

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Thursday, February 12, 2015 8:59 AM
To: Michurski, Dean P. (NE)
Subject: Tool Box Cover Sheet

**ANDOVER
COACHES
FASTPITCH TOOL BOX
2015**

INFIELD DRILLS AND SKILLS

OUTFIELD DRILLS AND SKILLS

GAMES AND TEAM BONDING

OTHER PRACTICE IDEAS / COACHING NOTES

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, October 31, 2014 12:17 PM
To: Michurski, Dean P. (NE); deanm22@comcast.net; Steve Walter (stevewalter34@gmail.com)
Subject: Tool Box = Coaching Notes

Progressive Coaching Process

1. Fundamentals = fielding / catching / throwing / batting / base running / fly balls
2. Base coverage = when and who covers what base
3. Where to go with a fly ball = cut off / when to hit the cut and when not too
4. Where to go with a ground ball infield = learning where to take the out
5. Short game skills
6. Short game coverage
7. Steel coverage
8. First and third plays
9. Set play variations
10. Reads form positioning
11. Reads biased on ability, speed, and direction of the ball
12. Offensive plays variations to score
13. Trick plays

1. Things to remember when coaching

- a. The safety and wellbeing of your team is your first priority! Always do what is best for the Team!
- b. Include 5 truthful positive statements to every one negative statement / try to sandwich the negative between the positive comments
- c. Remember you got to fill up the gas tank to get you where you want to go.
- d. Make sure to have positive body language at all times with athletes.
- e. Keep things fun! Keep things organized!
- f. Having routine can really keep things moving fast and much can be accomplished.
- g. KISS = Keep It Simple Stupid!
- h. Be constructive not Destructive!
- i. Always set a good example for the players.
- j. No false praise. Only earned positive praise.
- k. Player's performance depends on what the players hear not what you say. Think about how you communicate to the players!

2. 9 Duties OF A Coach

- 1) Properly plan the practice activity
- 2) Provide proper instruction.
- 3) Provide a safe playing environment.
- 4) Provide good safe equipment that fits correctly.
- 5) Match your athlete with the skill level.
- 6) Evaluate any injuries and handle them correctly.
- 7) Supervise practice activity closely.
- 8) Warn of inherit risk for injuries.
- 9) Provide appropriate medical assistance when required.

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Monday, February 16, 2015 2:17 PM
To: Michurski, Dean P. (NE)
Subject: Infield Skills Session

Infield Skills Session

Players will work on proper body positioning and skills related to infield ground balls and throwing.

Players should be focusing on good infield form = work on two step creep, heel toe feet stance, shoulders back, upper body straight, head up, butt down, square body to the play, glove open and hands in ready position to use two hands.

Players will line up across from their partner like they are playing catch. Players will be about 15 to 20 feet apart from each other.

1. light roll = players will roll the ball back and forth focusing their two step creep, heel toe stance, butt down, two hand ball receive
2. 2 second holds = players will continue to roll ground ball back and forth, receive the ground ball with soft hands and bring the ball into their body, then hold the ball for 2 sec and roll back to partner
3. Surf Board = players will continue to roll ground ball back and forth, they are now going to execute the first two previous steps and add the surf board throwing position aspect, players will receive the ground ball, then turn hips and body into a throwing position, draw the ball back quickly like a bow and arrow with elbow up and wrist back, then roll the ball back to partner without throwing the ball
4. Players will now break up into groups of 2 or 3 with a coach leading. Groups will spread out to allow room to work drill. Coach will want to have two cones ready and a bucket of 8 to 10 balls. Players will work on 3 different ground ball skill sets. Coach will set up a cone as a starting point for players. Coach will hit or throw ball to three different locations quickly. Player will field ground ball and throw back to coach using proper fielding and throwing skills just practiced.

This drill is a fast moving drill. Players will learn to field balls straight on, their glove side, and back hand side. Players should start drill using two step creep in a heel toe stance then peruse the ground ball

- a. = straight on ground ball
- b. = left side ground ball
- c. = right side ground ball

5. Shuffle drill = place two cones about 15 feet apart, player's will shuffle back and forth between the cones making plays on ground balls. Coaches will rapid fire balls from side to side and players will shag and feed balls to coach

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Monday, February 16, 2015 2:17 PM
To: Michurski, Dean P. (NE)
Subject: Outfield Skills Session

Outfield Skills Session

Players will work on proper body positioning and skills related to fielding and throwing when playing the outfield.

Players should be vocal and practice call out the ball. Players should remember to be in heel toe stance.

1. Players will play catch to warm up arms good.
2. long throws – players should make long throws to each other, catch the fly ball on their throwing arm side, throw the ball back winding up throw by touching their thumb to their hip, dropping down and using the crow hop to make a strong powerful throw back to partner
3. Players will now break up into 2 or 3 groups. Groups should spread out to allow room to run drills. Coach should have 2 cones and a bucket of 8 to 10 balls. Players should set up a cone about 20 feet straight out in front of coach. The coach will hit or throw the ball in 4 different locations for players to pursue. Players should focus on foot work = back peddling and then opening hips in direction of ball then transitioning into a run at the ball. Players should finish drill by using proper throwing wind up (thumb to hip) then crow hop and throw ball back to coach.
 - a. straight back over their head = players should work on back peddling for short ones and turn and run for long ones.
 - b. 45 degree angle to the players left = players start back peddling then transition into a run to pursue the fly ball
 - c. 45 degree angle to the players right = players start back peddling then transition into a run to pursue the fly ball
 - d. behind throw = have the players set off at a 45 degree angle and then throw the ball behind the player forcing them to cross over and change direction of pursuit - can do it both directions
4. Shuffle Drill = coach will set up the cones about 15 feet apart and player will shuffle back and forth between cones catching fly balls. Coach will fire ball rapidly. Players will shag balls and load coach with ball to throw.

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Monday, February 16, 2015 2:17 PM
To: Michurski, Dean P. (NE)
Subject: Quick Throws Skill Session

Quick Throws Skill Session

Players will work on 4 different types of quick throws.

Players will line up about 15 feet apart from each other like they are playing catch.

1. Dart Throws = this is a quick throw from the elbow and wrist, this throw is used often during run downs
2. Front Toss = this throw is straight on in front of each other underhand.
3. Side Toss – back hand = players turn sideways, surf board style, throwing arm on the inside towards each other, players will toss the ball back hand, thumb down and extend the elbow and using the wrist
4. Side Toss – fore hand = players turn sideways, surf board style, glove arm on the inside towards each other, players will toss ball under hand across their body towards their partner using their elbow and wrist
5. Tag throws – players will play catch and practice making throws and catches to make a play on a tag, players will straddle an imaginary base and catch the ball low with two hands and apply tag hard and fast while protecting front of plate, players will throw the ball low and on target to make tag

From: Michurski, Dean P. (NE)
Sent: Monday, February 16, 2015 2:17 PM
To: Michurski, Dean P. (NE)
Subject: Batting Practice Session

Batting Practice Session

Players will work on skills related to fastpitch batting.

Players will break up into groups and work at different batting stations to improve batting skills and batting form.

1. **Front Toss Station** – in the batting cage
2. **Front Toss Station** – in the batting cage
3. **Side Toss** – into the practice net, player or coach can side toss ball
4. **Tee work** – wiffle balls into fence - players will take turns hitting the ball off the tee and setting the ball on the tee, players will focus on the rhythm of their swing, slow or fast,
feet Set / loaded up / head down / knob / elbow / wrist / hands through / transfer weight / follow through / extend
 - a. can work in many different things here = basketballs , weighted balls, one leg, two step, one knee one leg out short bat , both knee short bat, one arm = front and back arm short bat
 - b. can also set up a T in one of the cages the long way and hit real balls off the tee to see if the player is hitting the ball correctly of the tee
5. **Bunting Station** – Can be done in front of practice net, players take turn pitch real balls to each other and bunting
6. **Bat Knob Drill** – players will pitch wiffle balls to each other, batter will hit ball with the knob end of the bat, first part of swing elbows forward
7. **Power Line Station** – players will hit wiffle balls off of two Tees', one tee right in front of the other, players visualize their batting power line and swing through both balls, then spread the tees' apart a couple feet = try to drive one ball into the other and knock it off the front tee
8. **Mental Station** – players will practice running through pre batting routine = think about timing the pitcher, learn the pitcher wind up, warm up wrist with wrist twists, warm up shoulders with bat circle's, hip and trunk rotation by putting bat behind lower back and twist and rotate trunk, Front arm elbow forward bat slip, few good swings

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Wednesday, February 11, 2015 1:03 PM
To: Michurski, Dean P. (NE)
Subject: Tool Box = Infield Drills And Skills

Infield Drills and Skills

1. Crossfire Drill = This drill teaches concentration, good fielding skills- butt down, shuffle in front of ball, glove in the dirt, charge the ball, good throws
 - a. 2 lines of player - one line centered between first and second base the other line between second and third base, one player at a time moves up even with the base line in each location.
 - b. 2 coaches, 2 buckets of balls, two catchers near coaches. One coach lines up between home and first and the other line up between home and third base.
 - c. Coaches hit ground balls / line drive simultaneously to fielders directly across from them and the balls cross each other in the center of field.
 - d. Players field the ball and throw to ball catcher next to coach then drop the ball in the bucket and rotate out to infield position. Fielder rotates in to ball catcher position line. Players always rotate away from action.

2. Race Drill = This drill is great for catchers to practice throwing down to second on a steal and tagging a runner out at home plate. Infielders need to work on back up coverage and good accurate fast throws. Base runners work on timing their rock off first base, taking good line around third base and sliding into second and home. Coach can shorten up the throwing sequence by yelling to throw the ball home or just eliminate the last throw from second to first and just have the second base player go home with the ball to make the tag at the plate.
 - a. Produce an entire infield including a pitcher and catcher. Have the remaining players line up at first base to run the bases.
 - b. The pitcher pitches the ball, the runner at first takes off to steal second base, the catcher will receive the pitch and pop up and throw to second to pick off the steal.
 - c. Right away after the play at second the race begins. The runner gets up right away and begins to race for home plate. The short stop begins a throwing sequence race.
 - d. Short stop throws the ball to first base, first base throws the ball to third base, third base throws the ball to second base, second base throws the ball to first base, and first base throws the ball to home plate to catcher to make the tag on the base runner. Base runner must slide at home.

3. Infield throws and run drill = this drill focuses on good throws and conditioning the players.
 1. Have a few girls line up at each base including home plate.
 2. The players throw the ball a head of the base runner then run to the next base themselves.
 3. Catcher will start the drill by throwing the ball to second base and then running to first base.
 4. The second base player will catch the ball and then throw the ball a head of the runner heading to first base then runs to third base.
 5. The first base player will catch the ball and then throw the ball a head of the runner heading to third base then runs to second base.
 6. The third base player will catch the ball and then throw the ball a head or the runner heading to second base then runs to home plate.
 7. The second base player will catch the ball and then throw the ball a head of the runner heading to home plate then runs to third base.
 8. The home base player will catch the ball and then throw the ball a head of the runner heading to third base and runs to first base.
 9. The third base player will catch the ball and then throw the ball a head of the runner heading to first base and then runs to home plate.
 10. The first base player will catch the ball and then throw the ball a head of the runner heading to home plate and then runs to second base.
 11. The home base player will catch the ball and then throw the ball a head of the runner heading to second base and then runs to first base.
 12. And so on. Ha!
 13. Each time a player runs to the next base a player behind them will move into position to take the next throw.

4. First and third plays with base runners = this drill teaches the players how to execute first and third plays with live base runners
 - a. Produce an infield with pitcher and a catcher
 - b. Have runners at first and third base.
 - c. Coach will call out the play and pitcher will throw a pitch.
 - d. Runners will take off and the catcher and infield will execute the play.

5. Bunt Coverage = Players will work on bunt coverage
 - a) Set up an infield with a pitcher and a catcher
 - b) Have the pitcher throw a pitch
 - c) Have first and third work on creeping depending on the coverage called = Black / Gold
 - d) Catcher will catch pitch and toss ball off to the side or behind her out of the way
 - e) Coach will have a bucket of balls and will lay down a bunt with one of the balls from the bucket
 - f) Make sure to pick up loose balls after the play or throw it back to the pitcher or in the bucket

6. Hot Box Drill = players will work on hot box situations with live runners
 - a. Set up hot box situation between first base and second base
 - b. Set up hot box situation between third base and home plate.
 - c. Practice backing up and covering bases accordingly.

