

ANDOVER FASTPITCH



PITCHER

A pitcher is willing to put in extra work to learn her skill. She understands the game and how it is played. Mentally tough, she knows that errors in the field will happen and she cannot let errors by other players affect her game. She has to stay positive and just go after the next batter. She has to adjust to the umpires' strike zone. Pitchers should be willing to practice at home and consider private pitching lessons. A pitcher needs to find confidence and play ball with a game face. Understand where and when they need to back up plays. She should try to identify where a hitter wants the ball and try to avoid giving up that pitch.

FIRST BASE

First base player needs to have some quickness. The first base player has a lot of real estate to cover, from bunts on the first baseline to all of the foul territory and the slow rollers towards second base. She should be ready to field bad throws as well. You need to **KNOW** that a ball hit to your 1st baseman is an out.

SECOND BASE

The second base player should have good basic fielding skills. She may not be the strongest thrower on the team but must be able to make an accurate throw to first base every time. Second base player's responsibilities include cleanly fielding balls hit to her, cut off person for balls hit to the outfield, and covering 1st base on a bunt. The second base player needs to know defensive situations well. She will have to decide when to cover first base and to get cut off throws. **This is a player that will not make errors very often if at all.**

THIRD BASE

The third base player should be an **ANIMAL**. She should be a snarling, drooling, ball-hogging, softball-eating **ANIMAL**. This girl **pities the poor coach** that wants to challenge her with a bunt, and dares hitters to hit it in the hole to shortstop. This player can't wait for the ball to be hit in her direction. The third base player needs to have a rocket for an arm. She should be able to throw the ball on a rope to first base. She needs to be prepared to cut off slow rollers to shortstop and any hitters to shortstop. The only ball that gets past her is a bullet hit to shortstop.

SHORTSTOP

This girl is a pretty athletic girl. More than anything she **needs to be quick**. She will certainly have to cover 2nd on stolen base attempts, cut off player for balls hit to the outfield, and she may have to cover 3rd on steals as well. She is also going to be responsible for a lot of territory for pop flies: everywhere from just behind the pitcher to shallow left field and center field. This player needs to make routine plays on all ground balls and get the out at first base. The shortstop needs to have a pretty strong arm to go along with her speed.

CATCHER

A catcher is typically a great all around athlete. She has to be quick, have a strong arm, understand the other positions, and fastpitch defensive strategies. She is the team leader on defense and a important piece of a winning team. **The player you select for this position should probably be just a notch below your ANIMAL at 3rd base.** This player needs to understand the game better than anyone on the field. She needs to be able to predict what the base runners on the other team may do at all times. The catcher needs to be able to quarterback the team and call out plays to the rest of the team. **The most important part of playing catcher** is catching the ball and preventing passed balls. The more balls caught the fewer free bases that are given up to base-runners. The second most important feature is to have a **quick release** and a rocket arm. This player needs to be able to throw the ball quickly without hesitation from many award positions. The catcher must learn how to throw balls without a stutter step.

RIGHT FIELD

A right fielder needs to be considered a deep infield position. This player needs to come up **throwing hard to 1st base** to get the batter out on hard hit grounders that get through or line drives to right field. She has the best arm of the outfielders. The right fielder also needs to **be johnny-on-the-spot for backing up throws to 1st base.** Wild throws happen, but a good right fielder will hold the runner to 1st base or throw them out going to 2nd base. This is a great way to take the steam out of an opposing team.

CENTER FIELD

A center fielder needs to have a lot of speed. This player is moving all the time and she is ready to go. The outfield can get pretty big sometimes and the centerfielder has to be able to move fast and cover a lot of ground. A center fielder needs to know who and where her cut off is at all times. This is a player who loves to chase down fly balls and can't wait until the next one comes her way. This player does not hesitate, she robs hitters of a chance to be on base or get extra bases! She loves to watch the batter get excited about a big hit and then watch them slump back to the dugout after she catches their fly ball.

LEFT FIELD

A left fielder needs to be good at catching fly balls and not scared to run after a foul ball. A left fielder is someone who also needs to know who and where her cut off is at all times. This player will also need to know when she has to back up 3B. She loves nothing better than getting that free chance to get that batter out on a foul ball and send her back to the dugout. This girl needs to be able to quickly field a ground ball that gets past 3B and get that ball in quick to stop the runners. This player is always on the move every play. She is ready to go at all times.

Pre-Game Warm-ups = 60 min

1. Hitting Stations = 3 stations – everyone rotate through stations quickly

1. Side toss into net = coach toss

2. Front toss wiffles = coach toss / players shag and catch

3. Bunting station = coach pitch or player / player shag and catch

2. Dynamic Warm-up sequence

3. Throwing Progression

4. Split off = Pitchers and Catcher's / Infield and Outfield

1. Infield will field ground balls – then switch

2. Outfield will field fly balls- then switch

3. Pitchers and Catchers will warm-up

5. Water Break

6. Team meeting = game goals

7. Team it up before taking the field.

Throwing Progression

(players line up in 2 lines, partners facing one another)

1 group leads the progression:

(start on bended knee)

1. Wrist flips from bended knee
2. Throws from bended knee

(stand up)

3. Throws, with feet on a line
4. Throws, stepping to feet on a line
5. Regular Throws = Regular and Long throws will be done simultaneously.
6. Long Throws

*each partner scoots back ~5 feet with each phase of the progression

*team moves from phase to phase together per cue from the leaders

Dynamic Stretching Warm-up Sequence

(girls line up in 2 parallel lines aligned with foul line and 2nd base, partners facing each other)

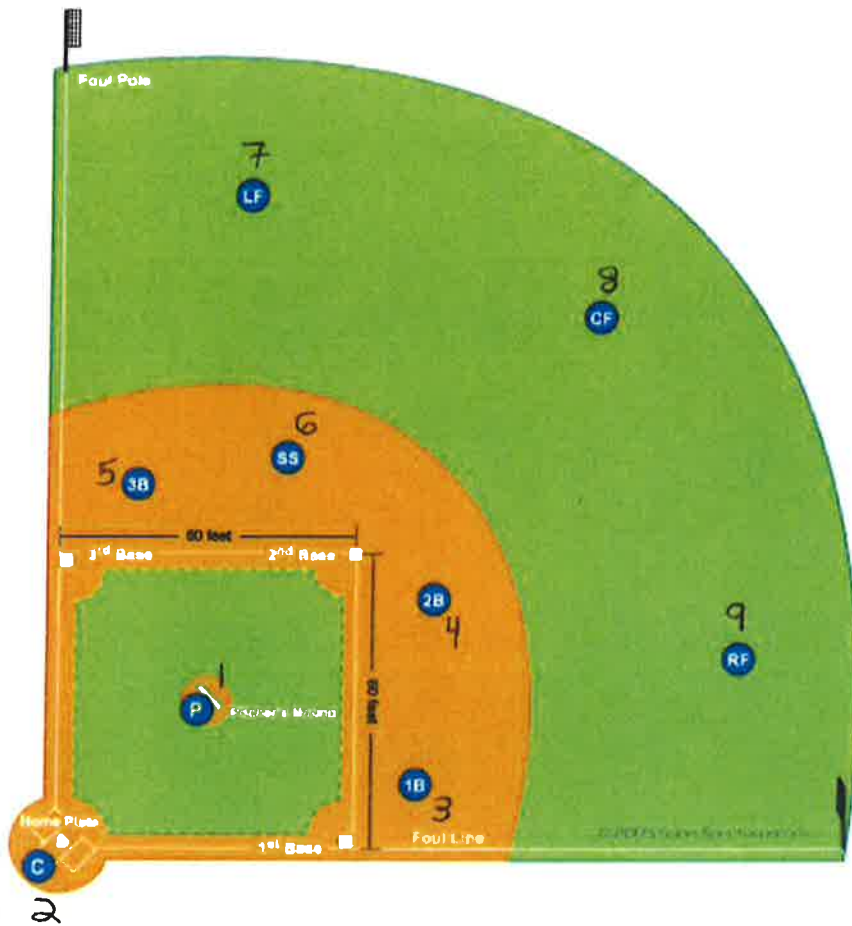
1 group leads the warm-up:

1. Arm circles forward
2. Arm circles backward
3. Frankensteins
4. Toe touches
5. Backward lunge with atlas rotation
6. Butt kicks
7. High knees
8. Dog and bush
9. Carioca
10. Carioca back

*static stretching

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 6:25 AM
To: Michurski, Dean P. (NE)
Subject: Position Numbers



Player Position Numbers

- Pitcher – 1
- Catcher – 2
- First Base – 3
- Second Base – 4
- Third Base – 5
- Short Stop – 6
- Left Field – 7
- Center Field - 8
- Right Field - 9

Fastpitch Basics

1. Fastpitch players can lead off bases after the pitcher releases the ball from her hand.
2. Fastpitch players can straight steel or delay steel bases.
3. Fastpitch players will have to know how to slide and dive into bases and in some cases it is mandatory or the base runner is out automatically.
4. Fastpitch players can bunt and will need to learn how to lay down a bunt to move a baserunner forward.
5. Fastpitch players can steel bases on a bad pitch which is called a pass ball.
6. Fastpitch players will have to know and memorize batting instruction signs.
7. Any ball that is over thrown to the pitcher is a live ball and base runners can steel bases.
8. Fastpitch players can tag up on fly and foul balls.
9. Fastpitch players will have to know how to cover for bunts, steels, and first and third plays.
10. Batting form and technique is completely different from that of a baseball player and or a slow pitch player. This is due to the speed, angle, and the direction of the pitch.
11. Fastpitch players set up in different locations for positions when playing defense as compared to slow pitch player positions and locations.
12. There are only 3 outfielder positions as compared to 4 outfielders in slow pitch.

Fastpitch Rules To Remember

1. Third strike rule. Players always run on their third strike. If catcher drops the ball on the third strike it is a live play and player can take first base if they beat the throw to first and it is unoccupied.
2. Pitching circle rule. Base runners cannot taunt the pitcher when the pitcher is in the pitching circle. If the opponent's pitcher is in the pitching circle with the ball in her glove a base runner cannot move back and forth to taunt the pitcher. Once the base runner has stopped running from the original hit or lead-off then the base runner will have to pick a direction and go. If the pitcher is outside of the pitching circle or has raised her arm to throw the ball then the base runner is free to move more than one direction.
3. Two Foul ball rule. Two foul balls will count as strikes against batters then batter will get unlimited amount of foul ball while battling for a hit.
4. Slide at home plate rule. Fastpitch players will always have to slide at home plate when there is a possible play to be made or base runner will be called out due to safety reasons.
5. Jewelry and earrings rule. All jewelry and earrings will have to be removed when playing fastpitch. Some umpires may let you cover earrings but not always.

Offensive Things To Remember

1. Know the pitch count, know the number of outs, and know where your runners are on base.
2. Always remember to execute basic base running skills. Run through base / breakdown / look to fence / turn out / banana turn on taking two / tight turns / do not look at the ball.
3. Be a yes girl until the last second. Go into the batter's box ready to swing the bat. Be aggressive!
4. Do not go down looking. Always give your best swing at that 3rd strike.
5. Be aware of the dropped 3rd strike rule. Be on your way to first EVERY SINGLE TIME!
6. You should be timing the pitcher in the warm up circle. Note the pitchers wind up and the catchers ability level.
7. When running the bases, always time and rock of the base when the ball leaves the pitchers hand.
8. Be prepared to advance bases on wild pitches. This is important.
9. Listen and watch your base coaches for direction.
 - stealing bases
 - taking extra bases on a hit
10. Be ready to tag up on fly balls. Especially when on third base.
11. Never turn your back to the pitcher when returning to a base.
12. Always support each other. Talk it up!
13. Taunting the pitcher rule. Once you chose you move!

