

Glenview Titans 12U

<http://www.titansfastpitch.com/>

Week ending 01/13/18



Dear Parents and 12U Titans,

Happy New Year!! Hope you are enjoying the newsletters. If you need clarification on anything or have any concerns just talk to me after practice or send an email.

Look forward to a successful 2018!

Warm regards,

Titans 12U Coaches

Coach Steve's Tip of the WEEK

Catching a fly ball. Do you wear a visor?

- Have you ever run in to catch a fly ball, only to find it flying over your head?

The hardest part about catching a fly ball is judging where it is going to land. We probably won't be able to practice this until we get outside, but one of the best tools you can use to help you judge a fly ball is a visor. Any hat that has a visor will work. How do you ask? Read below on my Tip of the Week.

Ready Position: *Watch the ball off the Batter's bat*

From your "Ready Position" you should always be watching the ball out of the Pitcher's hand, through the batter's hitting zone. As a result, you judge the ball immediately as it comes off the batter's bat. When the ball is hit, see if it immediately goes above the bill of the visor or stays below.

Upcoming Events

January 13

5PM - Practice @ The Dugout

January 17

Pitching Practice for Pitchers
Various Times – Gemini Jr
High School

Important Announcement

Next Pitching Practice –
January 17th.

Jan. 17th 24th 31st
Feb 7th 14th 21st 28th
Mar. 7th 14th 21st

Quote of the Week

"HARD WORK BEATS TALENT
WHEN TALENT DOESN'T
WORK HARD."

Unknown.

1. If the ball appears to go above the bill of your visor, the odds are it's going deep.
2. If the ball appears to stay below the bill of your visor, it's a line drive and likely will stay in front of you.

It's not a hard and fast rule. Sometimes when the ball goes high it's going to be a pop-up. But if it is, and the outfielder drops back, odds are it's no harm, no foul. It wasn't your ball anyway.

Keep in mind the height of the ball. The higher the ball, the harder you can charge it. If the ball goes high and looks like it might fall short, you can run full out after it, and even slide or dive for it. If you miss, the ball isn't going very far. But if it stays below the bill of your visor, approach with caution because if it gets by you, it could roll for miles.

Watch the ball Peak

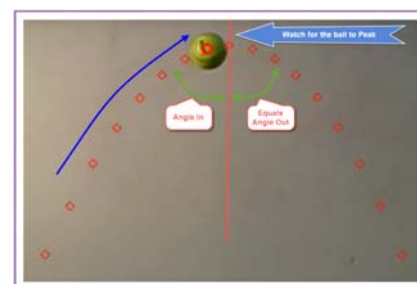
Assuming the wind or spin does not change the direction of the ball; generally, if you watch the ball reach its peak in the air, the angle as the ball approaches the peak will equal the angle after the peak. Angle in equals angle out. Look at the first picture to the right.

Notice the red line I drew down the middle. The angle of the ball as it approaches the top of its trajectory (Peak), is the same as the angle after it passes its peak. It does not matter how high it is hit, see the second picture for various ball paths.

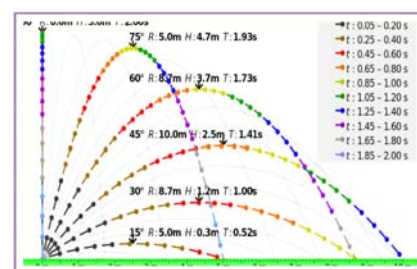
Get under the ball

This is for balls hit high (pop-ups) vs line drives. Treat line drives just as you do a ball thrown to you from another player. For pop-ups, get underneath the ball. As the ball comes down, let the ball come down toward your head!! Catch the ball above your head, preferably around arm's length away. Try not to let it cross your eyes in front of you. If you notice the ball drifting away from your head, you need to move and get under it.

- Why do you not want to allow the ball to cross your eyes?
 - You reduce the chances of catching the ball if you let it cross your eyes. Imagine, your head and eyes are steady as you watch the ball come down. Now, at the last minute, you now must move your head and track the ball with your eyes as you let it fall past your head. Try to avoid this if you can.
- Why catch the ball about arm's length away from your head?
 - Fully extend your arm in-front of your head and look at your index finger. Slowly bring your hand in while focusing on your finger. The closer you bring it, the more lose



Angle In = Angle Out



Various Ball Trajectories



Get Under the Ball

focus!! Also, any last-minute adjustments can be made with an extended arm by bending your elbow and then bringing your arm backward. If your arm is already back, you have run out of options in regards to corrections.

Good luck, we'll work on this when we get outside for practices.

Trivia Question of the WEEK

There is a runner on third base with one out. The ball is hit to the Shortstop. Where do the players below need to be? Draw a line from the position on the Left to the proper answer on the Right.

- | | |
|------------------|-----------------------------------|
| • Pitcher | Back-up 1B |
| • First Baseman | 2B |
| • Second Baseman | Home |
| • Third Baseman | Field the Ball and look at runner |
| • Shortstop | 1B |
| • Left Fielder | Back-up 2B |
| • Center Fielder | 3B |
| • Right Fielder | Back-up 3B |
| • Catcher | Back-up Home |

Bonus Question: What should the Shortstop do if the runner on third starts to run, but then stops several feet off the base?

Answers:

Pitcher – Back-up Home, First Baseman – 1B, Second Baseman – 2B, Third Baseman – 3B, Shortstop – Field the ball and look at runner, Left Fielder – Backup 3B, Center Fielder – Backup 2B, Right Fielder – Backup 1B, Catcher – Home

Bonus Question Answer – Run at the runner, make them decide which way to run (Home or Third). If Shortstop cannot tag the runner, throw to third or home depending on their proximity to the base and direction they decide to run. Note, always try to force the runner back to the base they came from if possible. Throw to first if the runner only a few steps off the base and clearly not running.

PUZZLE OF THE WEEK: WORD SEARCH

R E X S D Q M O A T K M K Y A
B O D U O Y M B J R L A M M A
L A D Y T A O O U A J Q E Y N
T C L C M V L O V J P G O P G
L S I L E E Y E R E H T I H L
W R O H O R M A L C G K C A E
C P E M E F M G Q T N R D U Y
I A Y T L V F J C O I C Y T H
D T F T K A I B L R M J W J P
A A W Q C Q T S A Y O V O A K
T O H I G H A I O T C D N K U
F O M T Z M H D V R M D I X X
W N U A G H S P U D I X F T E
N Q V Y K T Q M Z F M F Q M N
T I K Q X S G U X T I D F V E



WORD SEARCH WORDS:

VISOR

PEAK

ANGLE

ABOVE HEAD

BALL OFF BAT

TRAJECTORY

THE BALL

IS SCREAMING

ITS SAYING HIT ME

HIT ME HIT ME

FAR AWAY

NOTE: Ignore Spaces in
words above.