7. Pick off drill = This drill will help players practice pick off plays at first and third base as well as teaching left and right field back up correctly.
 - a. Produce an infield with a pitcher and catcher as well as a left and right field
 - b. Have a coach out at the third and first base line with a bucket of ball to simulate an over throw
 - c. Have live base runners at first and third base. Their job is to get a good lead off and then head back to the base. Not to advance.
 - d. The catcher will call a pick of call
 - e. Pitcher will pitch the ball to catcher and catcher will execute the play at the same time the coach will over throw first and third base to out fielder
 - f. Catcher will throw the ball to called play at first or third and base person will try to make the tag.
 - g. Left fielder will field over throw and then throw to the catcher at home plate / right fielder will throw the ball to second base

8. Standard infield practice drill = this is just a standard infield work with live base runners.
 - a. Pitcher will pitcher ball to catcher
 - b. Coach will have a bucket of ball. Coach will call the play and then hit a ball of bat.

9. Shuffle drill = This is a quickness drill for line drives and ground balls
 - a. Split the players up and make two or three stations
 - b. Set up tow cones about 15 feet apart and put a buck of ball at each station
 - c. Player will shuffle back and forth between cones as fast as possible as the coach throws ball from one side to the other side.
 - d. One player will feed balls to coach to throw.
 - e. Coach will throw about 10 balls
 - f. Have all the players do line drive throws first then switch and have all the players do ground ball throws
 - g. Can do this more than one rotation and have the girls count balls caught.

10. Catcher / Pitcher Drills = these drills work on catcher skills and pitcher communication. These drills should be done in 3 different steps.
 - a. First have all the catchers line up along the fence line with plenty of room between them 4 feet in front of fence.
the pitcher will throw wild pitches in the dirt from side to side and the catcher will practice crashing down on the ball.
 - b. Second have the catcher move out away from the fence like 10 to 15 feet.
The pitcher will throw a wild ball into the dirt or in the air off to the side and the catcher will let the ball past them. The catcher throws off mask, retrieves the ball as quick as possible, and then gets the ball to the pitcher who will be running in yelling going, going, going to simulate covering home plate.
 - c. Third have the catcher out away from the fence line like 15 feet.
The pitcher will now stand behind the catcher and throw the ball up high in the air from in three positions.(Left side, right side, and in front of the catcher). The pitcher will be yelling up, up, up and communicating with the catcher.
The catcher will practice throwing the mask off and tracking the ball.
 - d. Coaches can add a fourth step by having the pitcher and catcher practice quick side arm and under hand throws to each other.
11. Back up drill = this drill will teach the players to always be ready to back each other up
 - a. Set up two cones in line with each other one cone about 20 feet behind the first cone in the infield
 - b. The players will come out in groups of two, one behind the other
 - c. The player in back will move out to position and turn around
 - d. The coach will show one or two fingers, one finger will tell the first girl to make the play, two fingers will tell the first player to go after the ball and miss or deflect the ball
 - e. Coach will tell the player in back to go and she will turn around, coach will hit the ball and the players will react to the play called
 - f. Coach can hit both fly balls and ground balls to for the players to field.
 - g. Can set this up in two groups if enough players and room
12. Four Corners Drill = this drill works on throwing accuracy / running speed / conditioning / quick throwing transitions
 - a) But one player at every base
 - b) Have all the remaining players line up at home plate
 - c) The drill begins by having the player at home throw the ball to first base, she then runs to first base
 - d) The player at first base catches the ball and throws the ball to second base, she then runs to second
 - e) And so on until the ball gets thrown home, then next player in line starts the drill again
 - f) Once the third base player throws and runs home this player will get to the back of the line at home plate

13. Ground Ball Drills = this drill works on proper form and technique for fielding various ground balls / accurate throws / pursuit angle

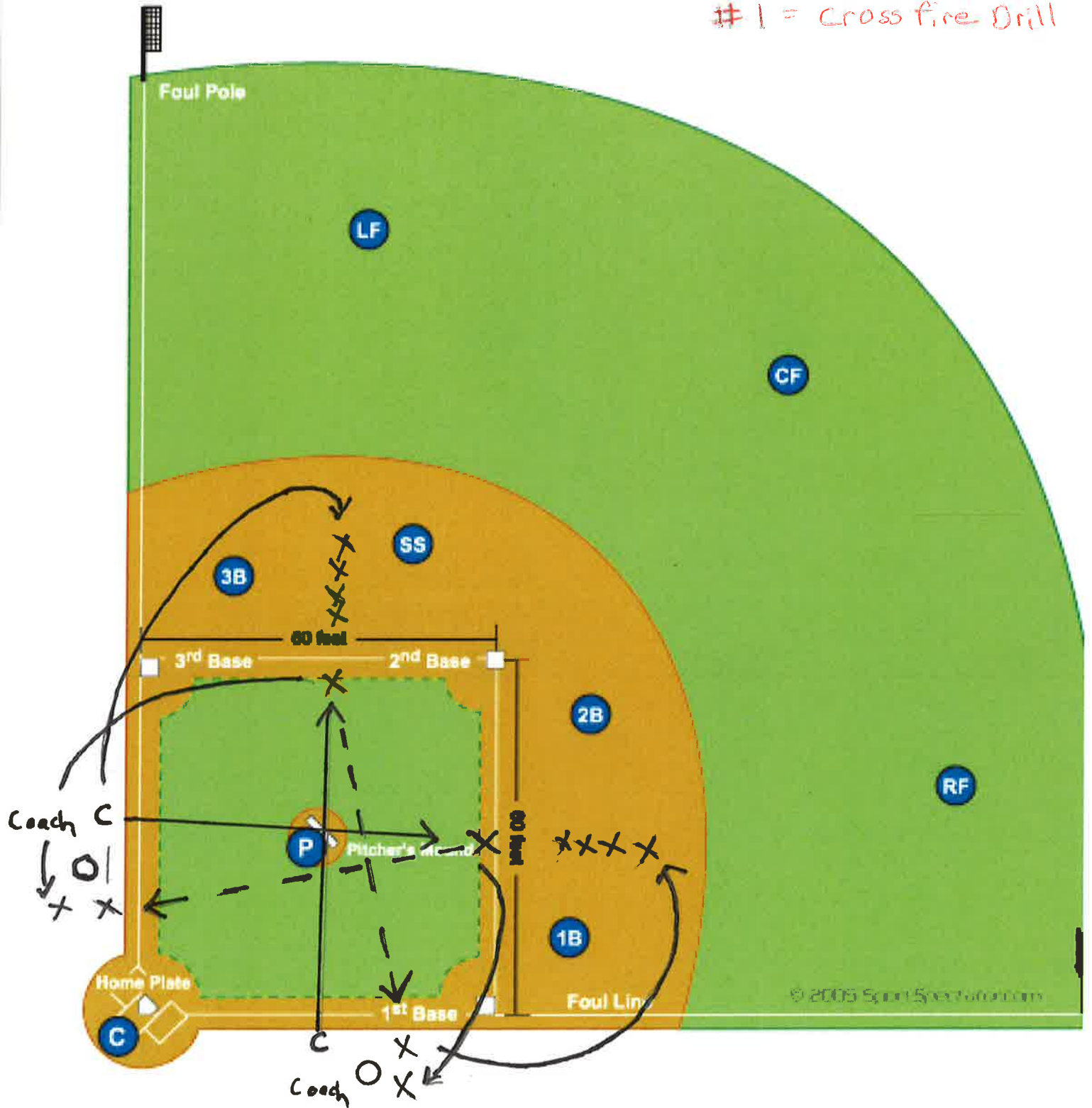
- a) Break up the players into two groups, split the infield in half with one group on each side, players will line up and come forward one at a time = Quickly
- b) Coach will hit 3 different locations = left side / right side / and center
- c) Players will work on pursuit angle , position of glove (back hand and front hand), charging ball, butt down, knees bent, glove in dirt, gradual decent on ball, pop up quick and throw ball.
- d) Have the players rotate receiving the catch or coach catch.
- e) Rotate through the entire line of players before coach changes direction of the hit.
- f) Set up a cone as a starting position if girls cheat on ball
- g) Can do this very quickly with two buckets = one to feed the coach with balls to hit and one to drop balls into after throw is made to a person or player catching

14. U of M Fast Infield Drill #1 = This is a fast moving infield drill, this drill can be done with gloves or paddle gloves to focus on two handed fielding, tagging, and making good throws, this drill has two parts involved that are done simultaneously

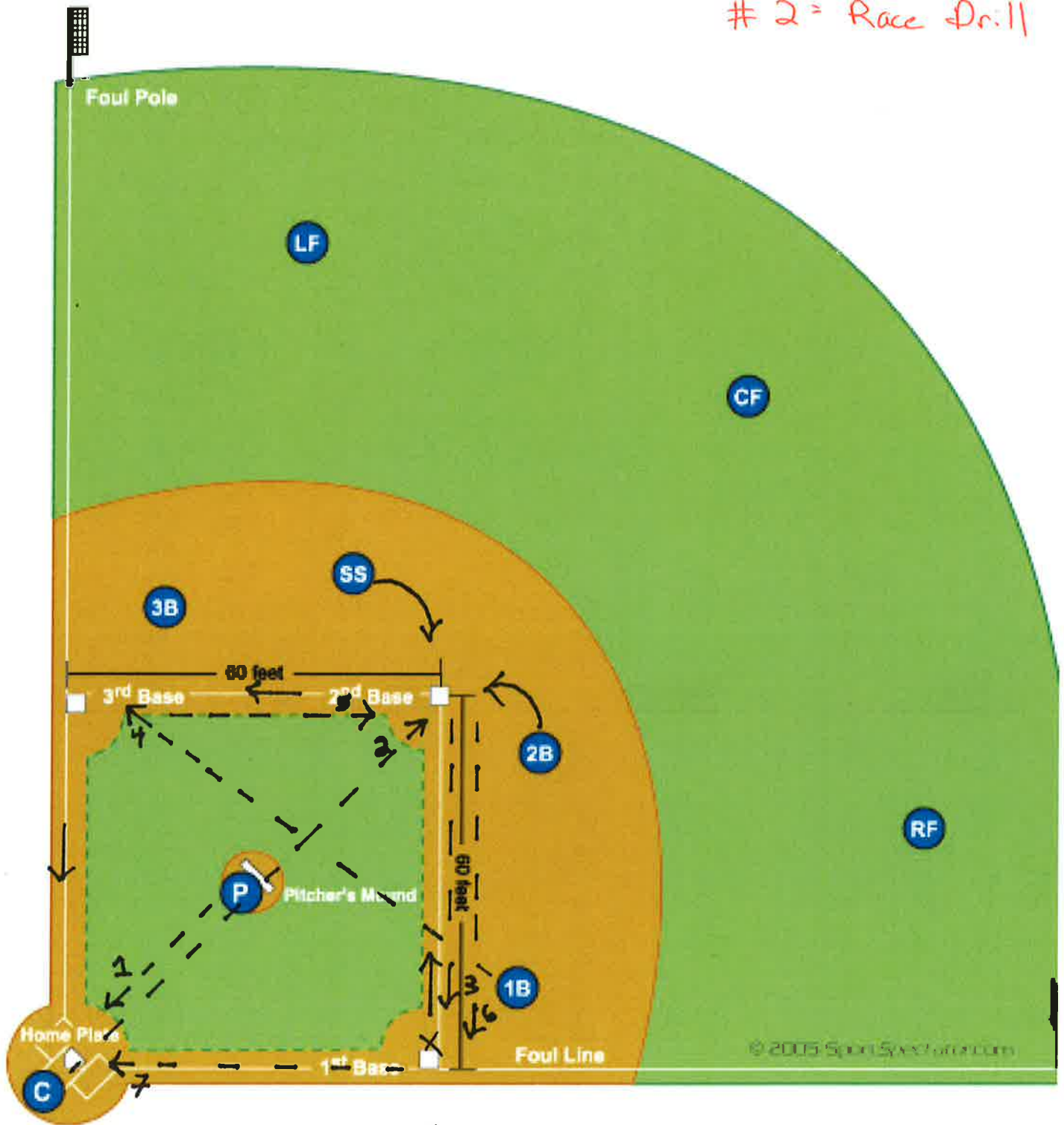
- a) One coach sets up near first base but on the home plate side near first base with a bucket of ball
- b) Other coach sets up near home plate but on the third base side near home plate with a bucket of balls
- c) Players will field a infield including a catcher but no pitcher on the field
- d) Players will come forward to take their position with extra players lined up back behind waiting to rotate in
- e) 1 part = coach near first will hit a ground ball to third base, third base will field ball and throw ball to first base player at first base, first base will drop ball in bucket near first base
- f) 2 part = coach near home plate will hit a ground ball to short stop, short stop will field ball and throw the ball to second base player at second base, Second base player will then throw the ball home to the catcher and the catch will practice tag and drop the ball in bucket near home plate
- g) Both part one and part two happen simultaneously
- h) Players need to be focused, players will rotate in as needed or could use partial base runners to run to second and home to allow to practice tagging runner, have the runner just start from half way and time correctly to allow catcher and second to make the tag, make sure second and first base players are practicing getting to their bag and set up quickly