Defensive Things To Remember

1. Know the pitch count, number of outs, and know where the runners are. Ask the umpire if you need to.
2. Say it out Loud. - Number of outs and where the next play is before the next batter gets the first pitch.
3. Talk to each other. Communicate to each on the field.
 - Pitcher should talk SS and second base on force out plays
 - communicate the possibility of a bunt with 1st and 3rd base players
4. PLAY THE BALL FIRST, don't let the ball play you.
5. Try to anticipate what the other team will try to do. - Bunt, steal, and swing away
 - try to identify where the next play will be before the pitch
6. Be aware of the third strike drop ball rule. Be ready to make that play at first.
7. Know your cut off responsibility.
8. You should be moving on every play to back someone up or put yourself in a position to make a play.
9. Be aware of first and third plays.
10. Good ready athletic positions. Infield creeping every play. Outfield heel and toe stance ready to move.
11. Normally about 83% of all outs are made at first base. All slow rollers go to first base.
12. Know your bunt coverages and always be ready on the corners (1st and 3rd).
13. Infield – Know your pick off plays and signs / back ups
14. Second base always back up throw to SS on steal at second. Second always covers second between pitches.
15. Always make catches and tags with two hands.

Standard signs

1. Ear – indicator
2. Belly – bunt
3. Belly / Belt - Sacrifice Bunt
4. 1 hand chest – take a pitch
5. 1 hand chest to belly – fake bunt
6. Hand down left arm – straight steel
7. Hand down left arm then up left arm – delayed steel
8. 1 Hand form left shoulder to right hip – clear off board
9. Fist together – swing away
10. Clap Hands – closer

11. Point to eyes – batter request to see the sign again

Catchers pick off sings – catcher / first base / third / pitcher / short stop / left and right fielders

1. Hand down right leg – 1 base pick off
2. Drag hand from left shoulder to right shoulder.

First and Right Fielder – Fist in glove a few times to show you got the sign.
Third and Left Fielder – Fist in glove a few times to show you got the sign

Andover

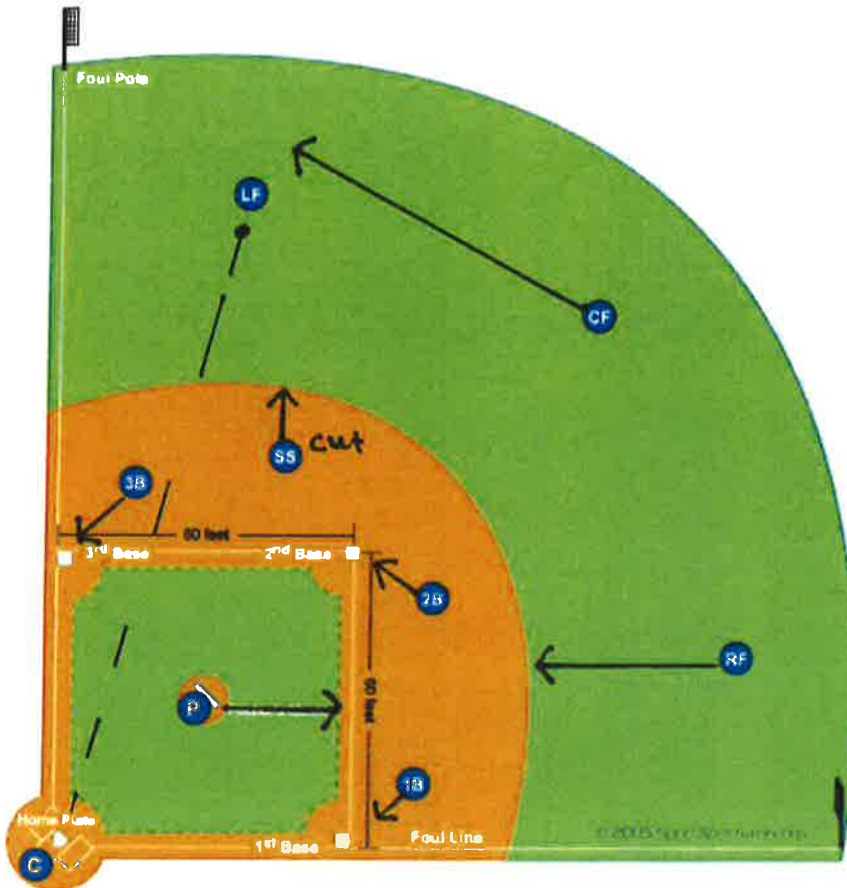
Fastpitch

Cut-Off

Coverage

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 7:32 AM
To: Michurski, Dean P. (NE)
Subject: Defence Cut Off / No runners on base



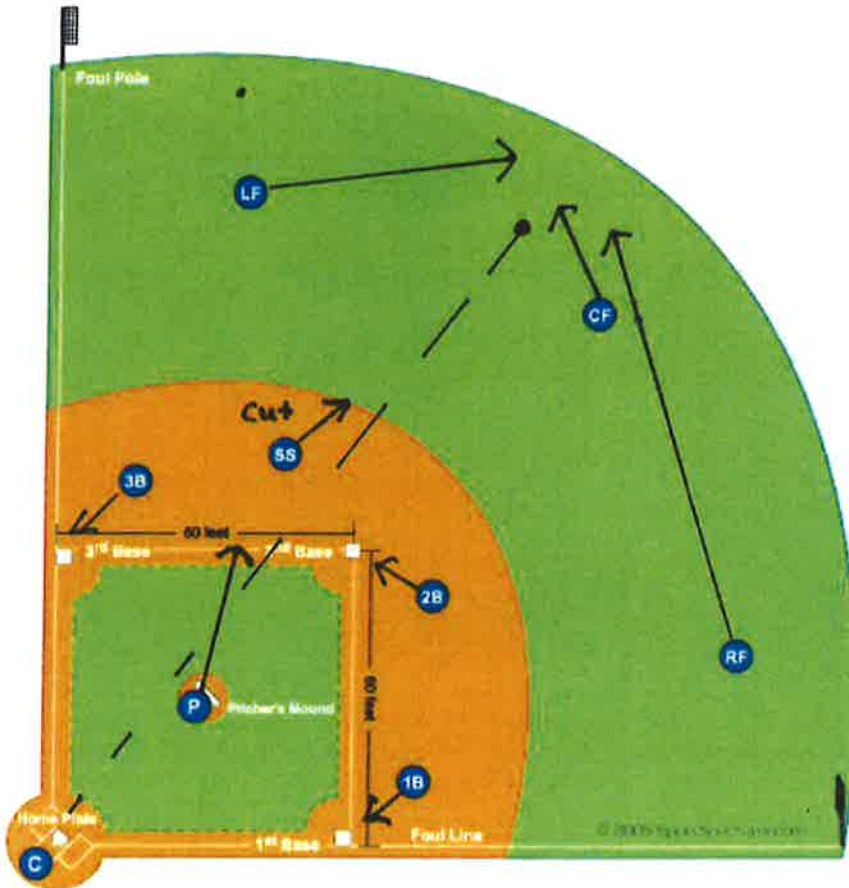
No runners on base. Ball is hit to LF

1. LF fields ball
2. CF backs up LF
3. SS moves into CUT OFF POSITION
4. 2b COVERS 2b
5. P Backs up 2B
6. 1B covers 1B
7. 3B covers 3B
8. RF comes in to help out
9. Ball is thrown from LF to SS to 2B

Michurski, Dean P. (NE)

Subject: FW: Defense Cut Off / NO Runners

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 7:42 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / NO Runners



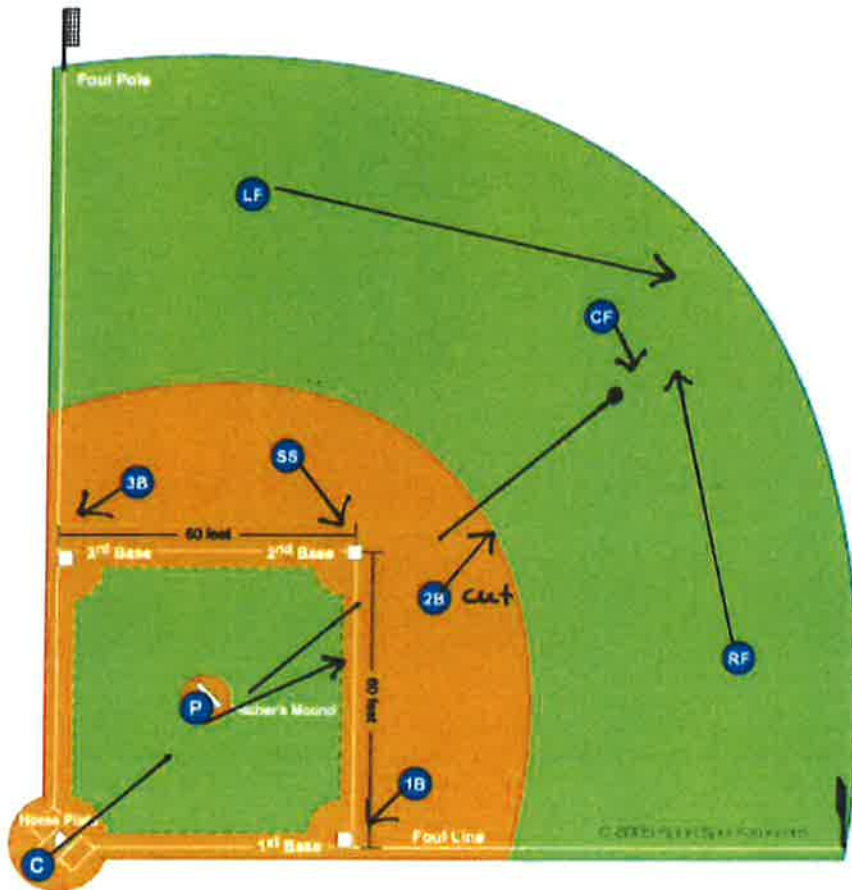
No runners on base. Ball is hit to CF – left side

1. CF fields ball
2. LF backs up CF
3. RF backs up CF
4. SS moves into CUT OFF POSITION – if ball is hit to left field side of second
5. 2B covers 2B
6. P backs up 2B
7. 1B covers 1B
8. 3B covers 3B
9. Ball is thrown from CF to SS to 2B

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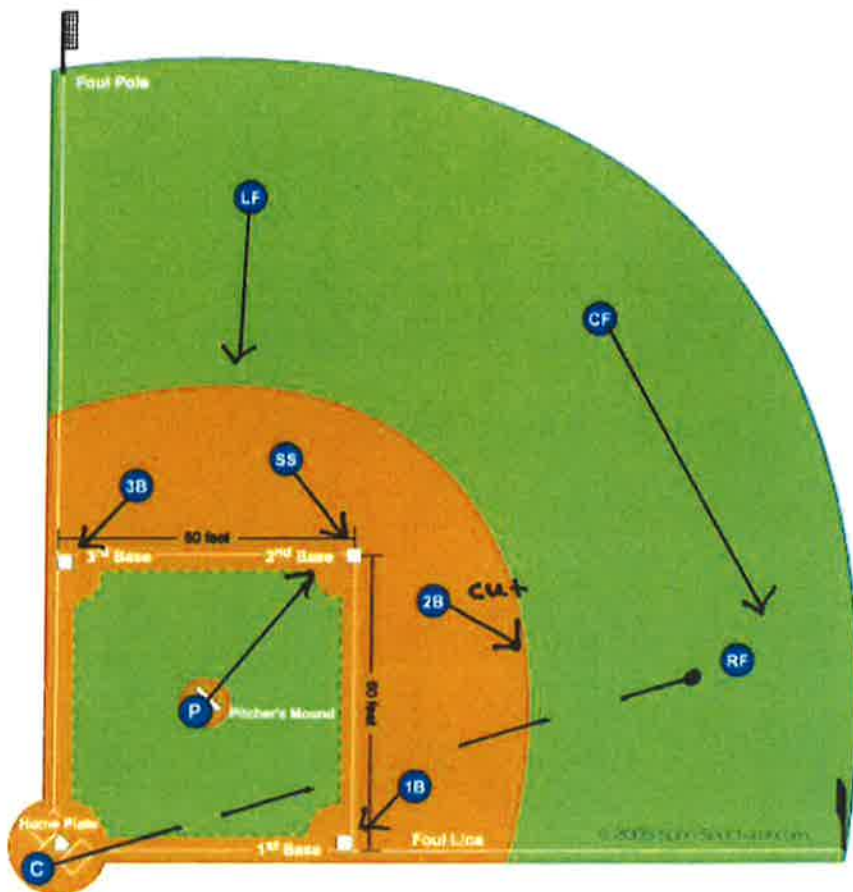


