

Jr Chargers Baseball

Skill Development Utilizing the Facility for Baserunning & Live Fielding (Jan 23, 2021)

Goal: Practice Game Scenarios in the Facility

Baserunning “Musts” & Mindsets

- We are assertive - Looking to take advantage of opportunities
We are aggressive but not cocky or foolish
 - Mindset - Every pitch we assume the ball is going to get by the catcher. We react if the ball is successfully caught (instead of assume the catcher is going to catch the ball & then react when he does not)
(This is especially true at the younger levels)
 - We know the ball dictates what we do therefore our eyes are always on the ball - A coach CANNOT tell you what you will do before the ball is hit - He/she can remind you of the different options you have - Reinforcing, what you do is dependent on where the ball goes

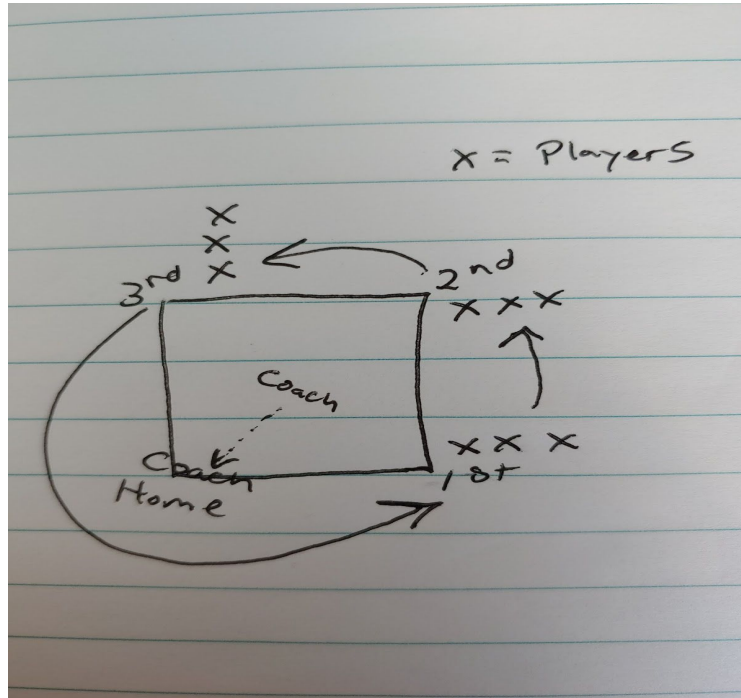
Fact - A good catcher is coached to look for runners who are not assertive - Those are the guys catchers try to throw out - We will not be targeted by catchers because a good catcher will know we are smart, assertive, and ready to take advantage of his mistake(s)

Fielding “Musts” & Mindsets

- We WILL NOT try to be a hero - We know the ball dictates what play we should make. A coach CANNOT tell you what you will do before the ball is hit - He/she can remind you of the different options you have - Reinforcing, what you do is dependent on where the ball goes
 - Infield Mindset - “No throw is the best throw.” If there is no play - DO NOT throw the ball - Run the ball in and/or run the ball to where the threat is going (Example: the first baseman gets the out at 1st and there is a runner who advances to 3rd DO NOT throw the ball to 3rd - Put ball in hand and run towards home NOT 3rd. We want to run to where that guy could go NOT to where he is - When done correctly, the runner WILL NOT advance.
 - Outfield Mindset - Don't be a hero - The ball dictates whether you throw a guy out OR if the ball goes to the cut - Outfielders work within an approximate 5 yd radius - If the outfielder is coming downhill (going towards the IF NOT away) and the ball is hit within that radius you have a chance to throw a guy out. If these two things are not the case (coming downhill & within 5 yds) hit the cut

- I am not throwing “to the cut” - I am throwing through the cut (mind set should be - If the ball is not cut - It will make it to the base I am throwing to)