15. U of M Fast Infield Drill #2 = This is a fast moving infield drill, this drill can be done with gloves or paddle gloves to focus on two handed fielding, tagging, and making good throws, this drill has two parts involved that are done simultaneously
- a) One coach sets up near first base but on the home plate side near first base with a bucket of ball
 - b) Other coach sets up near home plate but on the third base side near home plate with a bucket of balls
 - c) Players will field a infield including a catcher but no pitcher on the field
 - d) Players will come forward to take their position with extra players lined up back behind waiting to rotate in
 - e) 1 part = coach near first base will hit a ground ball to short stop, short stop will field the ball and throw to first base player at first base, first base player will drop the ball in the bucket
 - f) 2 part = coach near home plate will hit a ground ball to second base player, second base player will field the ball and throw the ball to the third base player at third base, third base player will then throw the ball to the catcher at home plate to make tag, catcher will drop the ball in the bucket near home plate,
 - g) Both part one and part two happen simultaneously
 - h) Players need to be focused, players will rotate in as needed or could use partial base runners to run to home plate for the catcher to tag, make sure the first base and the third base players are getting to their base quickly

#1 = Cross fire Drill

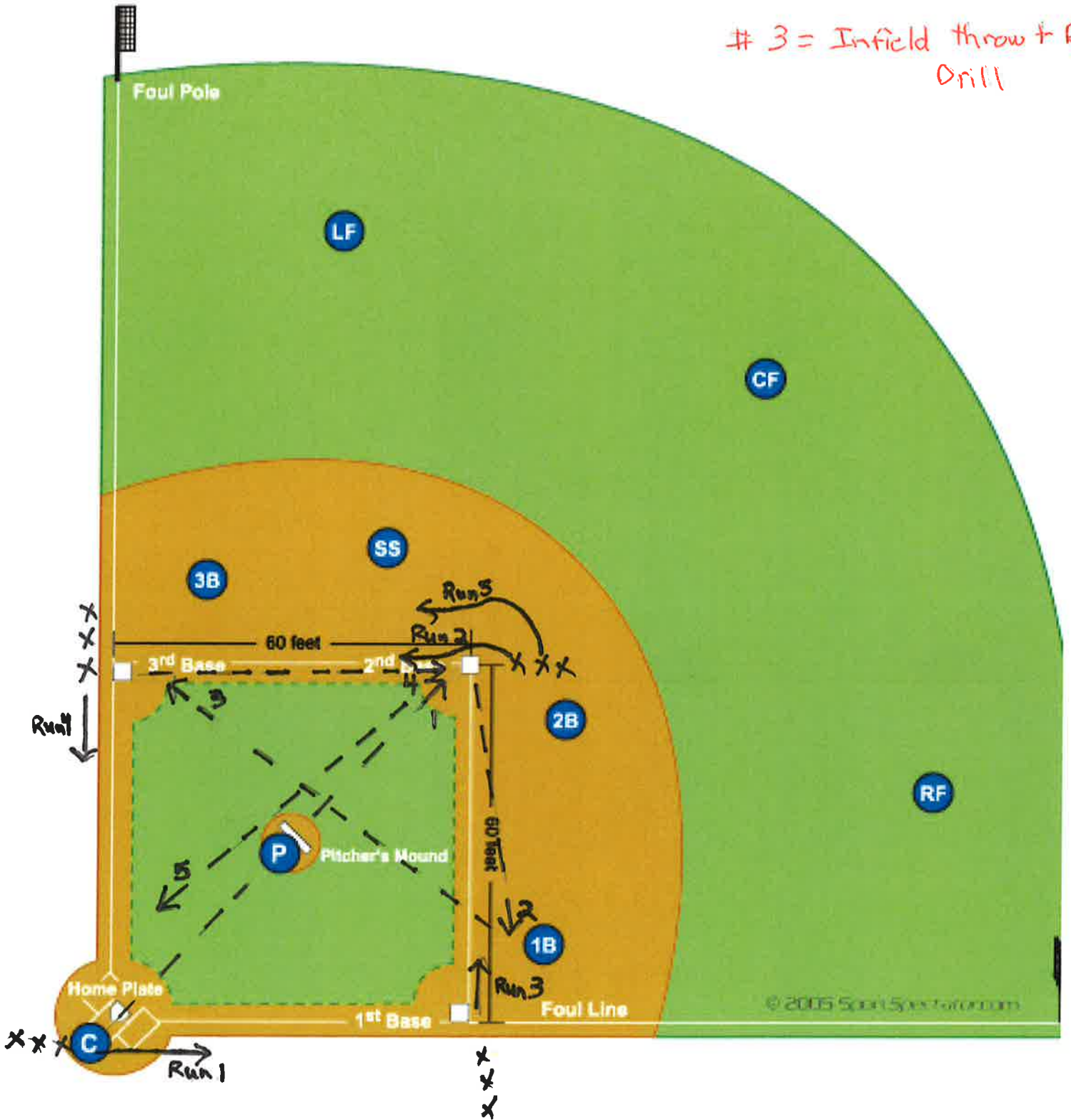


2 = Race Drill

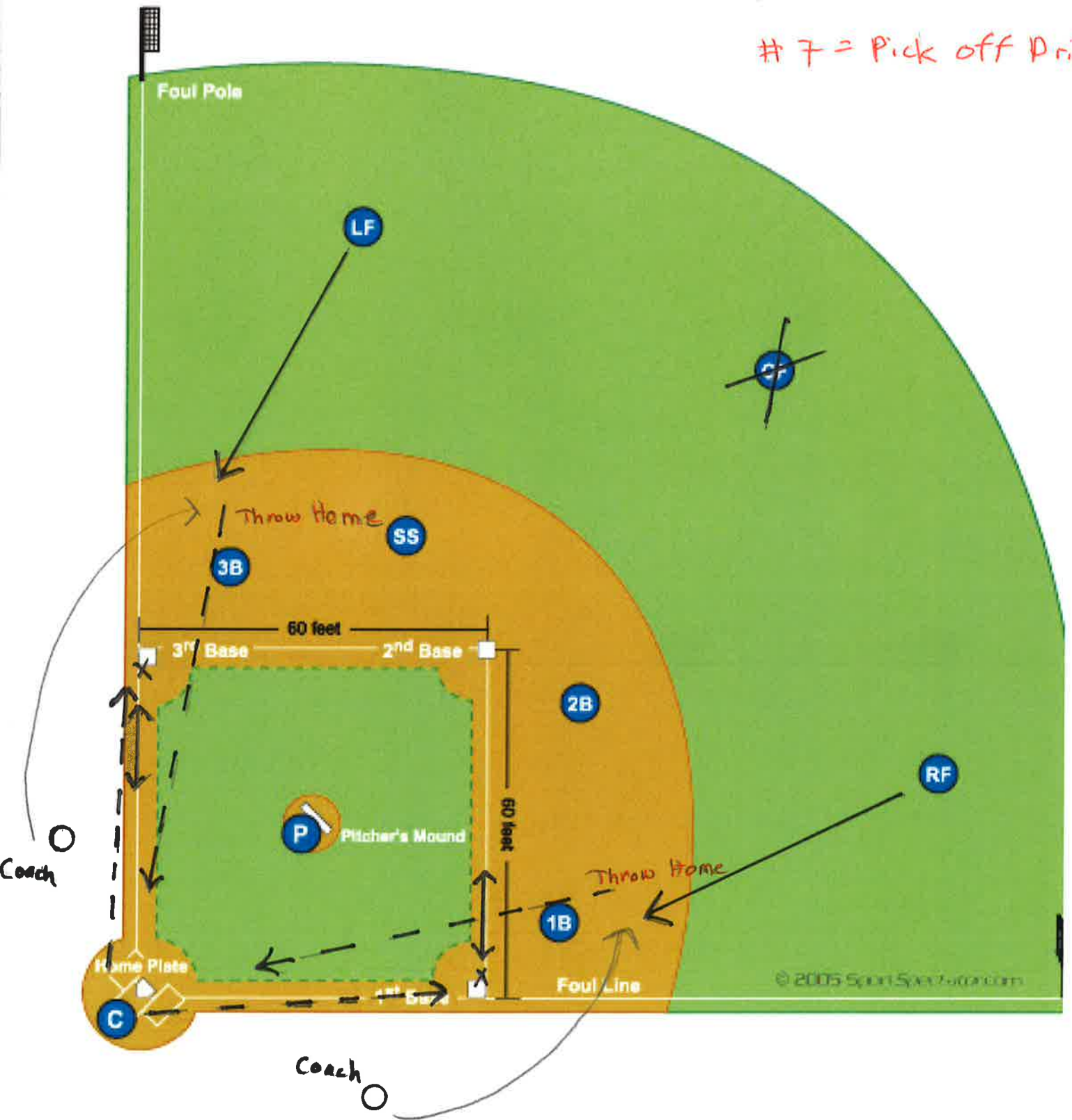


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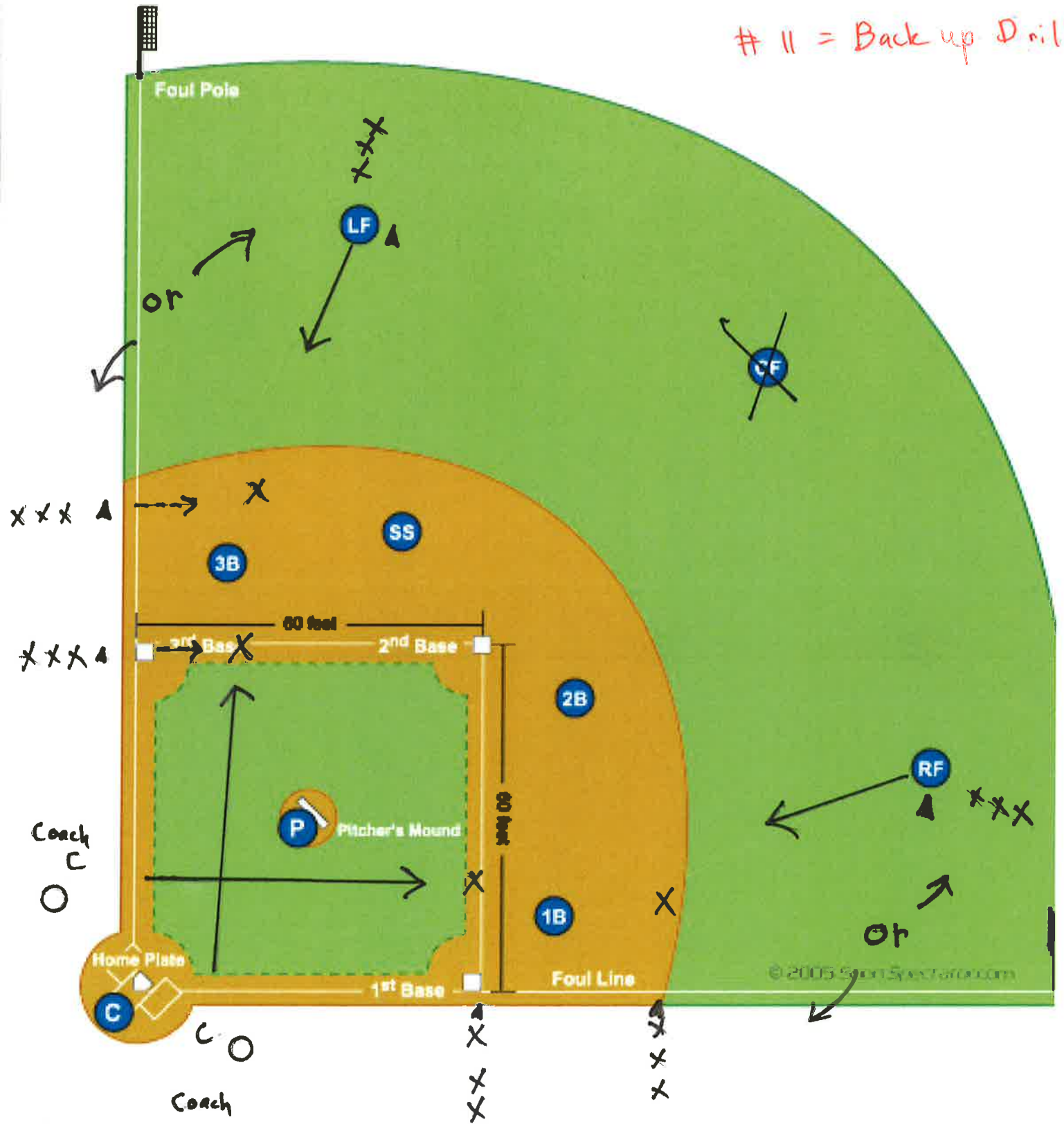
3 = Infield throw + Run Drill