No runners on base. Ball is hit to CF – right side

1. CF fields ball
2. LF backs up CF
3. RF backs up CF
4. 2B moves into CUT OFF POSITION – if ball is hit to right field side of second
5. SS covers 2B
6. P backs up SS at 2B
7. 1B covers 1B
8. 3B covers 3B
9. Ball is thrown from CF to 2B player to SS at 2B

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 7:48 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / NO Runners

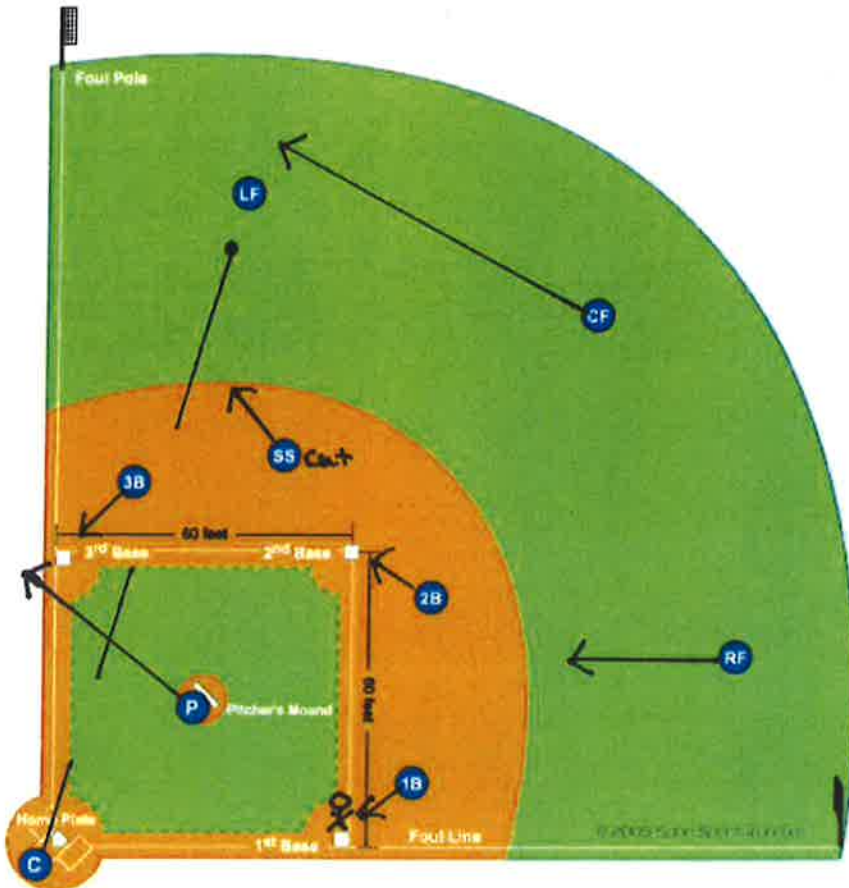


No runners on base. Ball is hit to RF

1. RF fields ball
2. CF backs up RF
3. 2B moves into CUT OFF POSITION
4. SS covers 2B
5. P backs up SS at 2B
6. 3B covers 3B
7. 1B covers 1B
8. LF should come in to help out
9. Ball is thrown from RF to 2B to SS at 2B

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 10:23 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / Runner on 1B



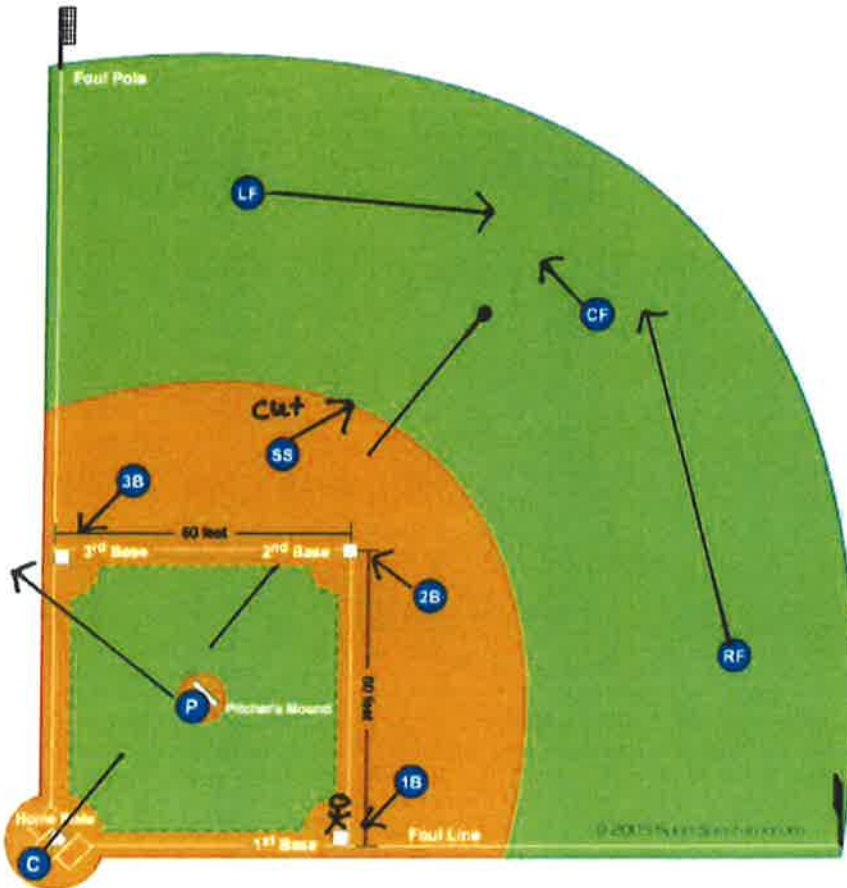
Runner is on 1B. Ball is hit to LF.

1. LF fields the ball
2. CF backs up LF
3. SS moves into CUT OFF POSITION
4. 3B covers 3B
5. 2B covers 2B
6. 1B covers 1B
7. P backs up 3B
8. RF moves in to help out
9. Ball is thrown from LF to SS to 3B

Michurski, Dean P. (NE)

Subject: FW: Defense Cut Off / Runner on 1B

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 10:00 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / Runner on 1B



Runner is on 1B. Ball is hit to CF – left side

1. CF fields ball
2. LF backs up CF
3. RF backs up CF
4. SS moves out to CUT OFF POSITION - if ball is hit to right side of second
5. 2B covers 2B
6. P backs up 3B
7. 1B covers 1B
8. 3B covers 3B
9. Ball is thrown from CF to SS to 3B

Michurski, Dean P. (NE)

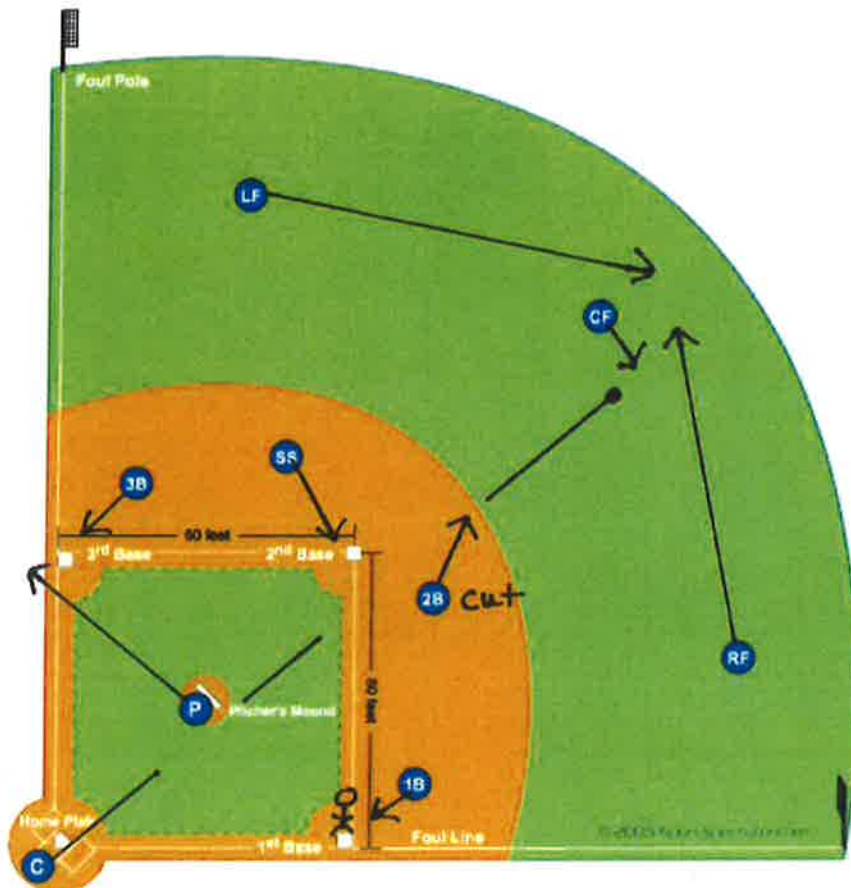
Subject: FW: Defense Cut Off / Runner on 1B

From: Michurski, Dean P. (NE)

Sent: Friday, January 24, 2014 10:00 AM

To: Michurski, Dean P. (NE)

