



# COACH PITCH

## WEEK NINE

### PRACTICE GOALS: What Your Team Should Learn

1. Be able to quickly relay a ball from the outfield to the infield using a four-seam grip
2. Field ground balls on their knees, demonstrating the proper two-hand technique

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Tennis Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Preparation

Almost everybody wants to win, but only some are willing to prepare to win. Almost everybody wants to succeed in life, but only some are willing to prepare to succeed.

**Preparation to win in sports includes consistently trying hard, listening to your coaches, and supporting your teammates through good and bad times.**

Are your players willing to prepare to win in sports and to succeed in life?

### PRACTICE 2 TIP : Leadership for all (Mirror vs. Window)

Leadership is any action that moves a team forward. Being a leader doesn't mean being a hero, and it isn't reserved for specific people on a team. Anyone on a team can provide leadership.

Setting a good example for others, stepping forward to help out, and supporting a teammate are ways to lead on any team.

Every time something happens to the team, your players have a choice to look through a mirror or a window. A leader uses double-vision.

**When something goes right, a leader looks through a window and gives credit to those around him. When something goes wrong, a leader looks into a mirror and takes responsibility for his part in what went wrong.**



# QUICK PLAN

## 90 MINUTES

**2 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)

**3 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

**27 MINUTES**

### CATCHING AND THROWING

- Catching the ball below the waist
- 5 steps of throwing Hand separation
- Three-Man Relay
- Catch tennis ball pop ups
- Game of 21

**3 MINUTES**

### BREAK

**30 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
- 4x4x4 drill
- (See full practice plan for complete instructions)

**8 MINUTES**

### BASE RUNNING

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

**12 MINUTES**

### FIELDING

- Review Five Steps of fielding
- "Creep" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Knee Groundball

### 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 different from last week. Ask players how the game of baseball and life are similar.

## 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 (3 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.

### 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

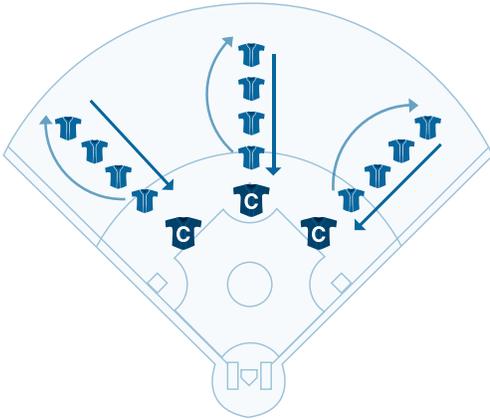
## CATCHING AND THROWING (27 MINUTES)



### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Using 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 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



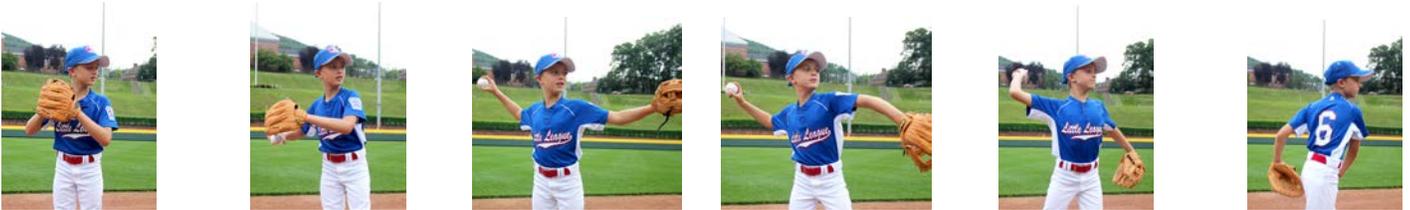
2.5 Finish



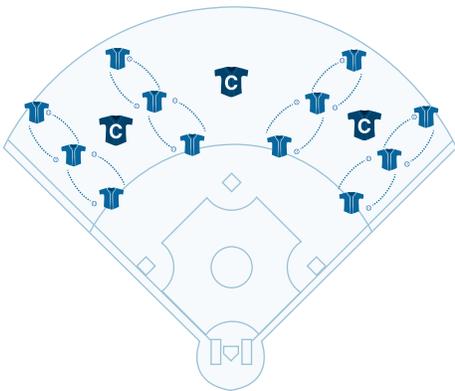
# PRACTICE SEQUENCE

## THROWING DRILL REVIEW

- Start in the launch position and complete 10 throws focusing on the 2HT and four-seam grip.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Complete 10 throws using the hand separation drill



## 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 15 times.

## GAME OF 21



1 POINT

2 POINTS

3 POINTS

## GAME

During warm-ups, have players play a game of 11 or 21.



# PRACTICE SEQUENCE

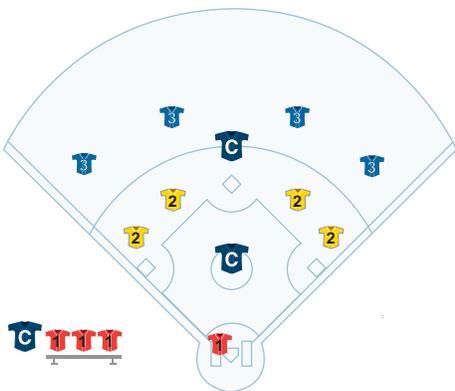
## BREAK (3 MINUTES)

## HITTING REVIEW (30 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

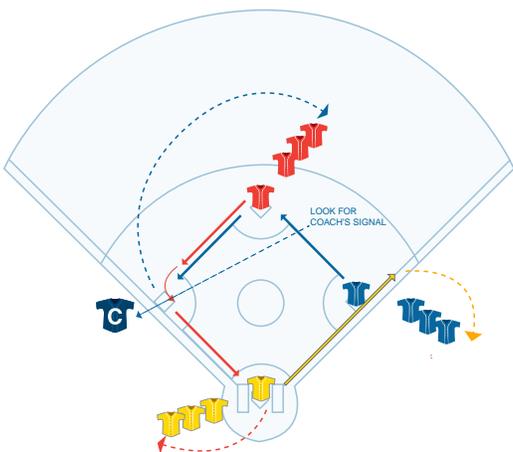
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in 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 (8 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 (12 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)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second 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 ————



## 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