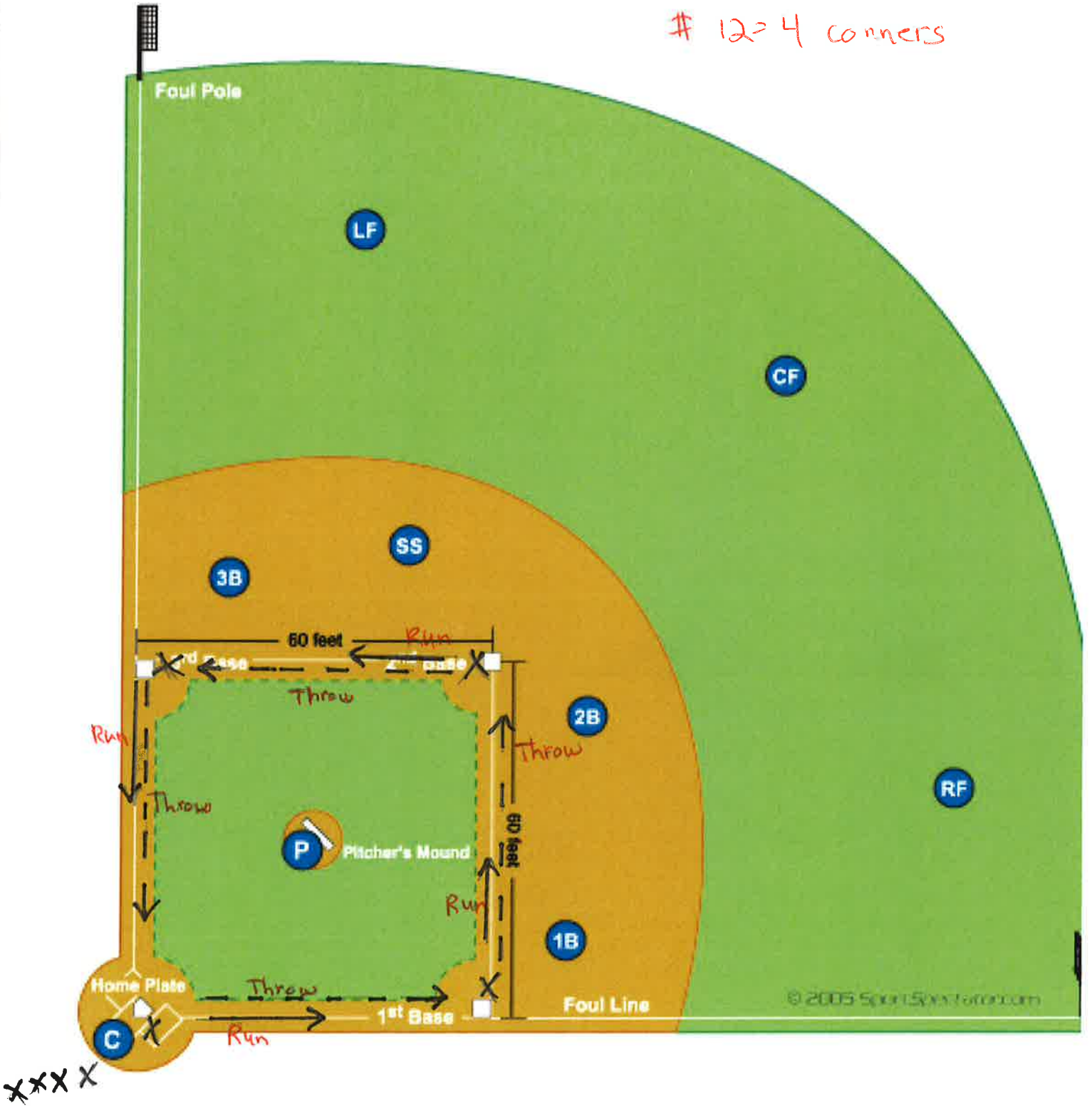
7 = Pick off Drill



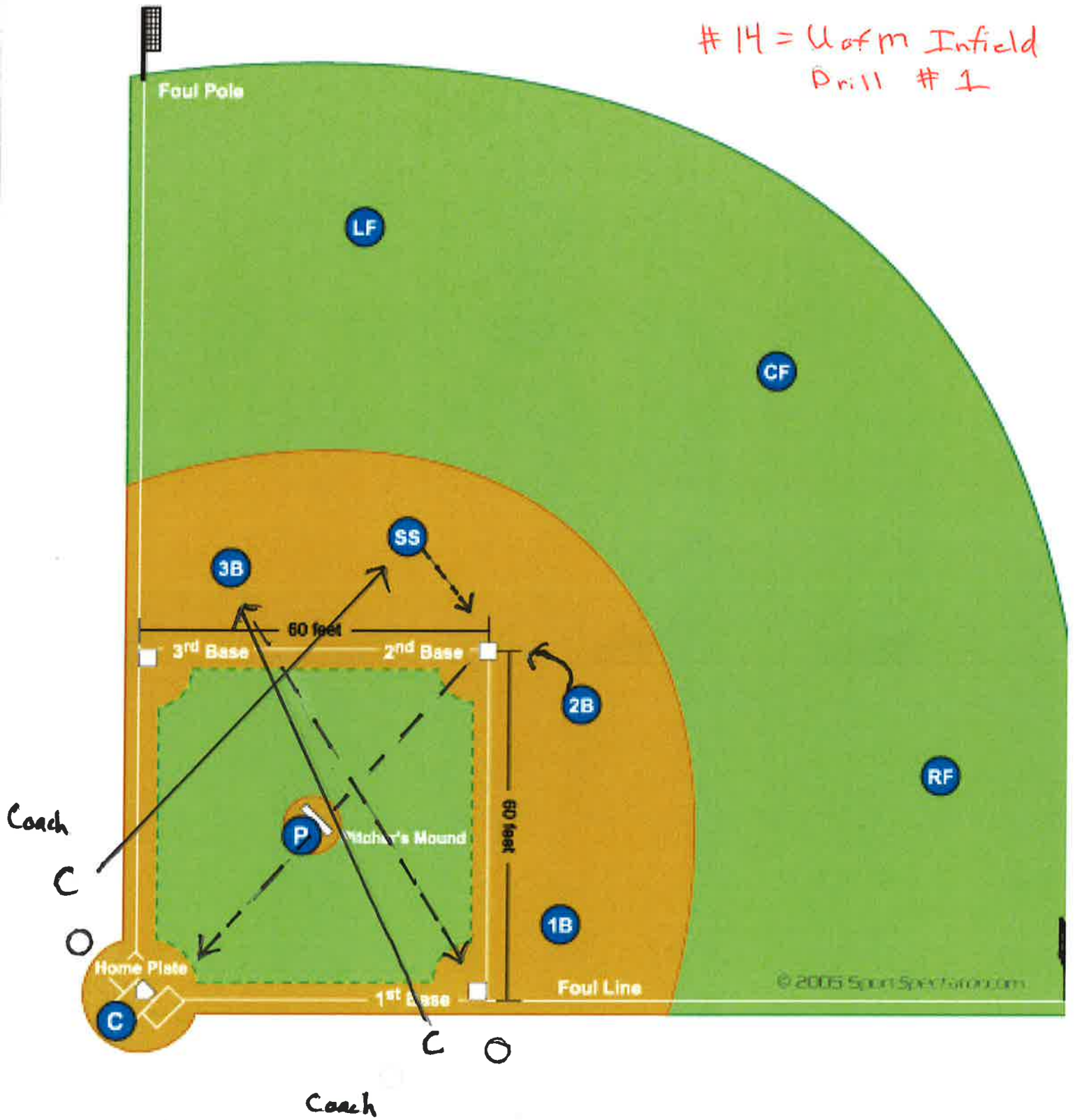
11 = Back up Drill



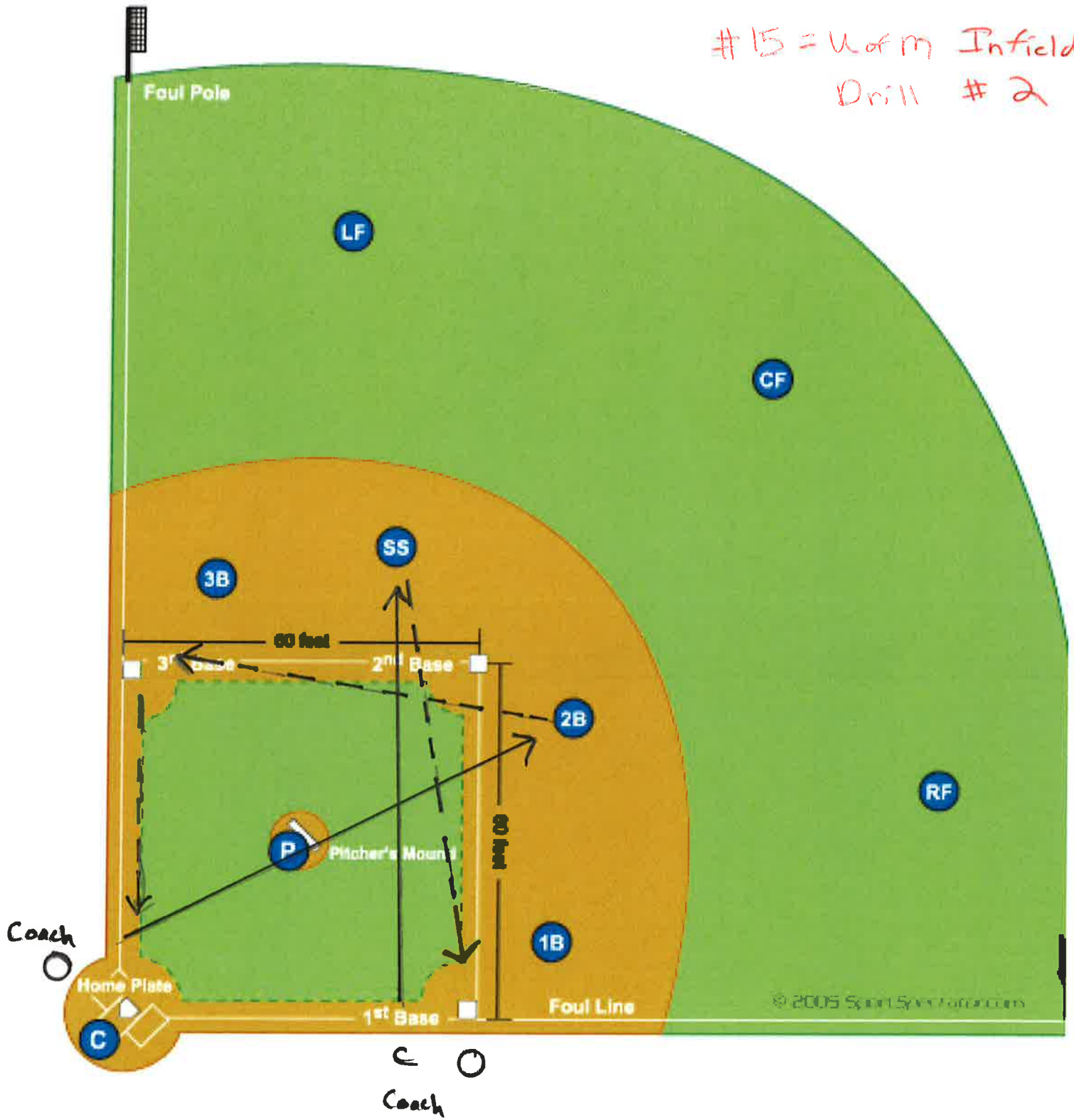
12 = 4 corners



14 = U of m Infield Drill # 1



#15 = UofM Infield Drill #2



Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Wednesday, February 11, 2015 12:18 PM
To: Michurski, Dean P. (NE)
Subject: Tool Box = Outfield Drills and Skills