Subject: Defense Cut Off / Runner on 1B



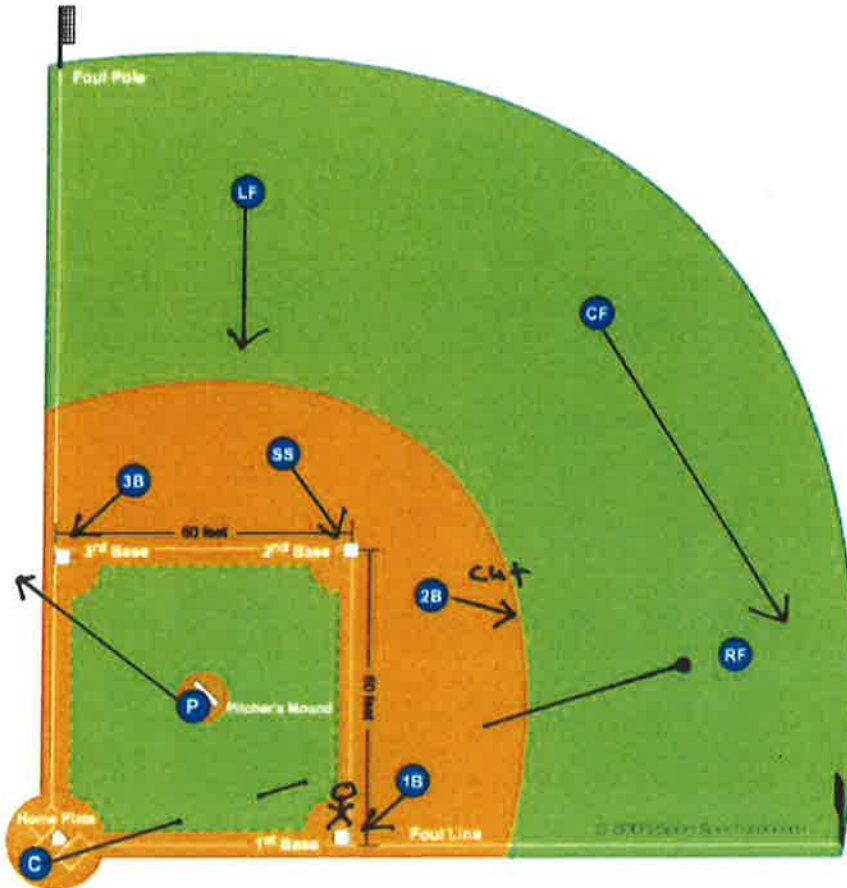
Runner is on 1B. Ball is hit to CF – right

side

1. CF fields ball
2. LF backs up CF
3. RF backs up CF
4. 2B moves out to CUT OFF POSITION - if ball is hit to right side of second
5. SS covers 2B
6. P backs up 3B
7. 1B covers 1B
8. 3B covers 3B
9. Ball is thrown from CF to 2B to 3B

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 9:45 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / Runner on 1B



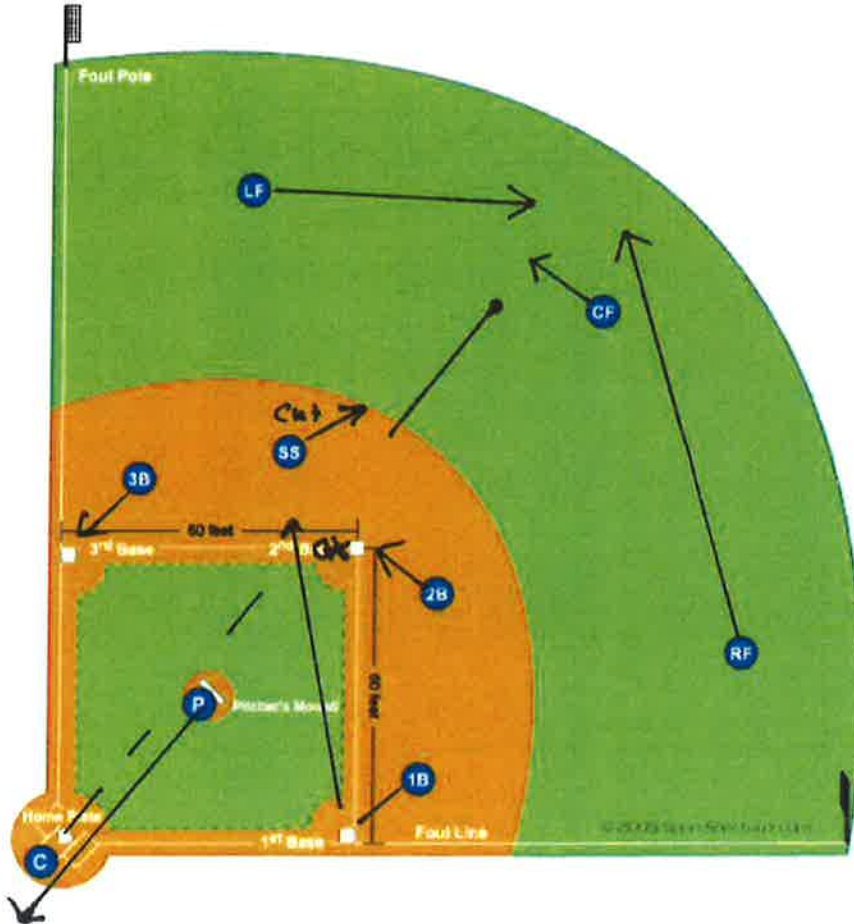
Runner is on 1B. Ball is hit to RF.

1. RF fields the ball
2. CF backs up RF
3. 2B moves into CUT OFF POSITION
4. 1B covers 1B
5. 3B covers 3B
6. P backs up 3B
7. SS covers 2B
8. LF comes in to help out
9. Ball is thrown from RF to 2B to 3B

Michurski, Dean P. (NE)

Subject: FW: Defense Cut Off / Runner on 2B

From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 10:58 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / Runner on 2B



Runner is on 2B. Ball is hit to CF – left side

1. CF fields the ball
2. LF backs up CF
3. RF backs up CF
4. SS moves into CUT OFF POSITION – if ball is hit to left side of second
5. C steps out in front of home plate – gets ready to make a tag
6. P backs up home plate
7. 1B covers 1B then move in to back up throw to SS (cut off)
8. 2B covers 2B
9. 3B covers 3B
10. Ball is thrown from CF to SS to C at home plate for tag out

Bunt Coverage

BLACK

1B – Covers 1st Base

2B - Covers 2nd Base

55- Covers 3rd Base 3B- Play aggressively to make a play on the bunt

P- Play aggressively to make a play on the bunt

Note: If there is no bunt, but a runner is on first stealing - 55 will cover 2nd base on a steal.

GOLD

1B - Play aggressively to make a play on the bunt

2B - Covers 1st Base

55- Covers 2nd Base

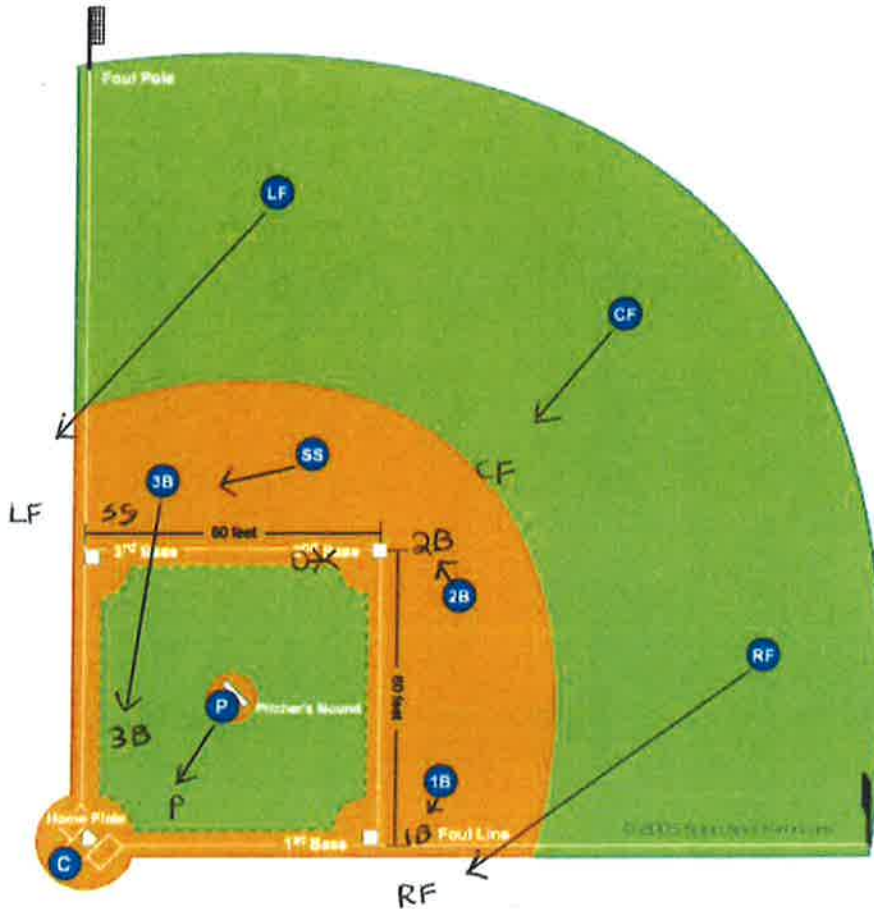
LF- Covers 3rd Base

3B- Play aggressively to make a play on the bunt

P- Play aggressively to make a play on the bunt

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 7:56 AM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Defense / Bunt - BLACK / Runner on 2B or 2B and 1B



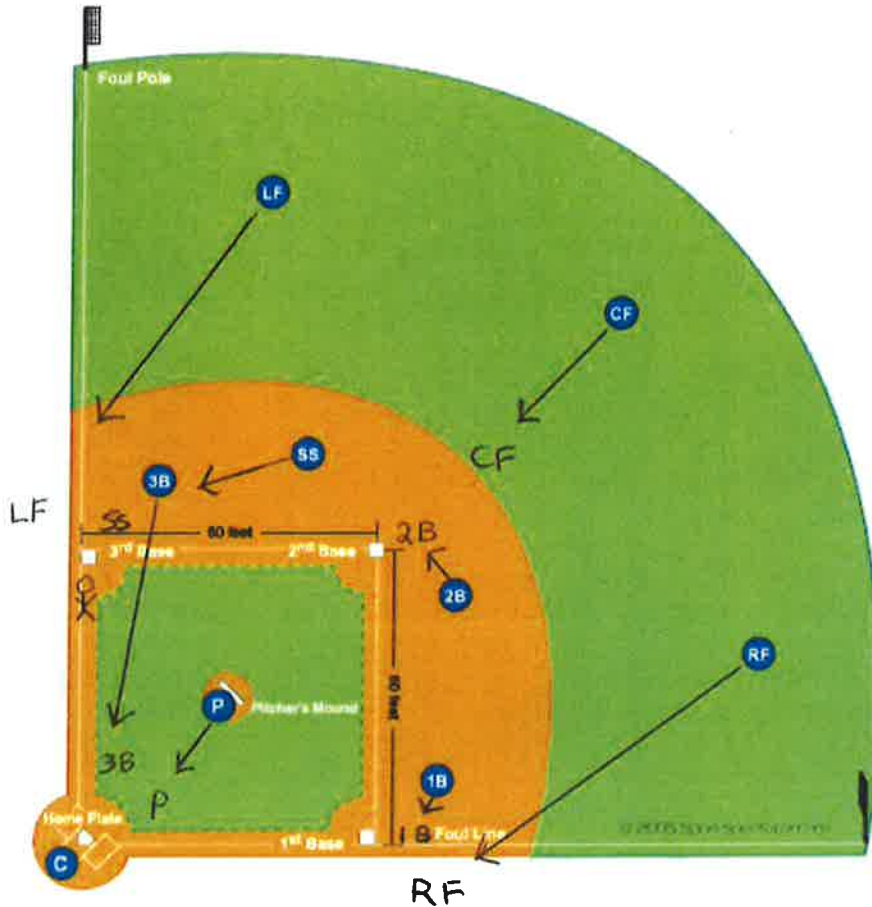
Runner is on 2B or 2B and 1B.
Ball is bunted.

