often, the biggest competitor is ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your players compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves.



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- 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
- Position Fitness
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

7 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)

20 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

22 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)

15 MINUTES

BASE RUNNING

- Review "merry-go-round" drill
- 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
- "Dry" ground balls to first base
- Bare hands to first base
- Pick-up drill

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 are different from last week. Have each player tell you their favorite baseball movie.

STRETCHING AND WARMUPS (5 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 (7 MINUTES)



1.1 1.2 1.3

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.
- 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 do 10 repetitions.

GAME: FOUR-SEAM RELAY RACE

Each player will run up and show their coach the four-seam grip, once they return to the back of their line the next player can go. Do the relay until all players in their line have gone. The relay is to be done after the drill.





PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)



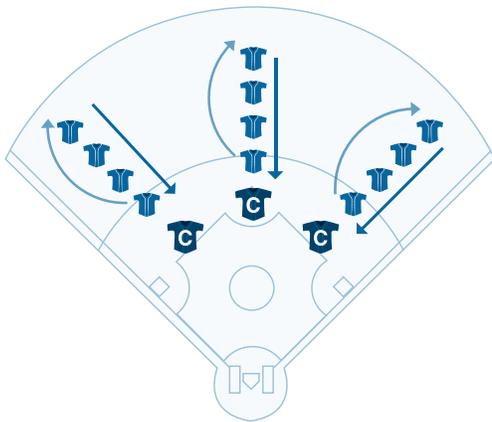
CATCHING REVIEW

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

CATCHING DRILL REVIEW

- Above / below the waist throws from the coach. Begin with five throws each.

CATCHING DRILL



DRILL

The coach will throw plastic balls into the air in a designated area. Players, with a glove on their hands, 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 into three single-file lines of four players each.

One coach per line will toss 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**



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 ten throws.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Hand separation drill ten throws.



1 POINT

2 POINTS

3 POINTS

DRILL

Game of 21

Match players of like ability for this game. To start the drill, play to 11, until the players have 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 (22 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Coach fake pitch finger recognition
- Coach will throw from knee (five hits each) Groups A,B,C
- Soft toss, five hits each into a net Groups A,B,C (during coach pitch)

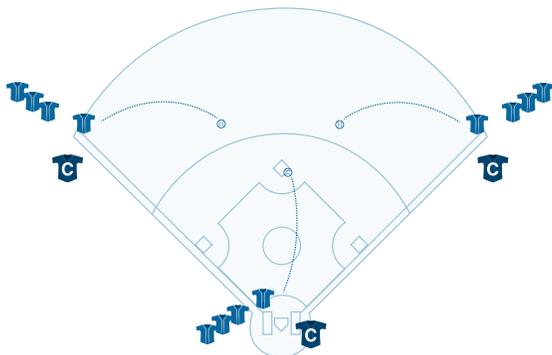
DRILL 1

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 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 will be wearing batting helmets.



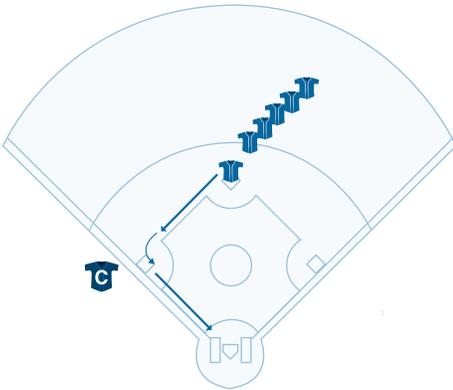


PRACTICE SEQUENCE

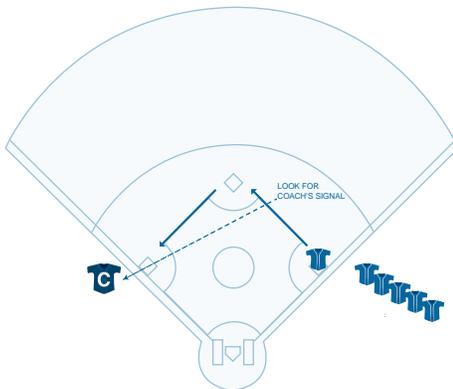
BASE RUNNING (CONTINUED)



SECOND-TO-HOME



FIRST-TO-THIRD



DRILL 2

Second-To-Home

Introduce running from second-to-home. Players will curve out when approaching third base, this is done to allow the runner to hit the inside of the base and be in as close of a straight line while advancing towards home.

First-to-Third

First-to-third is the other base running drill. Runners will run as fast as they can toward second base. When the runner is about 10 to 12 feet from second base, the runner will turn his/her head toward the third base coach and get the signal of advancing to third base or staying at second base.



PRACTICE SEQUENCE

FIELDING (15 MINUTES)



FIELDING REVIEW

- Five Steps of Fielding
- Dry ground balls (five each) to first base from third base, shortstop, and second base.
- No Gloves - 10 attempts each 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



DRILL

Pick Up Drill

Players will be partnered and will be about 15 feet away from each other. One player will remain stationary and the other will shuffle laterally while fielding ground balls with their bare hands. The player will field the ball and roll it back to their partner. Three groups on shortstop side of the infield and three groups on the second base side of the infield. Each partner will give two round of 10 balls each.

CONCLUSION

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