Fastpitch Practice Tool Box

Outfield Drills and Skills

1. Outfield Relay Race Drill = this drill teaches players to catch and throw ball quickly in a relay situation.
 - a. Have the player's line up in 3 straight lines of 4 players about 30 to 40 feet apart.
 - b. Have the players turn to their glove side and throw ball to next person.
 - c. If player drops the ball they have to get the ball and return to their location before they can throw to next player
 - d. Go down and back once or twice and have them sit when the group completes the relay
2. Outfield Pursuit angle drill = this drill works on teach the girls to pursue a ball at the correct angle depending on the speed and direction of the ball
 - a. Set out a cone as a starting point
 - b. Hit a fly ball or a ground ball at various speeds and different locations
 - c. Have the players work both sides = to their left and to their right
 - d. Work on receiving the ball quickly and getting a throw off to a person simulating a cut off person.
3. Outfield Gap Drill = this drill teaches the players to communicate to each other who will field the ball and who will back up the play – identify who the center fielder is
 - a. Set up two cones as starting points about 40 feet apart
 - b. Coach will hit a fly ball or a ground ball in various locations
 - c. Make sure the backup gets into position
4. Outfield Back up drill = this drill will teach the players to always be ready to back each other up
 - a. Set up two cones in line with each other one cone about 20 feet behind the first cone in the out field
 - b. The players will come out in groups of two, one behind the other
 - c. The player in back will move out to position and turn around
 - d. The coach will show one or two fingers, one finger will tell the first girl to make the play, two fingers will tell the first player to go after the ball and miss or deflect the ball
 - e. Coach will tell the player in back to go and she will turn around, coach will hit the ball and the players will react to the play called
 - f. Coach can hit both fly balls and ground balls to for the players to field.

5. Protect the island / grenade drill = this is a quickness drill for outfielders
 - a. Make a circle using cones in the outfield about 20 to 30 feet in diameter
 - b. Put one or two players in the center of the circle (island) – identify who the center fielder is if two players are in circle
 - c. Coach has a bucket of balls and a player to feed the balls to the coach. The coach will throw balls all over the island.
 - d. The player will try to stop any ball (grenade) from hitting the island – player will toss balls caught out away from the circle to prevent injury

6. Chase the fly ball drill = this teaches players concentration and pursuit angles while chasing fly balls
 - a. Set up a cone as a starting point next to the coach with a bucket of balls
 - b. Have the players run out away from the cone at a 45 degree angle and pursue fly balls
 - c. Coach will throw the ball straight out in front, off to one side, out away from player, and behind player
 - d. Then change the direction of the 45 degree take off angle. Do drill from both sides
 - e. Can do this for fly balls and for ground balls

7. Outfield X drill = this is a good quickness drill as well as a way to work on changing pursuit angles
 - a. Set up a cone as a starting point about 30' in front of the coach
 - b. Coach will throw one shoe lase toss straight in front of player – player will toss ball out of the way
 - c. Coach will throw a deep ball at a 45 degree angle
 - d. Coach will then throw a shoe lase toss straight in front of player
 - e. Coach will then throw the last ball deep at a 45 degree in the other direction to for a X as the player travels

8. Outfield 2 ball warm up drill = this is a warm up drill a little of every thing
 - a. Players line up about 20 feet apart like they are playing catch two deep
 - b. Player one throws a ground ball to player two lined up across from them
 - c. Player two charges ball and throws ball back, then this player runs around player one and back towards her side.
 - d. Players one will now throw a floating fly ball to player number two as she run under the ball to catch the ball. This play will then hand the ball to the next player in line and the sequence will start over again.

9. Tennis ball race drill - no gloves = this drill teaches quickness and concentration as well as using two hands to catch ball
 - a. Players line up 30 to 40 feet apart like they are playing catch with a partner
 - b. Players throw the tennis ball back a forth fast a possible until they reach 20 catches.
 - c. Group to get 20 catches first sits down

10. Outfield Tennis ball high fly ball catching drill – no gloves = teaches players how to track high fly balls and use two hands to catch ball
 - a. Coach hits high fly tennis balls with a tennis racquet and players try to catch fly balls

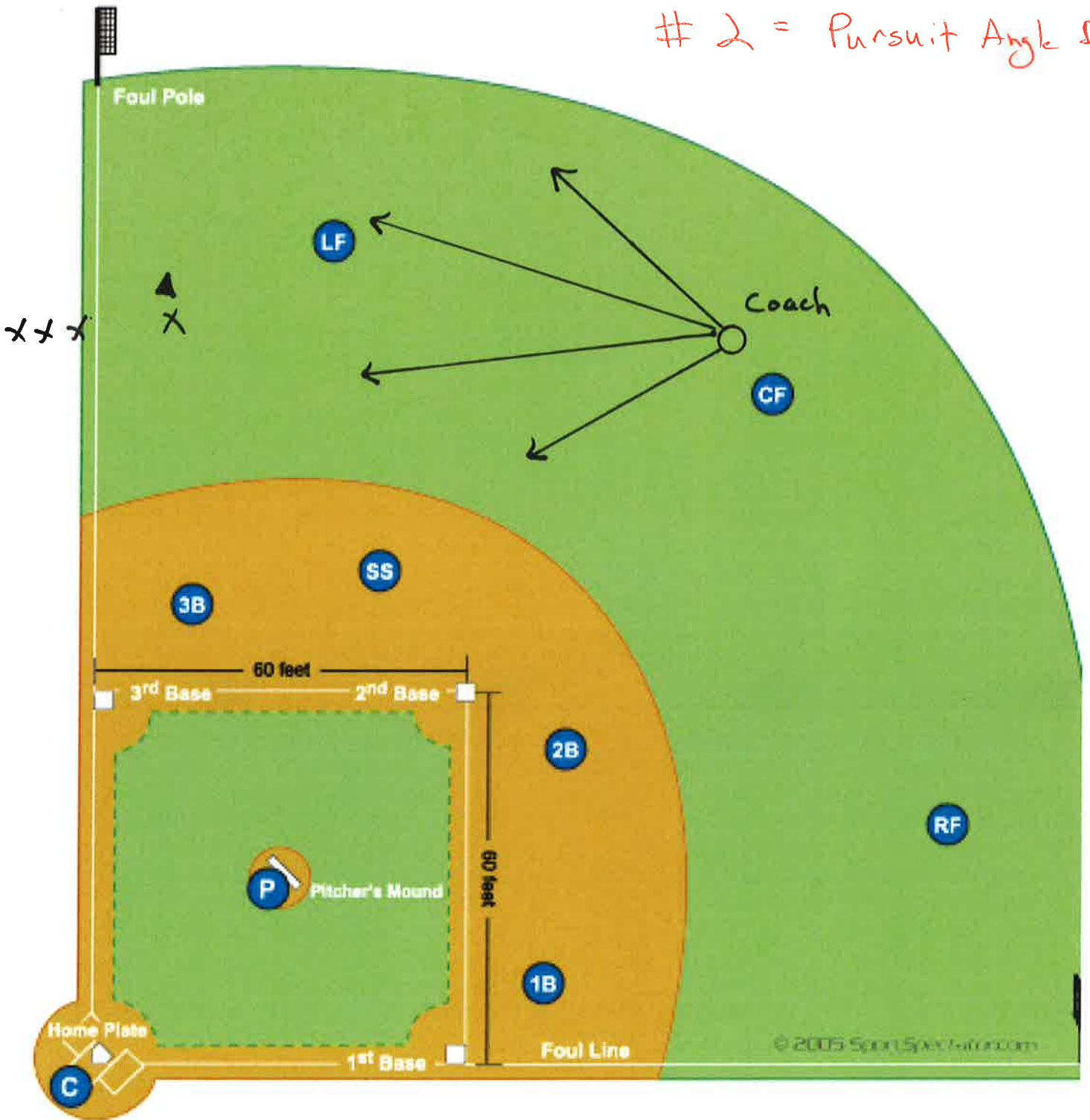
11. Outfield Relay Game = tracking fly balls / cut off relay work / throwing accuracy / relay speed

- a) A big practice net is set up at home plate
- b) The players are divided into two teams
- c) One team will be set up in left field and one team set up in right field
- d) Each team will break up into two groups, one deep fielder group and one fielder set on the edge of the grass line but not on the infield gravel
- e) Players will come out into position one at a time and then rotate within their team
- f) One coach will stand at about third base with a bucket of balls and hit deep fly balls to left field
- g) One coach will stand at about first base with a bucket of balls and hit deep fly balls to right field
- h) Coaches will take turns hitting balls to their side
- i) The deep fielder from each team will field ball then relay to team mate playing on edge of grass line and this player will throw the ball home try to hit the practice net or get the throw into the pocket of the practice net
- j) Players will get one point if they hit the practice net and 3 points if they can get their throw into the net pocket
- k) If the fly ball is dropped or the cut off throw is dropped or uncatchable then no points can be earned

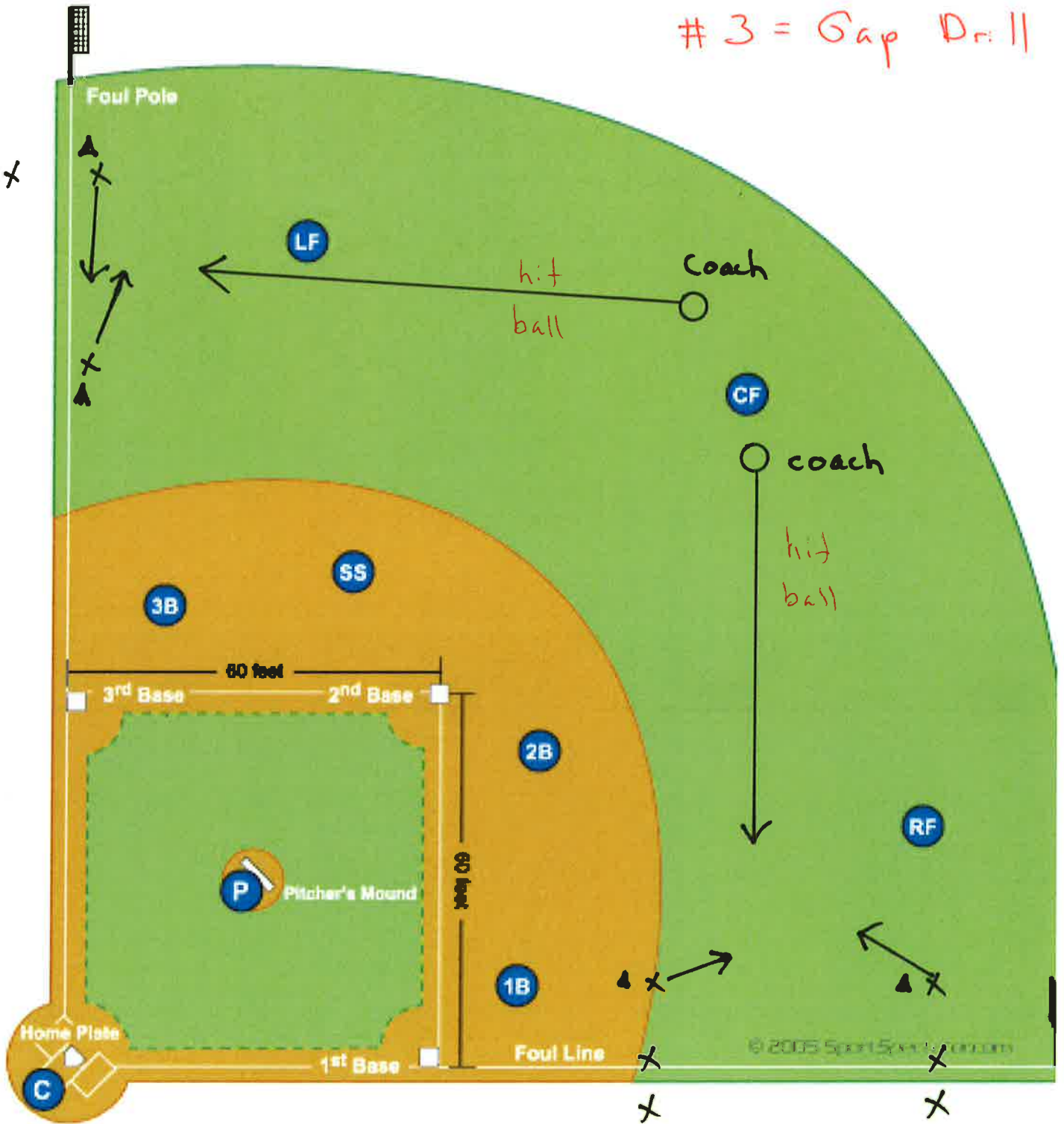
12. U of M = Outfield Gap / Relay Drill / Catcher Communication = this drill works on communication in the outfield / calling the ball / backing up fly balls / cut off throws / catcher communication to the defensive