P and 3B Charge BLACK

1. 1B covers 1B
2. 3B crash down on left side of field
3. P crash down on right side of field
4. C be ready for short bunt and make the play call = throw to 1B or 3B
5. 2B covers 2B
6. SS covers 3B
7. RF moves in to back up 1B throw
8. LF moves in to back up 3B throw
9. CF comes in to back up 2B throw

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From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 7:56 AM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Defense / Bunt BLACK / Runner on 3B



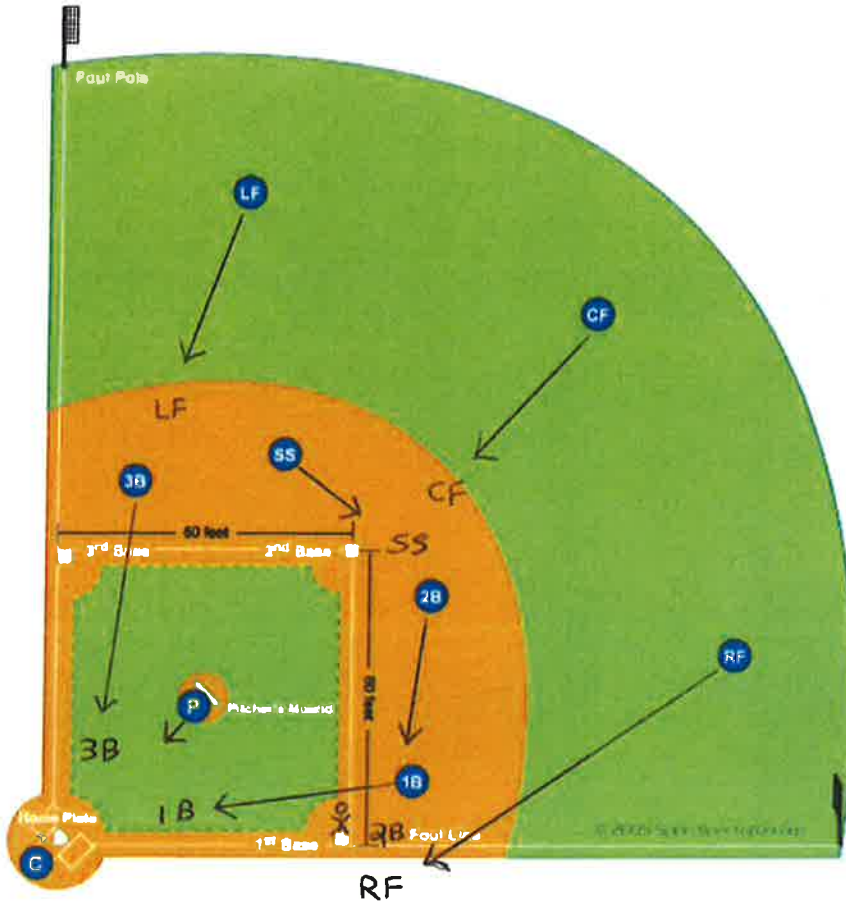
Runner is at 3B. Ball is bunted.

P and 3B crash BLACK – goal is to get the out at 1B

1. 1B covers 1B
2. 3B crash down on left side of field
3. P crash down on right side of field
4. C be ready for short bunt and make the play call = throw to first
5. 2B covers 2B
6. SS covers 3B
7. RF moves into to back up 1B throw
8. CF and LF move in to help out and back up wild throws

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 6:59 AM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Defense / Bunt - GOLD / No runners or runner at 1B



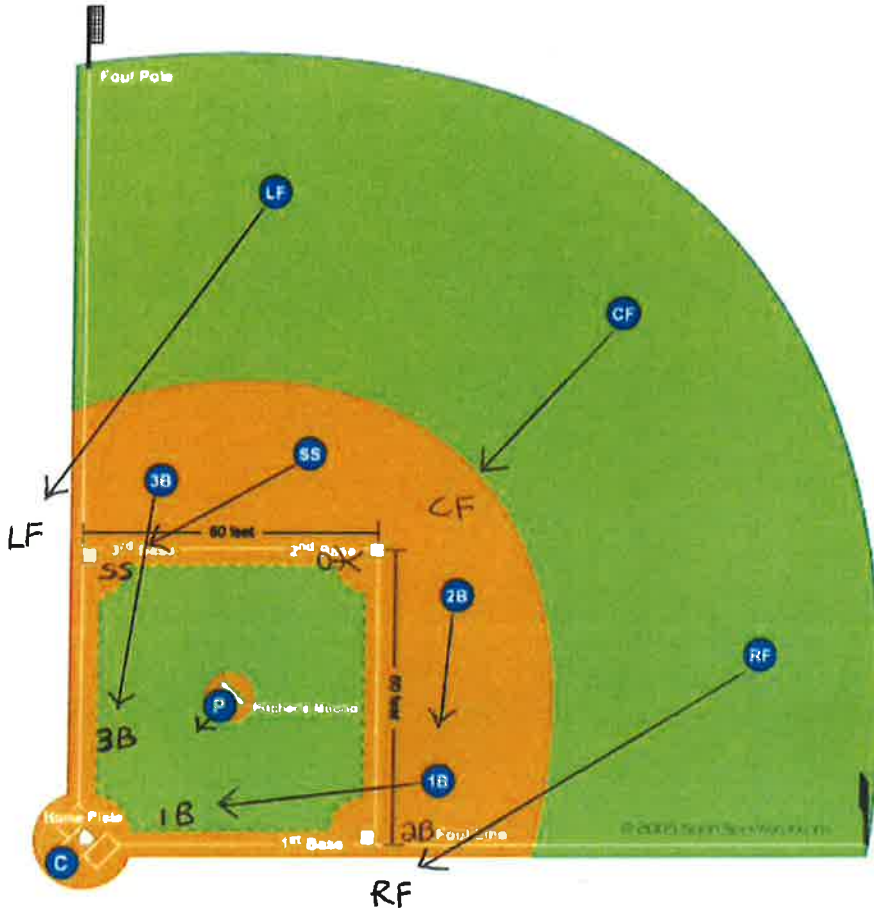
No runners on base or runner at 1B
Ball is bunted.

Standard Corners Crash / GOLD

1. 1B crash down on right side of field
2. 3B crash down on left side of field
3. P is ready for long bunt
4. C be ready for short bunt and make the play call = throw to first
5. 2B covers 1B
6. SS covers 2B
7. RF moves into to back up 1B throw
8. CF and LF move in to help out and back up wild throws

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Sent: Friday, February 07, 2014 6:59 AM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Defense / Bunt - GOLD / Runner on 2B or 2B and 1B



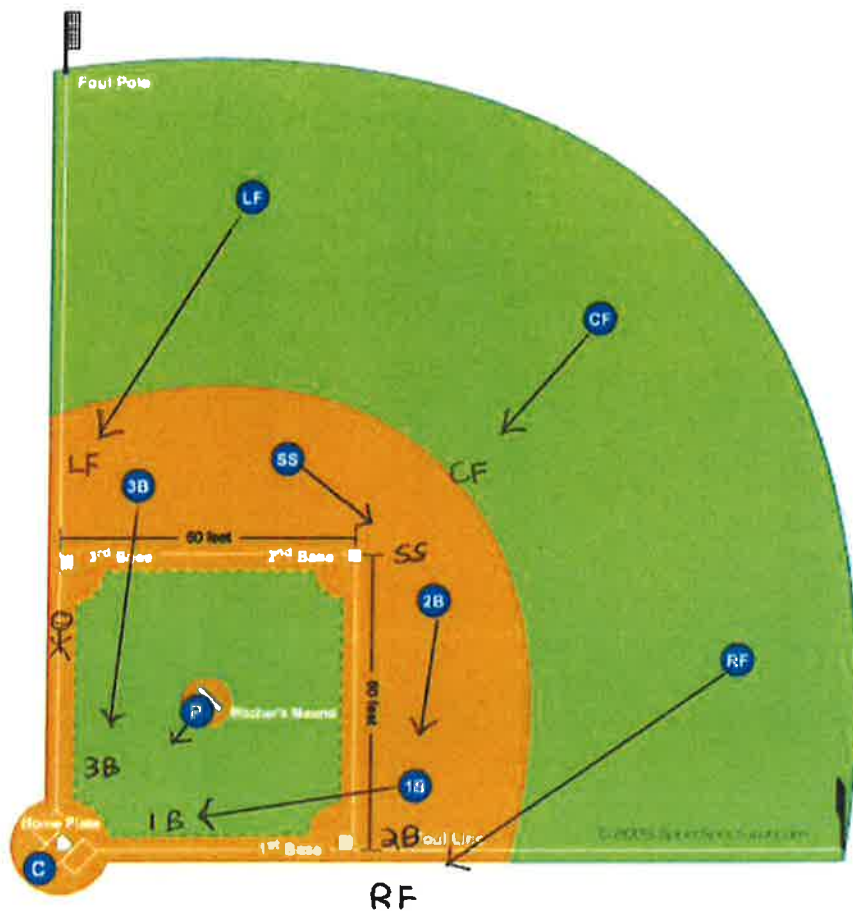
Runner is on 2B or 2B and 1B.
Ball is bunted.

Corners Charge GOLD

1. 1B crash down on right side of field
2. 3B crash down on left side of field
3. P be ready for long bunt or to back up C at home
4. C be ready for short bunt and make the play call = throw to 1B or 3B
5. 2B covers 1B
6. SS covers 3B
7. RF moves in to back up 1B throw
8. LF moves in to back up 3B throw
9. CF comes in to cover 2B

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 6:59 AM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Defense / Bunt GOLD / Runner on 3B



Runner is at 3B. Ball is bunted.

Corners Crash GOLD – goal is to get the out at 1B

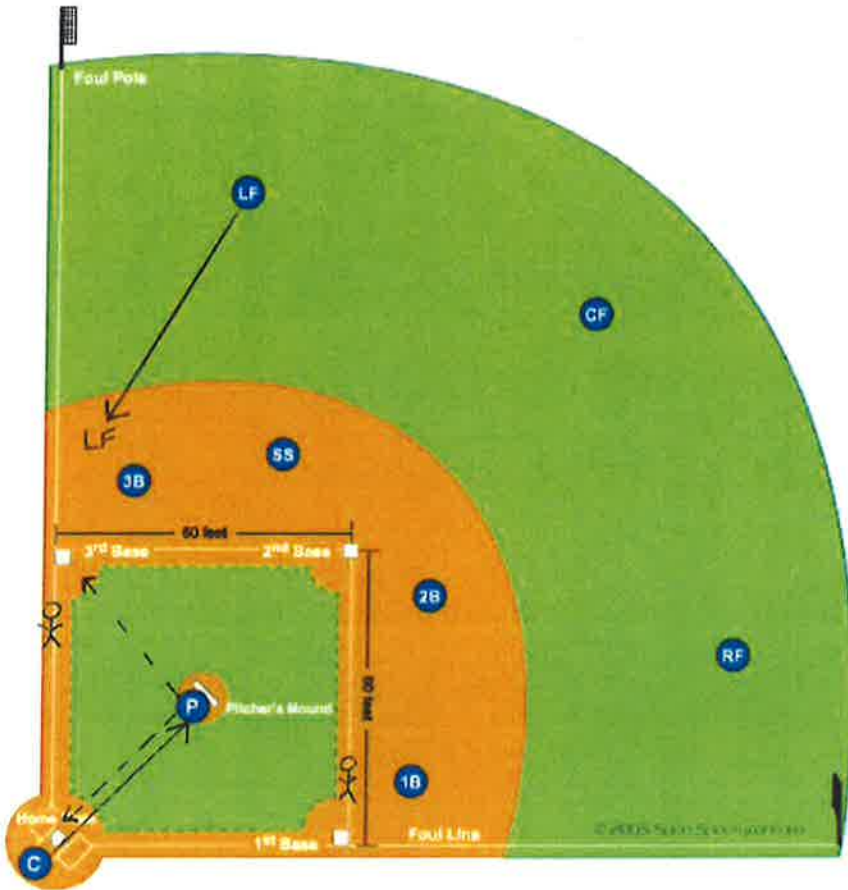
1. 1B crash down on right side of field
2. 3B crash down on left side of field
3. P is ready for long bunt
4. C be ready for short bunt and make the play call = throw to first
5. 2B covers 1B
6. SS covers 2B
7. RF moves into to back up 1B throw
8. CF and LF move in to help out and back up wild throws

First and Third Situation: Coach or Catcher will call the play - Standard Number is the first Number that we call, for example if I say 241 - Play 2 is on. In the middle of the game we might change what number we say is the play that is on. We might actually say to change it in the 3rd inning and say it is the second number that we call. You must pay attention in all huddles and to all coaches so that you know what plays and situations that we are running.