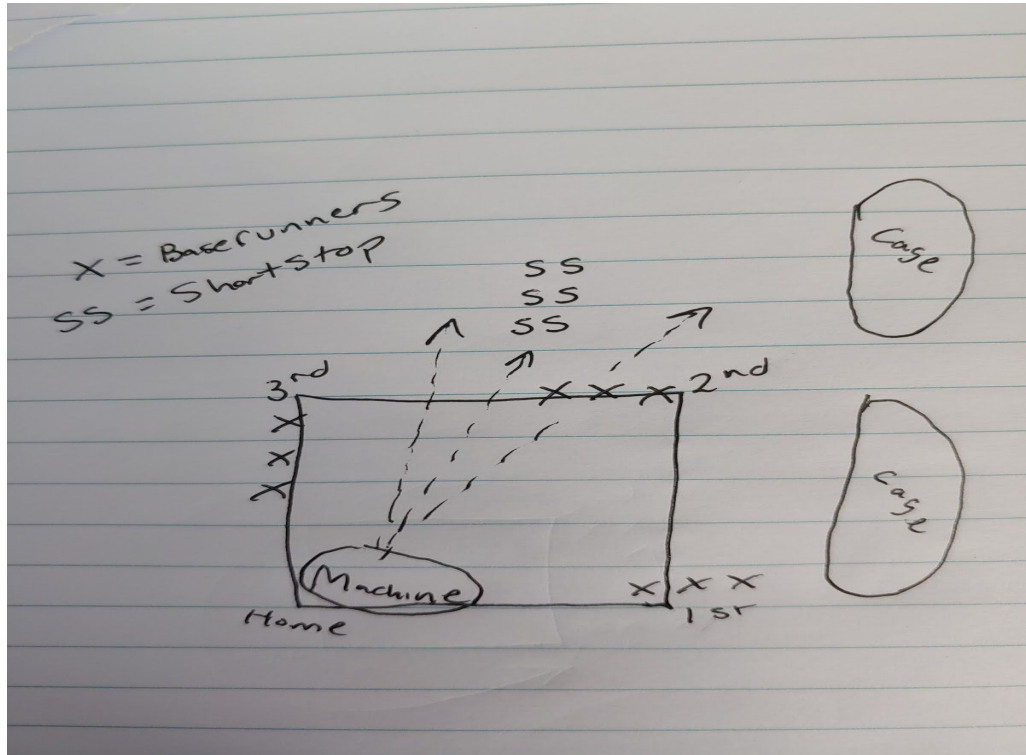
Lead Off Drill - Stack baserunners at bases - Have a coach at pitcher and at catcher - Have the pitcher throw a variety of pitches (some into the mit, some in the dirt, some over the head of the catcher).



Coaching Points

- Mindset - “The ball is **NOT** going to be caught by the catcher.” Many of our runners react to a bad pitch - We want our guys to assume it is going to be a bad pitch - They react to a successfully caught ball - If the catcher cleanly catches the ball we stop, stay strong, & wait until the ball successfully gets back to the pitcher.
- The ball tells you everything you need to know - Baserunners should never have their head down - They always have their eye on the ball (ready to take advantage of an opportunity)
- Good catchers are taught to look for unassertive baserunners - The mindset stated above is an assertive mindset - As long as we are hustling and keeping our eye on the ball - We will be ready to take advantage of the situation (take the next base and/or score runs).

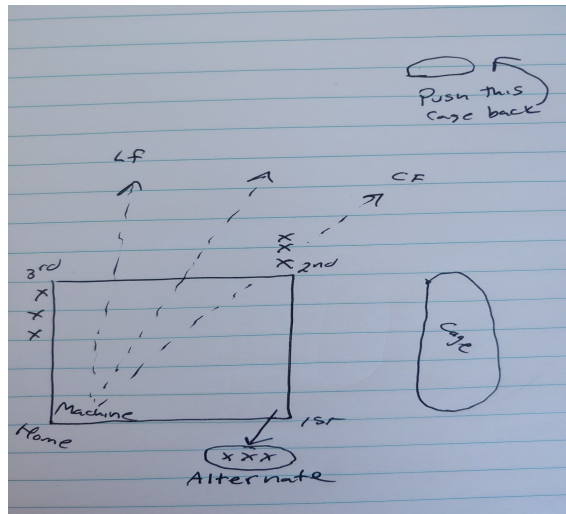
Live Line Drive Drill - Stack baserunners at bases - Use the fielding machine at home - Hit a variety of line drives towards the shortstop (some at him, some slightly above that he cannot catch, some within his reach right & left, some slightly out of his reach right & left).