- a) Players will be placed in the field = one short stop , one second base, two catchers at home plate , and the rest of the players will be divided up in the outfield in the 3 positions = LF, CF, RF
- b) Set up one cone in each starting position in the outfield, extra players will form lines back behind person starting the drill at each outfield location
- c) Coach will hit a ball in gap between LF and CF, players will call out the ball and field and back up accordingly
- d) Catcher will run out from behind home plate and yell CUT or Home to let the outfield know where to throw the ball
- e) The play will end at home
- f) Coach will then hit a ball in the gap between CF and RF, players will call out the ball and field and back up accordingly
- g) Catcher will run out from behind home plate and yell CUT or Home to let the outfield know where to throw the ball
- h) The play will end at home
- i) Catchers, Short Stop, and Second base players will rotate in and out

2 = Pursuit Angle Drill

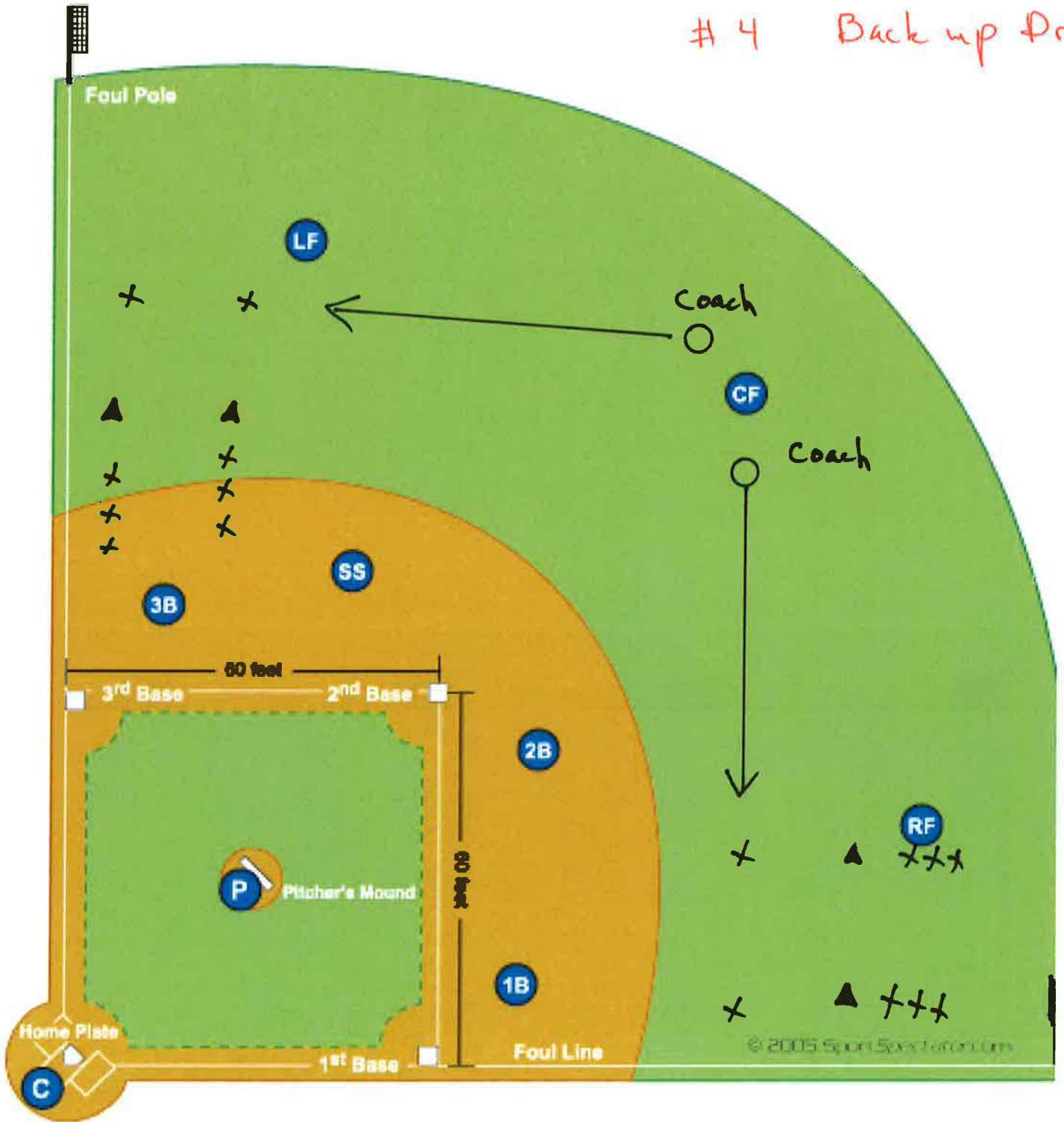


3 = Gap Drill

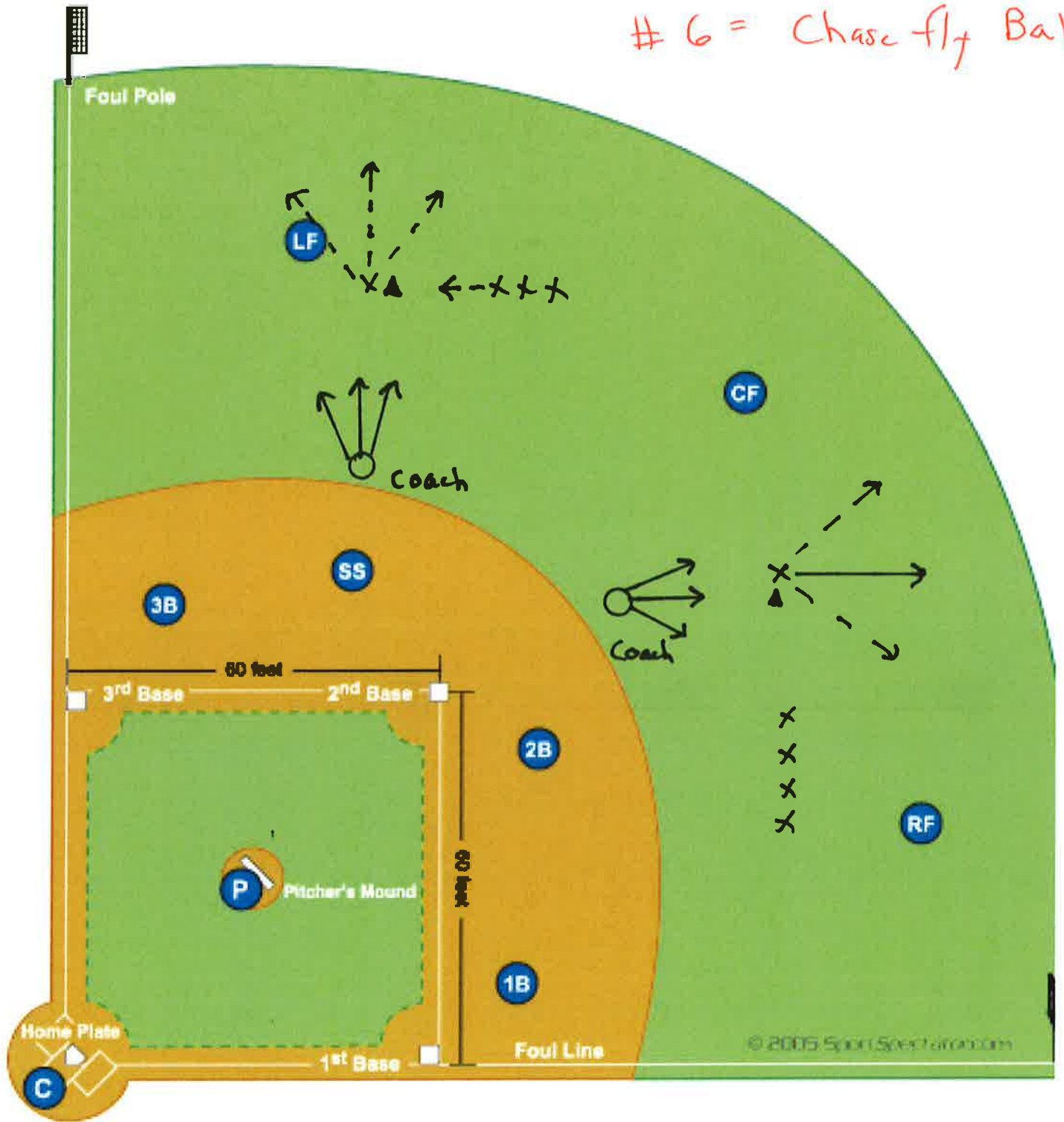


call out
back up
crow hop
quick throw

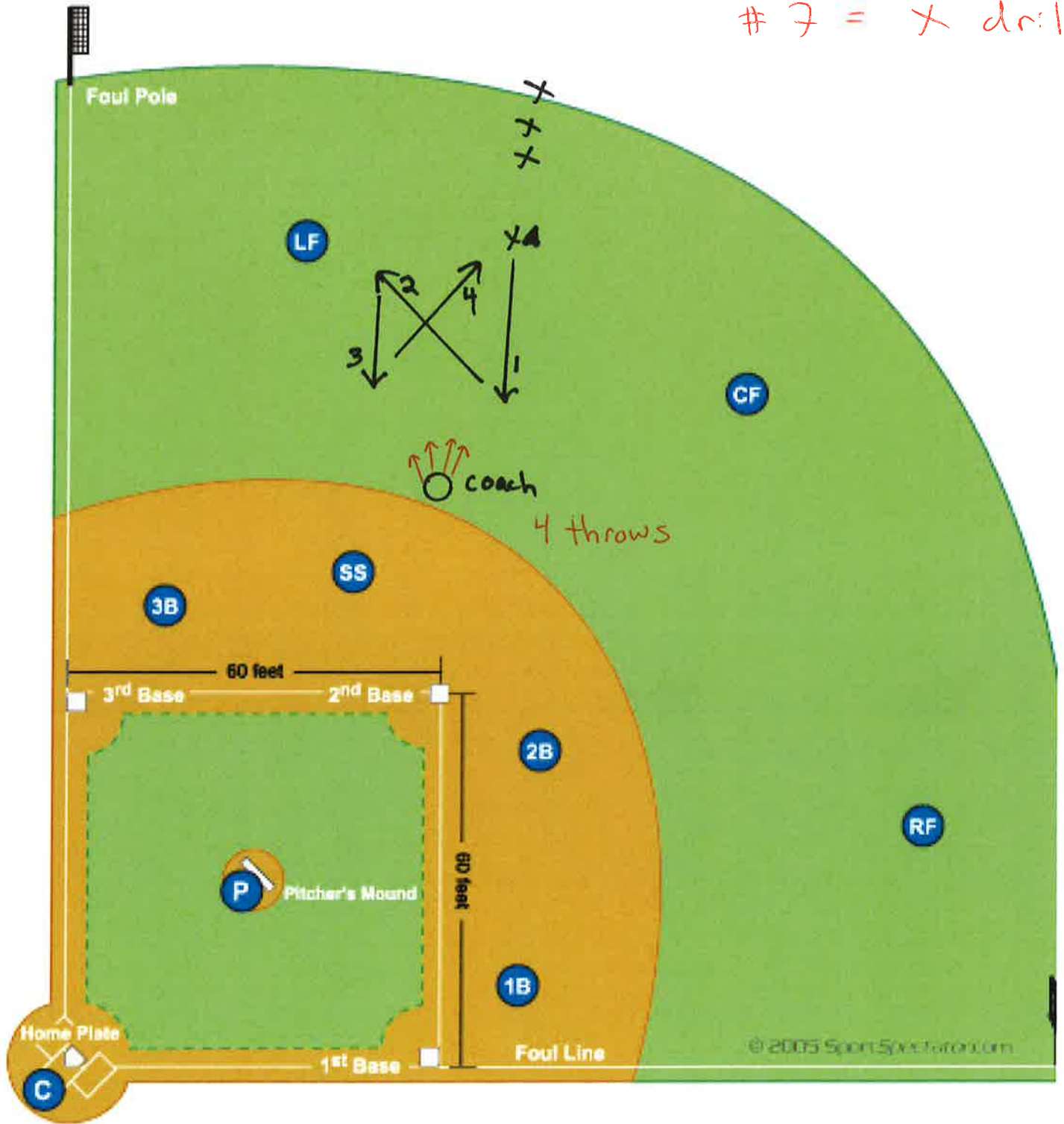
4 Back up Drill



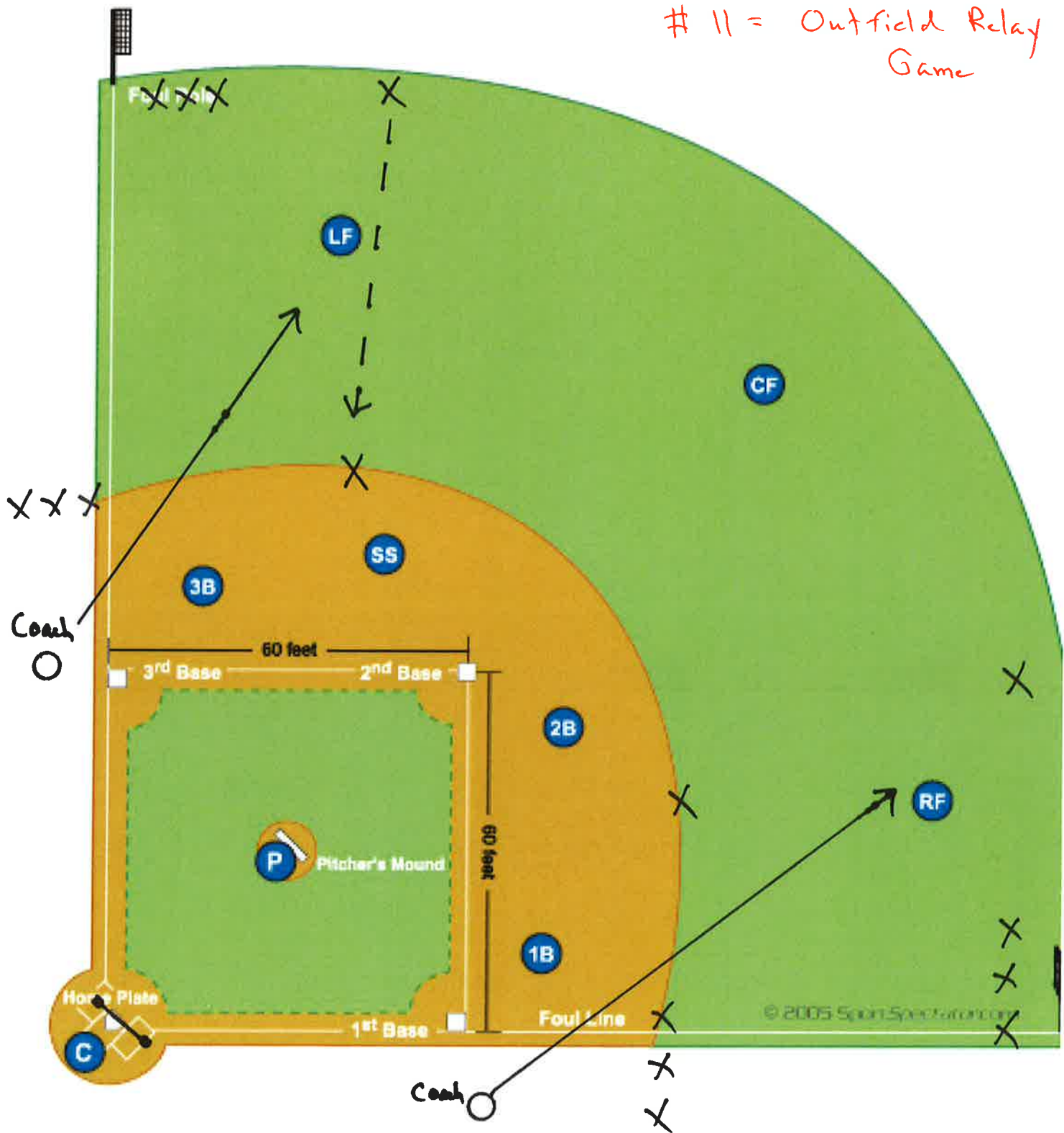
6 = Chase fly Ball

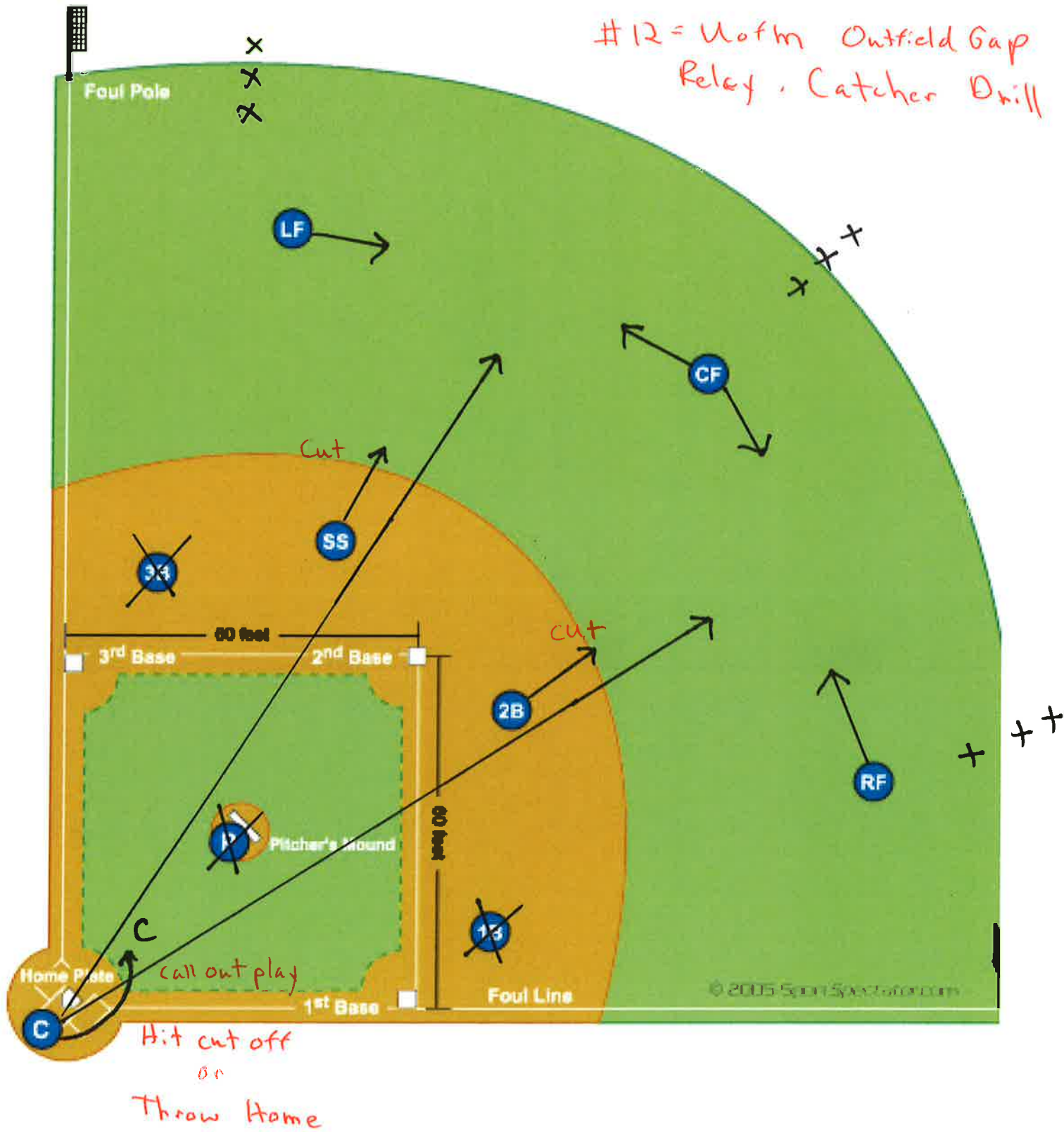


7 = X drill



11 = Outfield Relay Game





Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Friday, October 31, 2014 12:20 PM
To: Michurski, Dean P. (NE); deanm22@comcast.net; Steve Walter (stevewalter34@gmail.com)
Subject: Tool Box = Games And Team Bonding

Fastpitch Practice Tool Box

Games and Team Bonding

1. Half pipe / golf ball game = communication and team work
 - a. Divide the players in groups of 3 or 4
 - b. Each player gets a section of half pipe and the goal is to transfer a marble or golf ball from one player to the next without dropping the ball
 - c. Each team will start in the same location and travel across the infield to a bucket at the other end
 - d. First team to get the ball in the bucket wins

2. 3 bucked game = infield skills / throwing accuracy
 - a) Three buckets will be set up at home plate in a pyramid formation
 - b) Two teams of players will set up in the infield
 - c) One team in line with and centered between first and second base the other team in line with and centered between second and third base