1. Catcher throws to the Pitcher - Pitchers chooses to throw to third, home, or keep the ball.
2. Catcher throws to 2nd Base right behind the pitcher - 2'd chooses to throw to third, home, run at the base runner, or give the ball back to the pitcher.
3. Catcher throws down to 2rd base to get the runner stealing. If the runner doesn't go, we don't throw the ball down.
4. Catcher throws to 3rd base player up in the 3rd baseline to pick off a runner getting a big lead. Catcher throws to SS at 3rd base to get the runner coming back to the base.
5. Catcher throws to SS at 3B to get a runner coming back to the base.
6. Catcher throws right at SS in the baseline – The SS chooses to throw right back to home, run at the base runner, or throw to 3rd base, or back to the pitcher.
7. Catcher throws right to the 2'd base player in the baseline - 2'd chooses to throw to third, home, run at the base runner, or give the ball back to the pitcher.
8. Catcher throws to the 1" base player up in the baseline - 1st chooses to throw to home, third, run at the base runner, or give the ball back to the pitcher.
9. Catcher throws to the 2nd base player at 1st base - this is a play to pick off a girl walking back to the base after the pitch.

Michurski, Dean P. (NE)

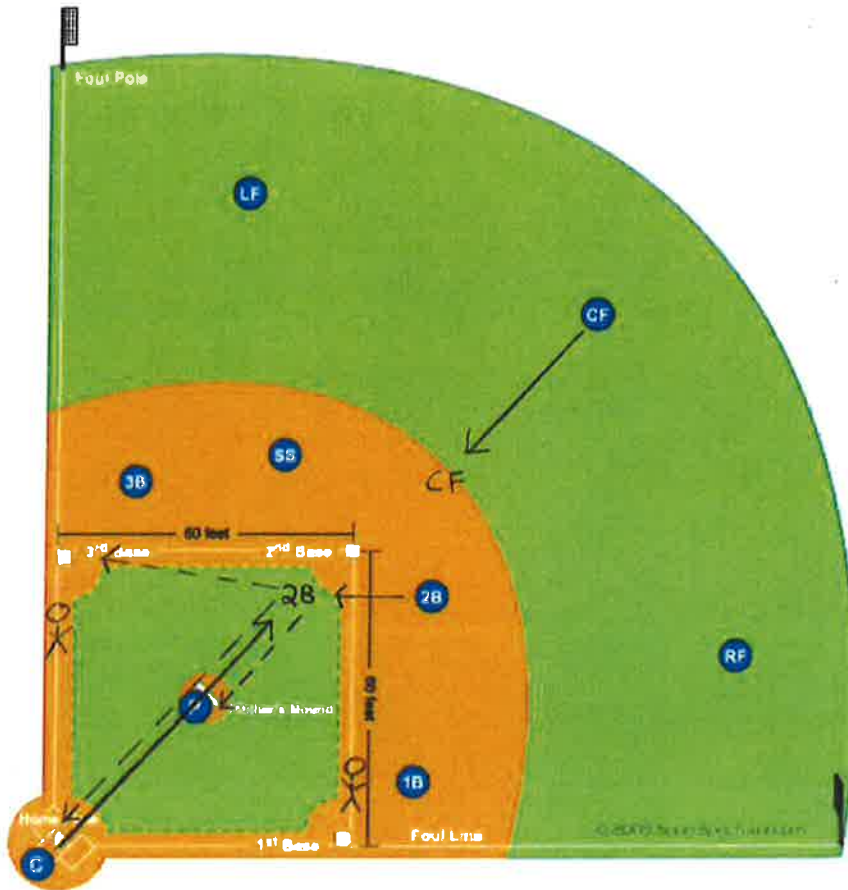
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:24 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 1 - To Pitcher



1. Catcher throws to the Pitcher
2. Pitcher chooses to throw to third, home, or keep the ball

Michurski, Dean P. (NE)

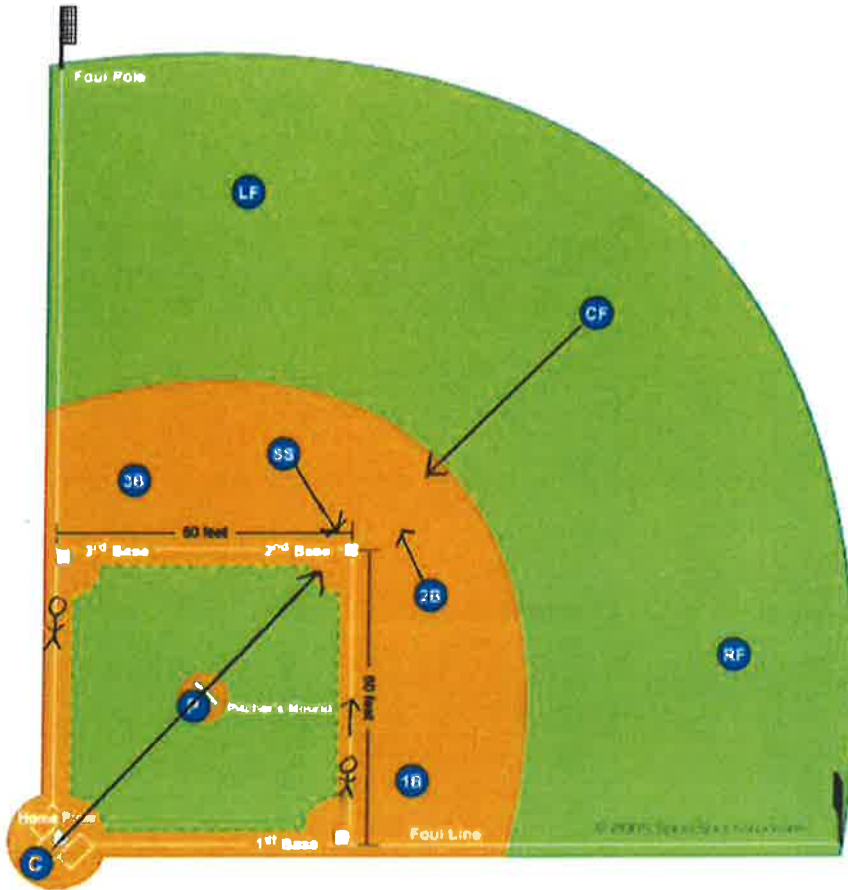
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:24 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 2 - To 2B



1. Catcher throws to 2B right behind the pitcher
2. 2B chooses to throw the ball to 3B, home, or back to pitcher

Michurski, Dean P. (NE)

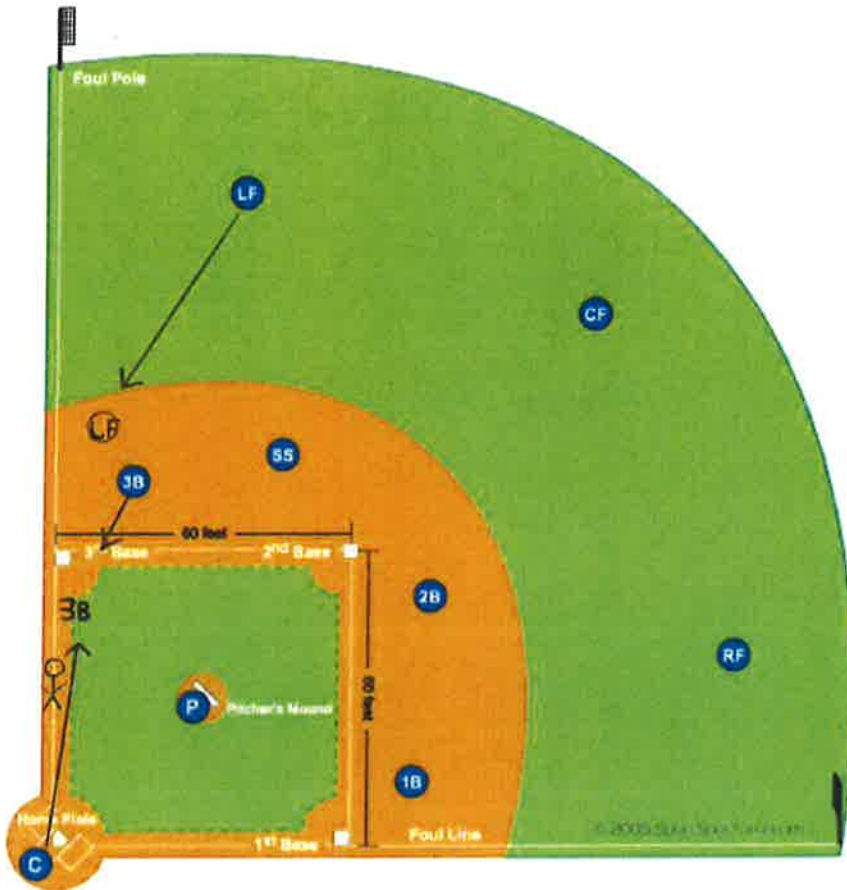
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:25 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 3 - To 2B



1. Catcher throws down to 2B to get runner stealing. If the runner doesn't go then don't throw.

Michurski, Dean P. (NE)

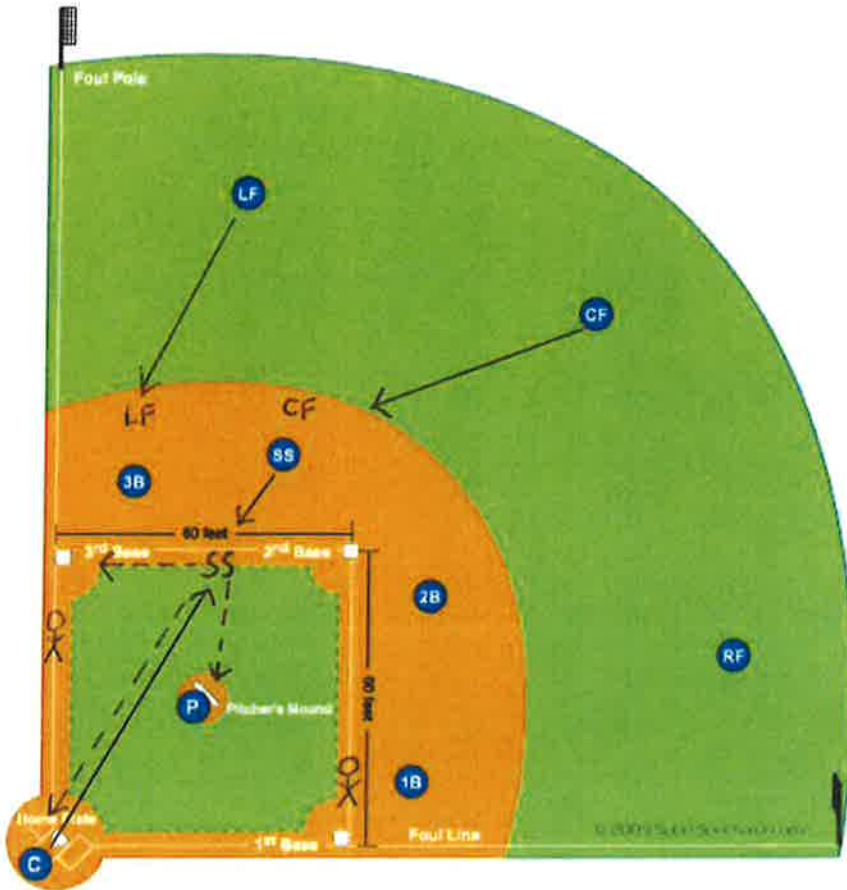
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:25 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 4 - To 3B



