



COACH PITCH WEEK EIGHT

PRACTICE GOALS: What Your Team Should Learn

1. Catch a tennis ball above their head
2. Quickly transition the ball from their glove hand to their throwing hand
3. Play a simulated game of baseball while working on strengthening their fundamentals
4. Develop hand eye coordination through the same side toss drill

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 - Officials

ROOTS stands for respect for the ...

RULES
OPPONENTS
OFFICIALS
TEAMMATES
SELF

The second O in ROOTS is for Officials. We respect officials and umpires even if we disagree with some of their calls.

Many sports are finding it harder and harder to recruit enough officials because they aren't treated well by players, parents, fans, and coaches.

We are grateful to the umpires for the difficult job they carry out and for making it possible for us to play the games.

It is never OK to treat people disrespectfully, ever! Keep in that in mind if a questionable situation with an umpire comes up in your games.

PRACTICE 2 TIP : Making Teammates Better

In life, we are part of many groups that function like a team. The teamwork that helps a sports team have success is the same teamwork that helps a family or business succeed. **The ability to work with others in a supportive, and sometimes challenging, way is important in sports and in life.**

"Bring It" is a tool we can use to supportively challenge each other in practice. Before going against a teammate in practice, we can triple fist-bump each other to remind our teammate and our self that we are going to make each other better by competing hard in this drill.



QUICK PLAN

90 MINUTES

2 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
- Coach leads the team in a series of leg and arm stretches
- 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-pinky
- Catching the ball below the waist
- 5 Steps of Throwing
- Hand separation
- Three-Man Relay
- Catch plastic ball pop ups
- Game of 21

3 MINUTES

BREAK

20 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
- Each player will hit 10 balls (three times each)
- (See full practice plan for complete instructions)

15 MINUTES

BASE RUNNING

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

18 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Creep" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Same-side toss

CONCLUSION

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



PRACTICE SEQUENCE

INTRODUCTION (2 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 share their favorite play in baseball.

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.

BASEBALL GRIP (7 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.
- 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: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.



PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)

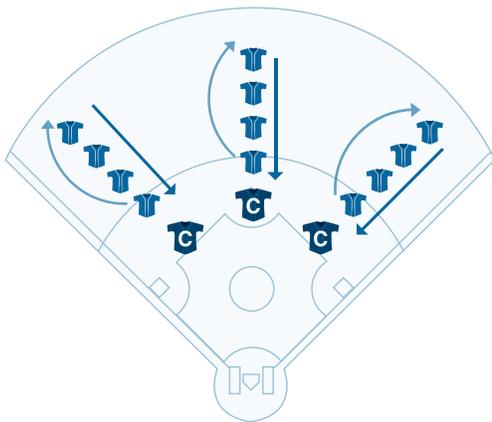


- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Plastic balls catch 15 catches each

CATCHING DRILL



DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

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 in three single-file lines of four players each.

One coach per line 10-15 throws per player.

THROWING DRILL 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



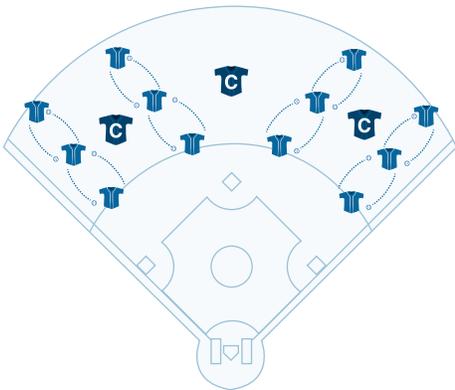
PRACTICE SEQUENCE

THROWING DRILL REVIEW

- 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



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.

Complete drill 15 times.

BREAK (3 MINUTES)



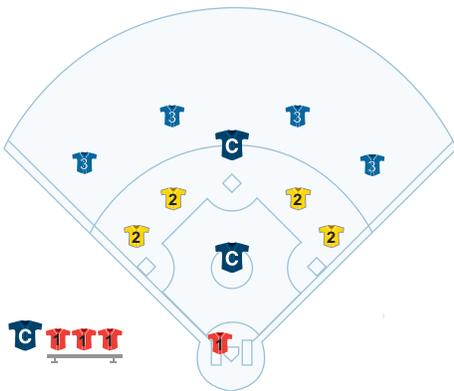
PRACTICE SEQUENCE

HITTING (20 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit five balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 4X4X4



DRILL

Coach Pitch 4x4x4

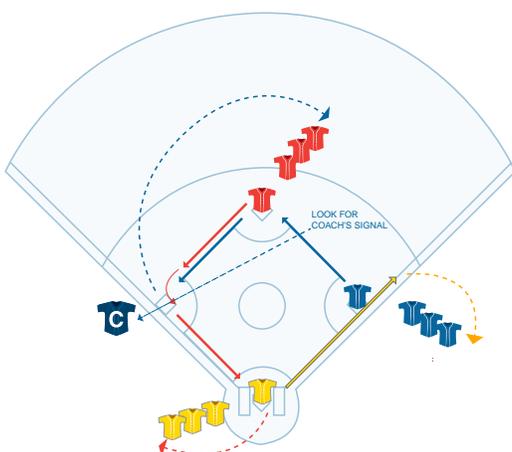
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in 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 (15 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each
- Cues from Coaches

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 of 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

– FIVE STEPS OF FIELDING

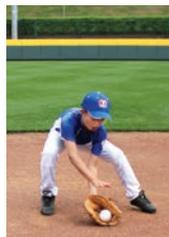
- “Alligator” hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Hat in Mouth Drill
- Pick-Up Drill (five each)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



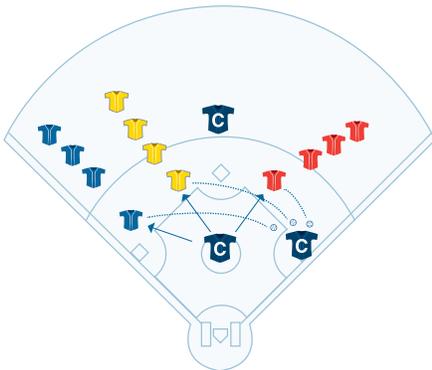
5. Throw to Target



———— Alligator Hands ————



GAME: BARE HANDS



GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.



DRILL

Same-Side Toss

Partners will face each other about 5 to 10 feet apart. Each partner has a ball in their right hand. Partners toss the ball at the same time to their partner's left hand. Throws are continuous and will alternate hands after ten throws on each hand. Do this drill twice.

CONCLUSION

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