 - d) Coach will hit ball to each team one at a time and players will make throw to home plate and try to knock down buckets
 - e) Every bucket knocked over will count as one point / play game to ten points.

3. Outfield Relay Game = tracking fly balls / cut off relay work / throwing accuracy / relay speed
 - a) A big practice net is set up at home plate
 - b) The players are divided into two teams
 - c) One team will be set up in left field and one team set up in right field
 - d) Each team will break up into two groups, one deep fielder group and one fielder set on the edge of the grass line but not on the infield gravel
 - e) Players will come out into position one at a time and then rotate within their team
 - f) One coach will stand at about third base with a bucket of balls and hit deep fly balls to left field
 - g) One coach will stand at about first base with a bucket of balls and hit deep fly balls to right field
 - h) Coaches will take turns hitting balls to their side
 - i) The deep fielder from each team will field ball then relay to team mate playing on edge of grass line and this player will throw the ball home try to hit the practice net or get the throw into the pocket of the practice net
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 - k) If the fly ball is dropped or the cut off throw is dropped or uncatchable then no points can be earned

4. Catch Up / Base Running Game = conditioning / base running skills
 - a) The players are divided into two teams of similar running speed
 - b) One team will start at home and one team will start at second base
 - c) The teams begin to run at the same time and will run once around the bases and return to starting point
 - d) Next runner in line will set up on base and begin to run when player ahead of them finishes by running behind them and tags their hand.
 - e) New base runner cannot leave base until their hand has been tagged

5. High / Low = players share high / positive and low / negative parts of their day with each other
 - a. Have the team sit in a circle
 - b. Have players take turns sharing their high and low of the day
 - c. Coaches take turn whenever possible
 - d. This is a chance for the players to see exactly how each other is feeling , gives them an opportunity to offer support to each other and celebrate each other's positives , gives the players ideas about what and how to talk to each other that practice day.