1. Catcher throws to 3B up in the 3rd baseline to pick off a runner getting a big lead.

Michurski, Dean P. (NE)

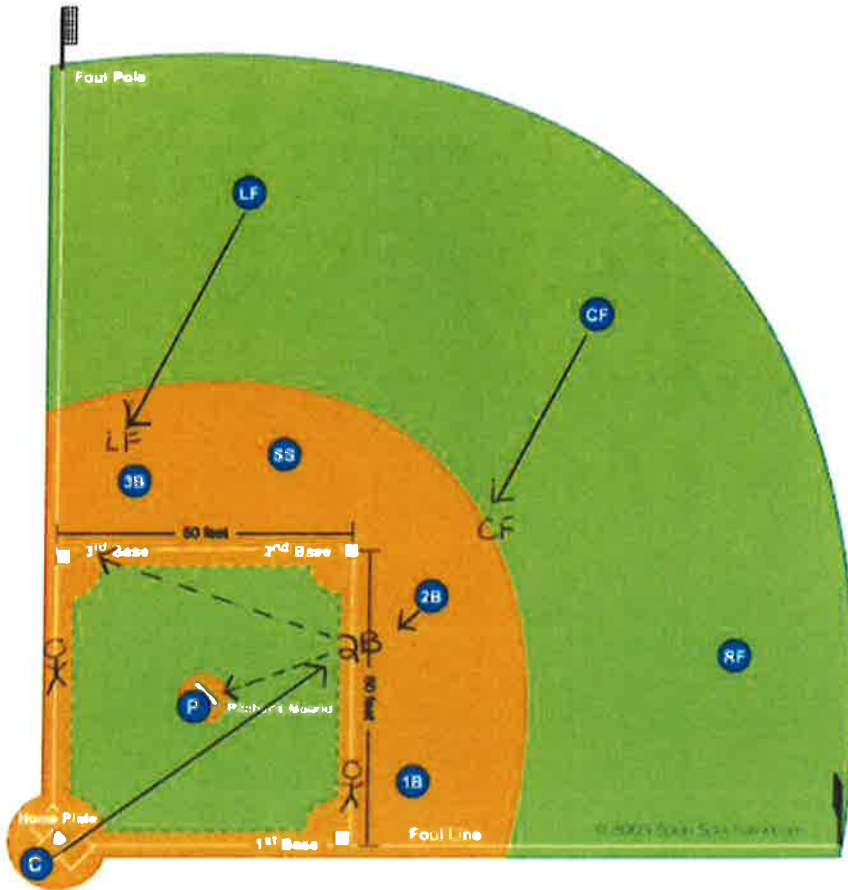
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:25 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 6 - To SS



1. Catcher throws right at SS in the baseline
2. SS choses to throw right back to home, run at the base runner to tag, throw to 3B, or back to the pitcher.

Michurski, Dean P. (NE)

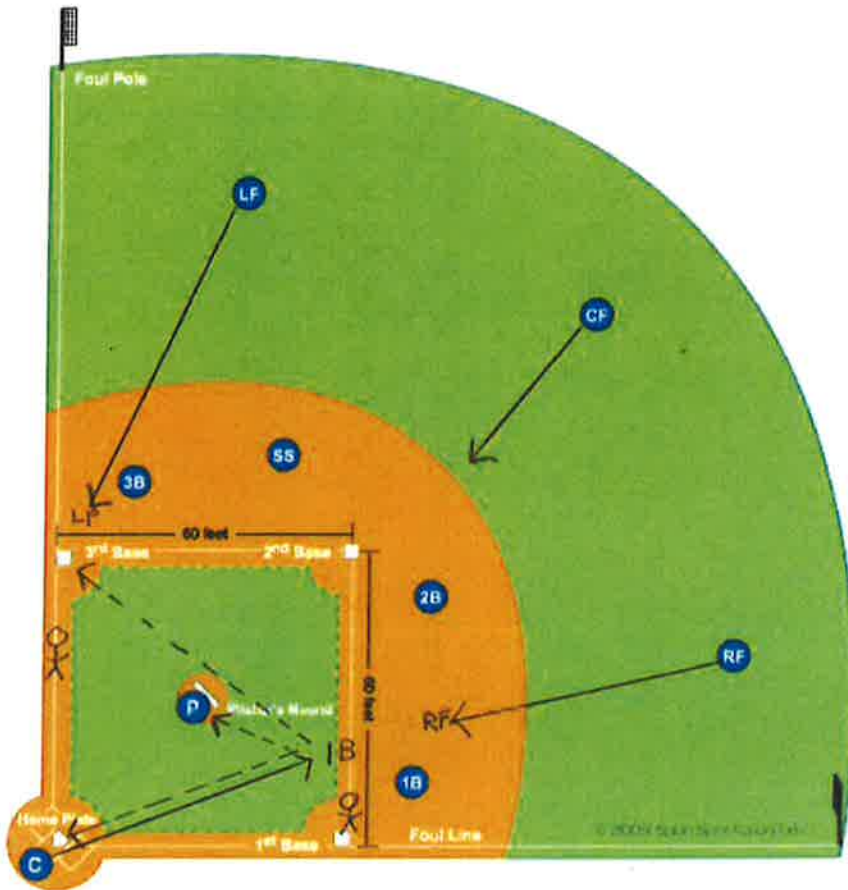
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:25 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 7 - To 2B



1. Catcher throws to the 2B base player in the baseline.
2. 2B chooses to throw to 3B, home, run at the base runner, or back to the pitcher

Michurski, Dean P. (NE)

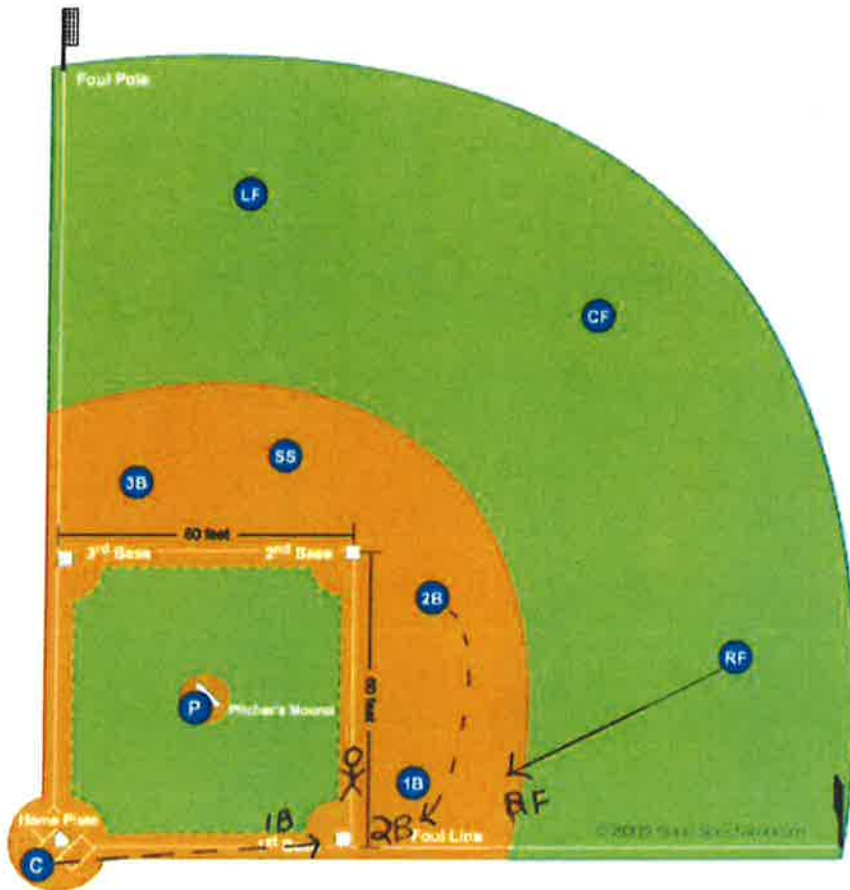
From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:25 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 8 - To 1B



1. Catcher throws the ball to 1B up in the base line.
2. 1B chooses to throw the ball home, 3B, run at the base runner, or throw the ball back to the pitcher.

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, February 07, 2014 2:26 PM
To: Michurski, Dean P. (NE)
Cc: deanm22@comcast.net
Subject: Play 9 - To 2B



1. Catcher throws the ball to 2B player at 1B – this is a play to pick off a girl walking back to the base after the pitch.

Andover

Fastpitch

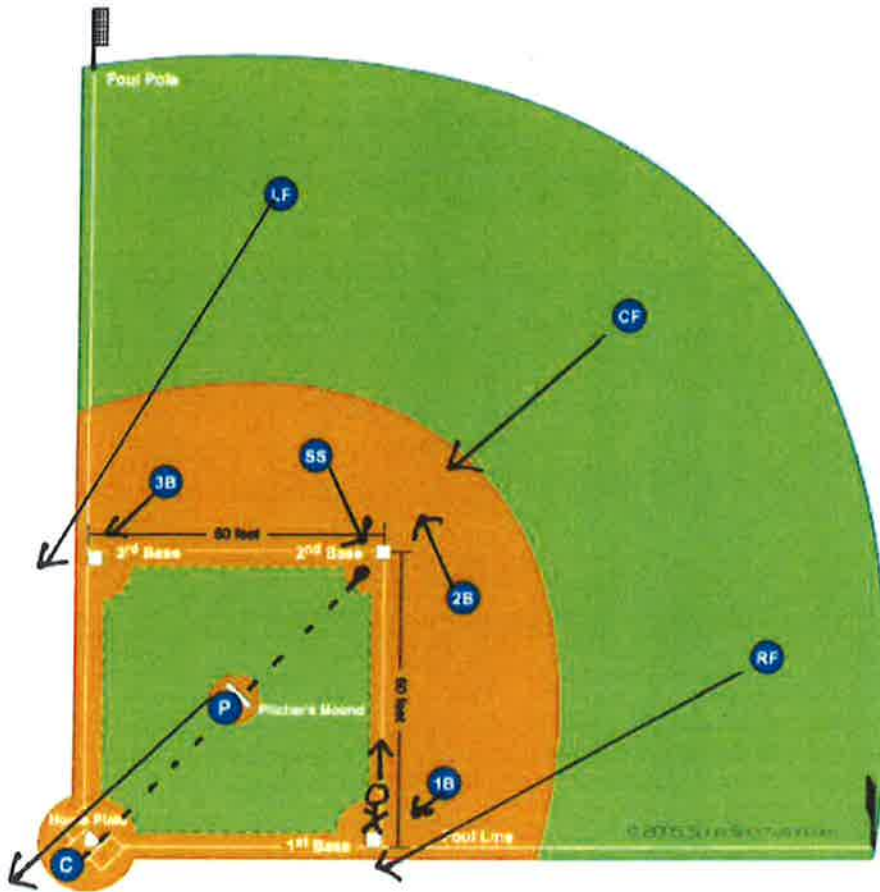
Steel

Coverage

Michurski, Dean P. (NE)