Coaching Points

- Baserunners are reading the height of the ball & proximity of the ball to the infielder - If the line drive is ...
 - Right at the infielder or to the base side - Get back to the base
 - The ball is catchable but going away - Stay strong - Step & a dive away Back once catch is made - We stay strong because if the ball is dropped or gets through we can take advantage - Same rules apply for (IF) pop up
- Work this drill with 0 or 1 out (do as stated above) & with 2 outs (No read just go on contact)
- For fielders - Don't try to be a hero - A lot of times "the best throw is no throw." The fielder should be mindful of the runners but if there is no chance (or minimal chance) to get a guy out - Attack the lead base with ball in hand and then get the ball back to the pitcher - DO NOT run towards the runner - This opens the door for the runner to advance - Attack where he is going NOT where he is (SS catches the ball & there is a runner at 3rd - Attach home NOT 3rd)

Live Flyball Drill - Stack baserunners at bases - Use the fielding machine at home - Hit a variety of fly balls towards the outfielders (some at LF, some at CF, some in between, some that can be caught, some that cannot). If you want to incorporate a cut off man and/or throw to bases - Do not have base runners - Just put the ball in play - Have the defense determine what should happen based on ball placement (Example: (OF) has to go back = "cut," "cut," "cut" - If (OF) is coming downhill & ball is within his 5 yd radius yell "4", "4", "4" - Be sure (OF) is throwing "through the cut - Not to the cut"

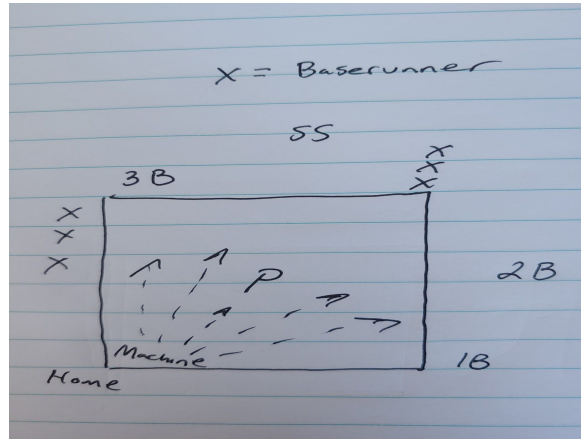


Coaching Points

- Baserunners are reading the ball - If the ball is ...
 - Right at the outfield & will be caught - Stay strong - The distance the runner is off is dictated by the distance the ball is from them and/or the direction the outfielder is going - If the outfielders momentum is taking him back and he is far away - Get a little more - If the outfielder is coming in (therefore his momentum is taking him into his throw) - Be a step and a dive to the base **DO NOT** immediately go all the way back to the base - See the play all the way through - If the ball is dropped we want to take advantage
 - Baserunner needs to square up to the play - For runners on 2nd - If ball is hit to left (or left center) - The runner needs to pivot and face the play (not look over his shoulder) - Same for runner on 1st with a ball hit to right field (or right center field).
- Work this drill with 0 or 1 out & with 2 outs (2 outs - No read just go on contact)
- For outfielders - Don't try to be a hero " If the outfielder has a chance to throw a runner out - The ball needs to be within a radius of approximately 5 yards **AND** the outfielding needs to be coming downhill to warrant him making the throw If he needs to go back on the ball - 99.9% of the time the ball needs to go to the cut - BOTH the infielders & outfielders need to know this (so they know what to communicate as the play is developing).
- For the cut - A lot of times "the best throw is no throw." When the ball comes to the cut OFTEN there is no throw that needs to be made - Once the cut has the ball - If there is no threat that a runner is going to advance - We put ball in hand and attack the lead base (we attack where the runner is going NOT where he is Example if the

base runner is on 3rd we attack home NOT 3rd) - The goal is to reduce the length of the throw while assertively running the ball in.

2nd & 3rd No Force Drill - Stack baserunners at 2nd & 3rd base - Have a full infield (including a pitcher). Use the fielding machine at home to hit a variety of ground balls in the infield. Runners play it live - Infielders play it live.