6. Circle Of Truth
 - a. Players will sit in a circle after practice or game and each will take turns saying something nice about another player = this can be a good play they made / something nice they did for another player / something they said to lead and encourage the team / an example of leadership

7. Game Day Traditions = something to prepare the team and bring them together to play a game
 - b. This could be as simple as everyone wearing their game jerseys
 - c. Maybe they all wear a game day bracelet = this could be a simple rubber one or something they make as a team
 - d. Having all their shoe laces match and have them sit down and put the new laces in their shoes together

8. Battle Buddy
 - a. assign all the players a battle buddy that will fit the team nicely
 - b. let them know that it is their job to encourage and support their battle buddy during team practices and games
 - c. maybe get each other a small gift and game days

9. Player and Play of the game / Practice player of the day
 - a. Have the girls keep track of each other's great plays and great games / practices
 - b. Record on a white board or clip board in dugout
 - c. Coaches and players reward and celebrate chosen player = award paper / treat / privilege

- d. Could pass something along from one game to the next / players could take home with them / could be simple like a new ball signed by all team members

10. Keep track of good things and things that need improvement during games

- a. This could be done on a white board or a clip board in dugout
- b. Review with players at the end of the game or at next practice.

11. Award players for getting hits

- a. This can be done many different ways = stickers for their helmet or something like that
- b. Give out singles / double / triple / home runs

From: Michurski, Dean P. (NE)
Sent: Thursday, February 12, 2015 8:57 AM
To: Michurski, Dean P. (NE)
Subject: Tool Box = Other Practice Ideas

Fastpitch Practice Tool Box

Other Practice Ideas

1. Practice Base Running = Basic running skills on the field using the bases.
 - a. Running all the way through first base
 - b. Do not watch the ball
 - c. Look towards the fence for an over throw
 - d. Control speed to round bases tight.
 - e. Timing rock off the base
For a standard hit = leave right when the ball leaves the pitchers hand
For a bunt = want to leave a bit later to prevent getting caught in double play from a short fly ball.
Can do this when up to bat in game situation while opponent's pitcher is warming up

2. Practice Bass Running in one line
 - a. Have all the players line up one line / like the outfield foul line with plenty of space between them
 - b. Have a coach do a pitching motion
 - c. Have the players all leave the line at the same time
 - d. These drills will give the coaches an idea which players are getting off the base the fastest and which one need more help.
 - e. Can do this for both swing away call and for a bunt call.
 - f. This drill can substitute conditioning.

3. Practice Infield creep
 - a. Infield players practice two steep creep so they are in correct ready position after second step
 - b. Third base creeps up on bunt threat generally until batter has 2 strikes on them.
 - c. First base may need to creep depending on bunt coverage

4. Practice Sliding into a base

a. Talk about the advantages and disadvantages of sliding feet first or head first

- 1) Feet First = advantages – the biggest advantage is that you will be less likely to get hit in the head or upper body with the throw
= disadvantage – you are giving the defensive player more to tag, a bigger target, can possibly cause injury to ankle's and knees, have to kind of stop forward momentum and transfer weight back in order to get into position to slide feet first
- 2) Head First = advantage – you are giving the defensive player less of a target, you can usually see the play happening better as you slide into the base, can hook slide, continue on full speed using all your forward momentum to slide into the base
= disadvantage – you could possibly get hit in the upper body with a throw, may cause injury to hands / fingers / wrist,

b. Talk about a hook slide – explain the advantage of a hook slide

c. Talk about sliding equipment to protect your legs and hips

5. Practice Diving Back to a Base = the fast way back to a base when leading off and the catcher throws a pick off is to dive back to the base when necessary

- a. Break up in groups of three at each base – one base runner, one base player trying to make the tag, and one person to throw the pickoff throw – then rotate players
- b. Work on getting back fast and low, get a hand back on the base and avoid tag
- c. Base player can get practice making the tag- two hands, sweep, protect the base
- d. Pickoff thrower can get practice getting that throw down low in the correct location to help base player to make the tag

6. When practicing infield and outfield always encourage proper technique = body position, two hands, throwing form, crow hop, ect

- a. Infield = air plane approach to ground balls, creeping in, yelling bunt and steel and play, two hands, pop up quick, bring glove to throwing arm side, turn body into throwing position, elbow up and wrist back, big follow through
- b. Outfield = catch fly balls on throwing arm side, big quick crow hop throw, pop up quick on ground balls, always back each other up, communication – mine mine mine or back bak back, big follow through on throws, backing up first and third base on pick offs, watch for pick off signs,

Throwing / Batting /Base Running / Tagging

1. Swim throwing exercise = When doing throwing progression could work in swim exercise- helps to correct problems with side arm throws
 - a. Make a swimming motion with both hands twice then throw the ball.
 - b. Count one / two / throw = getting arms straight out in front
 - c. Focus on getting the arm up and back then pass the ball right next to the ear
 - d. Elbow and ball should pass the ear at the same time
 - e. Big follow through
 - f. Check yourself at end of throw = feet , trunk, arm follow through, body lean forward
2. 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
3. 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
4. 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
5. Work on tagging and catching with two hands
 - a. When tagging – get into correct position with body
 - b. Catch the ball low at the base not up high like a first base player
 - c. Focus on protecting the front of the base not the entire area around the base.
 - d. Let the ball get to the tag at the base
 - e. Two hands protect ball and apply tag

6. Base running

- a. Want to hit the front part of bag then break down – slowing speed to a stop while maintaining athletic position within 10 feet
- b. Look toward the fence for an over throw and listen to base coach
- c. Never look at the ball – slows down your running potential
- d. Never stop running before you get to the base – run all the way through and then break down
- e. Rocking off the base – when to leave the base depending on the call from the third base coach to the batter

Throwing / Creeping / Bunting / Base Running / Tagging / Athletic Stance

1. Throwing Progression = when players are doing throwing progression make sure they have proper form = hold the ball on the laces by finding the C to get rotation on ball, tea pot – arms up high and back with ball and wrist back at 90 degree angle, no side arm throws – the ball should be thrown over the top and the ball should pass directly past the ear, big follow through – the players should finish with throwing arm all the way across the body and lean into their throw using their core to put power onto the ball

1. Defensive Creeping = players should be about 4 to 5 feet back from the field position they want to end up at when the ball is hit. Players can take 2 big steps or a few little steps but should be down in a athletic position with knees bent and glove down in front of them open to the sky with throwing hand directly over the glove ready to alligator the ball, use an air plane landing approach, butt down, shuffle from side to side keeping body square to line of ball, head should be down and pony tail should flip forward, receive ball into body, then pop up quick and transition into throwing position fast- quick hop sideways with both feet turning, good hard throw and follow through

2. Bunting = turn hips, bat at eye level, bat at 45 degree angle, soft elbows, bend at the knees and move to the ball, if pitch is over height of ball then pull back – ball high pitch, Know when to be sneaky – when advancing a runner to second it is obvious- no need to hide bunt so get set with hips turned to pitcher on pitchers down swing, when executing a suicide bunt with a runner on third base batter should be more sneaky.
 - a. Sacrifice bunt = is when you bunt to make a character advance but you get OUT
 - b. Squeeze bunt = is when there is a player on 3rd base and then you bunt and he goes home, and he is safe, Such a bunt is uncommon with two outs because there is a significant chance that the batter would be thrown out at first base
 - c. Suicide bunt = is when the runner takes off as soon as the pitcher begins to throw the pitch, before releasing the ball. If properly executed, a play at home plate is extremely unlikely. However, if the batter fails to make contact with the pitch, the runner is likely to be put out at home plate (hence, "suicide")
 - d. Drills – catch the egg , front toss

3. Base running = batter should take off from an athletic stance hard and low then rise up as the approach to first base, batter should never look at the ball, batter should try to reach first base so that the runners foot hits the front part of the base, base runner should always run all the way to the base and then break down with-in ten feet after stepping on base the runner should then turn and look at the fence for an over throw, runner must turn towards the fence and not into the field of play, When running onto second runner should make a 3 – 4 foot banana turn about ten feet before reaching first base to make the turn to run on to second base and then be looking at third base coach for direction.

4. Things to consider when applying a tag to a runner. The base player needs to be aware of where the base is, be in a good athletic stance down low, player can either straddle the base or stand just off the edge of the base, let gravity do the work, use tow hands to catch the ball and place the tag, be aware or a possible hook slide, focus on applying the tag quick, hard, and to the base not try to air the tag at base runner, hold the tag until the umpire makes the call, and to be aware of any other plays developing

5. Always remind players to be in a good athletic position to make plays before ball is hit – two step creep, should be on the balls of feet, butt down, knees bent, open hands in front of body ready to use two hands to make a play on ball, receive the ball in towards body up to throwing arm side, pop up quick and turn hips and body into a throwing position

Batting Form / Notes / Drills

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 = should be square to home plate comfortably spread in an athletic position but not too far apart, feet, hips, and shoulders should be all squared to each other, if the feet and legs stay set and in place it will keep the head from moving
3. Knees = slight bend in the knees but not a big bend, comfortable, i
4. Hips = square to home plate and aligned with your feet and shoulders which are also squared to home plate
5. Upper Body = slight bend towards the plate, relaxed but never hunched over
6. Shoulders = Square to home plate, aligned with hips and feet
7. Head and Neck = Chin is down and eyes looking towards the pitcher, 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, finish your swing completely and look at first base for direction for base running coach, if you pull head slows down power line progression
8. 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
9. 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 bat is pointed at center field
10. Elbows and Shoulders = should be relaxed and comfortable, tense batters are slow batters
11. Front Elbow = down and centered on your belly button or just in front of belly button towards the pitcher, 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 wing down
12. Back Elbow = should be relaxed, down or slightly up, not too far away from your body and not too high, if the back elbow is high and away from your body you will need to drop it and pull it in to begin you swing which will make you slower
13. Bat = just off players shoulder, thumb at ear level, the barrel should not be pointing up at the sky or down at the ground, should not be wrapped back behind the players head

Swing Rhythm = simplified = 4 step Kaaabooooom !

1. Elbows forward moving the knob of the bat towards the ball
2. Elbows bend to prepare for contact with the ball in front of body, hands through first, hips should start to pivot,
3. Wrist should turn over after contact with ball out in front of player, head in, hands tight,
4. Arms should extend and push through the ball and finish swing completely, weight should now transfer, pivot hips, pivot front foot and squash the bug with the back, power hips forward, front leg should finish straight and stiff and back leg should finish up on your toes pushing off to maximize power in the swing
5. Batter should air at the top half of the ball. If the ball is hit at the right time and spot the ball will get sent back to the same spot it came from.

Some things to keep in mind

Watch to see that

- the batter is relaxed and hands are loose
- the batter gets loaded once and set when pitcher is winding up
- the batter gets front foot down and set when pitcher is winding up
- 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
- 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 and down the entire swing, if the head is pulled is throws everything off – hands and shoulders
- 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 front arm first movement is elbows forward
- 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

Different Batting Tools

1. regular long bat
2. short / light bat = do one arm work, kneeling tee work
3. paddle stick = hand and wrist position correctly on bat
4. hit stick = hands and wrist position correctly on bat
5. front hand pad or glove = work on front arm movement
6. thin bat = really work on hand eye coordination
7. slide stick = help batters to time when they turn wrist and whip bat
8. end of barrel bat = help batters to hit the ball on the meat of the bat

9. Different Balls and Tools

10. regular balls
11. wiffle balls
12. birdies
13. weighted balls
14. basketballs
15. sand / bean filled balls
16. ultra soft stuffed balls

1. Different Batting Drills

2. Tee Work

3. standing = both hands
4. one arm choke up = front arm and back arm, two step
5. two tees' = power line work, tees' close hit both balls, tees' 2 feet apart hit one ball into the other ball
6. one foot = balance and hands
7. two knees = short / light bat one arm work
8. one knee with front foot out = short / light bat one arm work
9. hit the long way in the cage to see if hitting of the tee correctly

10. Side Toss

11. real balls
12. weighted balls / basket ball
13. stuffed balls = rapid fire = hand and arm speed – high / low / middle

14. Front Toss

15. regular balls
16. wiffle balls = one arm – choke up on bat / lite bat = front arm then back arm form work
17. bunting
18. birdies
19. use different bat tools to check hands and wrist
20. work on various hard to hit pitches for batter – pulling out, stepping forward, front foot not set, ect.
21. bounce a ball off the ground to hit – works on trimming and hand and eye coordination

22. Pitching Machine

23. close pitch distance – 30' = quickness – hands and arms, decision, one arm work – front and back arm form
24. standard pitch distance = vary speed to work on quickness and trimming, get the bat to the ball, contact
25. Bunting work

Michurski, Dean P. (NE)

From: Michurski, Dean P. (NE)
Sent: Monday, February 16, 2015 2:17 PM
To: Michurski, Dean P. (NE)
Subject: Fastpitch Notes Page

Fastpitch Coaches / Players Notes

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