Subject: FW: Defense steel coverage / Runner on 1B - Steel Second

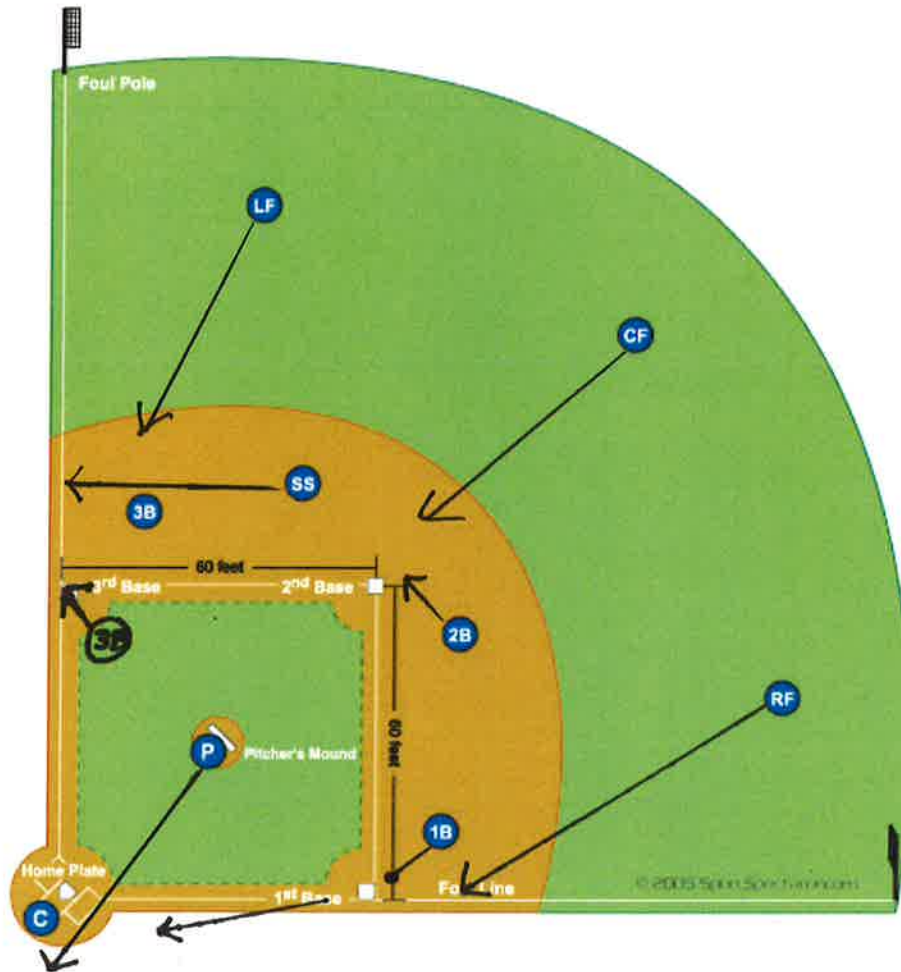
From: Michurski, Dean P. (NE)
Sent: Friday, January 24, 2014 10:58 AM
To: Michurski, Dean P. (NE)
Subject: Defense Cut Off / Runner on 2B



Runner is on 1B = coverage to steel second = everyone yells out going

1. C receives the pitch
2. SS moves towards to 2B to make catch and tag
3. 2B moves into position to back up throw
4. CC moves in to back up throw and to prepare for a hot box situation
5. LF moves in to back up 3B then prepares for a hot box situation
6. RF moves in to back up 1B then prepares for a hot box situation
7. P gets out of the way of the throw then prepares to back up catcher at home
8. 1B covers 1B and then prepares for a hot box situation
9. 3B covers 3B
10. Ball is thrown from catcher to second base to try to pick off runner steeling second

Subject: FW: Defensive Steel Coverage / Runner On 2B / Steel 3B



Runner is on second base = coverage to steel 3B = everyone yells going

1. C receives the pitch
2. SS moves ahead of but behind and with the base runner towards 3B to back up the throw
3. 2B covers 2B, watches 1B, and then prepares for a hot box situation
4. CF moves in to back up throw to 2B and then prepares for a hot box situation
5. LF moves in to back up throw to 3B then prepares for a hot box situation
6. RF moves in to back up 1B
7. P gets behind home plate to back up catcher at home and then prepares for a hot box situation
8. 1B covers 1B then moves towards home plate to prepare for hot box situation
9. 3B covers 3B on a hit or bunt then moves into position at 3rd base quickly to make the tag on runner stealing
10. Ball is thrown from catcher to 3B to try to pick off runner stealing 3B

1. Batting routine and check list

- a. Players should come up with their own routine when entering the batting box
- b. Players should look prepared and confident
- c. Players should go over their form set up check list then be ready to swing
- d. Players should complete batting warm ups before entering the batter's box = wrist circles , arm circles, trunk rotation, bottom or front shoulder hand warm up – elbow tight
- e. Players should visualize hitting the ball and execute positive self-talk

2. Batting = front arm warm up

- a. Front arm = teaches batters to hold arm in tight until contact
- b. choke up and hold the bat with the lead shoulder arm
- c. Take the back shoulder arm and place fingers just below the chin
- d. Place the bat between the back shoulder and forearm at chin level
- e. Slip the ball out and while keeping front elbow in tight and leading with the knob of the bat
- f. Then rotate bat leading with the elbow and then follow through with a back hand as wrist rotates

3. Batting = trunk and pivot / rotation warm up

- a. Grab bat at the knob end and then at the barrel
- b. Pull bat up against your body at the waist
- c. Practice rotating the trunk and transferring weight as player pivot with front foot and squashes the bug with the back foot
- d. Player should feel that back foot quadriceps flex and toe should turn towards the bitch to finish
- e. Can also do a version of this with the bat behind back at waist height

4. Time the pitcher in warm up circle.

- a. Note the pitchers wind up and when the ball is released for time your swing and base running lead off.
- b. Note any patterns the pitcher keeps with pitch selection and things.

Batting Form / Notes

1. **Weight distribution** = Weight should be distributed almost evenly on both legs with a slight weight increase to the back leg, no more than 40/60
2. **Feet** = back foot should be square to home plate, front foot square or open slightly towards pitcher, comfortably spread in an athletic position but not too far apart, weight should be on the inside balls of your feet (big toes)
3. **Knees** = slight bend in the knees but not a big bend, comfortable, slightly inside of feet, front knee stays slightly bent at heel plant
4. **Hips** = square to home plate when loaded, once contact is made and the hands are through the hips should snap quickly (twist) to finish swing (in general feet, hips, and shoulders should be squared to home plate and aligned together)
5. **Upper Body** = slight bend towards the plate because your weight is on the balls of your toes, relaxed but never hunched over or leaning out towards the plate, relaxed / tall / and proud
6. **Shoulders** = square to plate or slight inward rotation, shoulders should be level, relaxed and not shrugged up tense, tense batters are slow batters, shoulders should remain square until hands are through and contact is made
7. **Hands** = try to line up knocking knuckles or line hands up so that knocking knuckles and fist knuckles lined up with each other whichever is more natural but never line up fist knuckles. Hands should be loosely gripping the bat and relaxed, the top hand thumb should be at about ear level, hands should tighten when bat makes contact with the ball, hands should lead the barrel of the bat – hands through first ahead of the bat, hands should be in tight to body when moving knob of bat towards ball – marker across chest with top thumb, once contact is made use hands and elbows to push through the ball and maintain contact as long as possible before rolling wrists over
8. **Wrists** = should be locked, stiff, aligned straight to the bat or possibly slightly opened out back towards the back stop, wrist should not turn over until ball has been pushed through contact zone with hands maintaining contact with ball, roll wrists when bat is pointed at about center field and elbows extended
9. **Elbows** = elbows should be relaxed and in a inverted "V" position, back elbow should not be pointed up, if the back elbow is high and away from your body you will need to drop it and pull it in to begin your swing which will make you slower, elbows should be in fairly tight and not too far away from your body, if elbows are too far out away from your body this will pull your upper body forward and out of balance, this will cause you to lose power, create a loopy swing and slow your swing down
11. **Head and Neck** = Chin is out over lead shoulder, head and eyes level looking towards the pitcher, "shoulder to shoulder with your chin." = chin should start on front shoulder and end on the back shoulder. This is an easy way for players to check if they are pulling their heads. Head should stay in to follow the ball all the way to the bat and through the swing, resist the urge to pull your head out to watch your hit, if you pull your head it will slow down your power line progression
12. **Bat** = just off player's shoulder, thumb at ear level, at about 30 – 45 degree angle, should not be wrapped back behind the player's head, in a good position to make contact quickly and easily, to see where your bat should be positioned when loaded – swing bat forward fast then swing backward fast (a few times), look at where your bat ends up on back swing = power line / this will be your loaded bat natural starting point.

Swing Rhythm = Kaaabooooom !

1. Step into box, square up to plate and pitcher (feet, hips, and shoulders), bat resting on back shoulder
2. **Load up** = weight on the inside ball of feet (big toes), slight knee bend, hands relaxed loose grip, shoulders level and square, raise bat just up off shoulders into loaded bat starting position, get front foot set by planting front toe in dirt and raising the back of the heel
3. **Toe Tap / Heel Plant / Hips Open** = Pitch comes – Toe Tap, plant front heel while keeping front leg / knee slightly bent, back foot should pivot (squash the bug) collapsing back knee into the front knee and the hips should open slightly but the shoulders should remain square and level at this time and bat should remain in loaded position, careful not to exaggerate back foot toe pivot and drop back shoulder
4. **Knob / Elbow** = move front elbow straight forward to bring the knob of the bat towards the ball and on level with the ball, (this is the first movement of arms after loaded position) hands stay in tight against body (marker across chest) and lead the bat into position to make contact with the ball, do not open up front shoulder
5. **Contact** = move hands and elbows forward through the slot towards the ball level to make contact, use hands and elbows to push through the ball and maintain contact for as long as possible, palm up / palm down, drive the ball forward, do not cast arms or hands out away from the body
6. **Hips / Extension / Roll wrists** = once the hands are through driving the ball, the hips should snap (twist) quickly while keeping most of your weight back and driving off the back foot, elbows should fully extend and the wrist should roll over / cross at about center field,
7. **Finish Swing** = arms should extend completely, front leg should finish straight and stiff and back leg should finish up on back toes to pushing off back leg to maximize power in your swing, batter should finish toes behind toes
8. **Follow Through** = batter should finish with hands high and swing over their shoulder, batter should be able to kiss their back bicep

Some things to keep in mind / Watch to see that

the batter is relaxed and hands are loose
the batters knees are slightly inside of feet
the batter keeps everything (hips) inside the two pairs of vertical glass
the batter weight should be to the inside of feet on the big toes
the batters shoulders should be over top of hips not hunched over
the batter gets loaded once and set when pitcher is winding up
the batter gets front foot is set right after pitch is released, about .03 sec after / toe tap
the batter does not double load
the batter has no bat wrap issues
the batter has weight distributed correctly
the batters arms are not too far out away from body, no casting
the batter keeps hands in tight – top thumb marker across chest
the first movement of the batter should be to move the front elbow forward
the back elbow is not too far up, should be relaxed
the bat is positioned correctly, thumb at ear level
the batter keeps head in through contact / entire swing / head is pulled is throws off hands / shoulders
the batter starts head / eyes level, chin out over lead shoulder and finishes chin at back shoulder
the batter keeps head and body in on high or inside pitches, stay in and trust the equipment
the batter can identify pitch and decide to hit with in the first 10' for pitch
the batter does not pull out and back away when swinging the bat
the batter eyes should stay level along with height of shoulders
the back arm stays in tight until the hands are through
the batter is keeping their weight back until the hands are through contact with the ball
the batter finishes swing nice and high and smooth, follow through to end swing