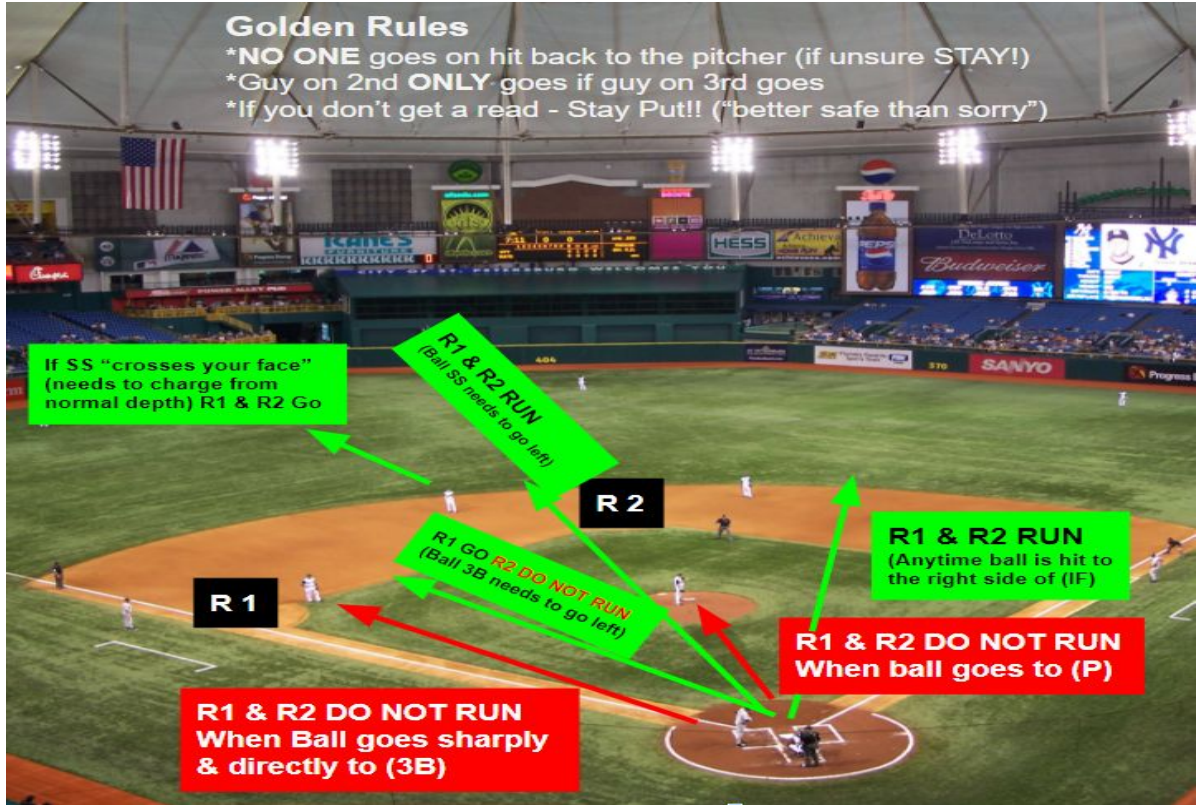


Coaching Points

- Runners are reading the ball - The baseball dictates what we do
See pic below for all scenarios
- Work this drill with 0 or 1 out & with 2 outs (2 outs - No read just go on contact)
- For first baseman - Once he secures the out at 1st - He puts ball in hand and attacks home (NOT 3rd) - Go to where the threat is going (not where he is)

Golden Rules

- *NO ONE goes on hit back to the pitcher (if unsure STAY!)
- *Guy on 2nd ONLY goes if guy on 3rd goes
- *If you don't get a read - Stay Put!! ("better safe than sorry")



If SS "crosses your face"
(needs to charge from
normal depth) R1 & R2 Go

R1 & R2 RUN
(Ball SS needs to go left)

R2

R1 GO R2 DO NOT RUN
(Ball 3B needs to go left)

R1

R1 & R2 RUN
(Anytime ball is hit to
the right side of (IF))

R1 & R2 DO NOT RUN
When ball goes to (P)

R1 & R2 DO NOT RUN
When Ball goes sharply
& directly to (3B)