

*“Players hear and forget. Players see and remember. Players do and understand.” - Coach K – Duke University*

## **Effective Practice**

1. Player improvement – make each player better, not just your best player
2. Player development – teach the fundamentals
3. Quality repetitions – 10 quality reps is better than 50 bad ones
4. Make practice fun – include games, Gold Glove Competition, steal-offs, hitting competitions, pitching (target) outings

### **Organization is a must!**

-Get the most out of your practice by...

keeping ALL players working throughout practice.

-USE A PRACTICE PLAN

each one is going to be different depending on your team goals

- Use your parents – they want to be involved!

1. Throw BP
2. Hit grounders
3. Have them take book, take charts, keep track of pitches, defensive innings

-Expectations and goals for this practice and season?

What kind of team are YOU going to be? Make those decisions at the beginning of the season and communicate that with your players AND parents. Are you going to try to win every single game or are you going to build the fundamentals and work players into other positions?

### **Game Goals**

#### **2-3-2 baseball**

2 or less errors

3 or more big key hits

2 or less walks

### **Common batting practice mistake**

1. one player hitting while the rest are out shagging
2. have them hit in groups (team of 12 players?)
  - a. Group 1 – hitters (2 hitters)
  - b. Group 2 – fielding (6 fielders)
  - c. Group 3 – base running (4 runners)
3. Use polyballs (5 reps at a time)
  - a. Bunting (sacrifice & squeeze bunts)
  - b. Opposite field (let the ball get deep)
  - c. Zone up (0-0, 2-0, 3-1 counts)
  - d. No stride
  - e. Varitek Drill
  - f. THEN...go to normal batting practice

Teach your player simple game-hitting situations

Sacrifice bunts

Squeeze bunts

Hit and runs – have to swing unless ball is in the dirt

Man on 2<sup>nd</sup>, no out – hit the ball to the right side

Man on 3<sup>rd</sup>, less than 1 out, infield playing in – hit fly ball (ball up in zone)

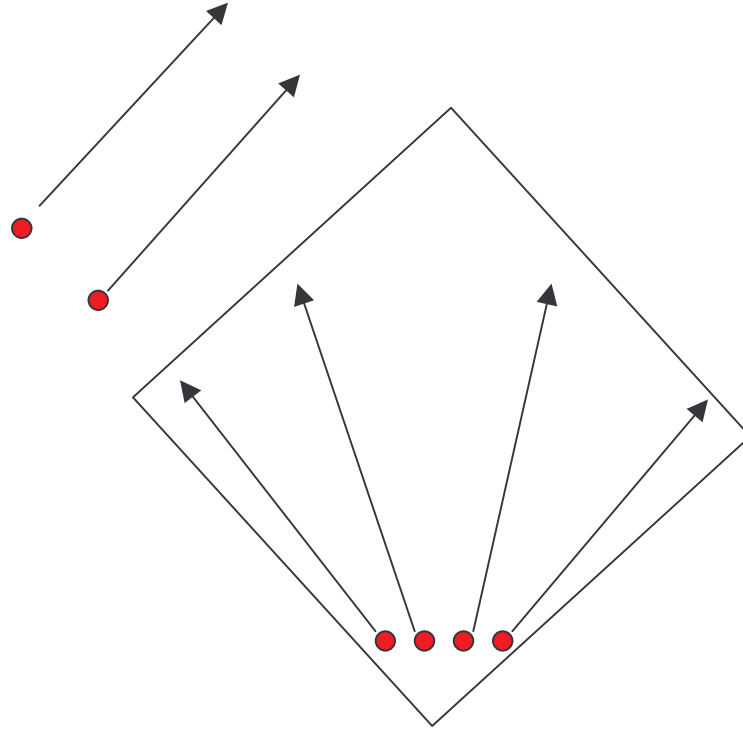
Man on 3<sup>rd</sup>, less than 1 out, infield playing back – hit groundball (ball down in zone)

### **Catching Drills**

1. Inside turn (use tennis balls & bare hand, then move to baseball & glove)
2. Blocking Drill (shoulders turn in, head down, fingers to the ground)
3. Footwork (get body moving forward, hug home plate)

## Hitting Groundballs

1. Use your parents
2. have your kids take 40 grounders/fly balls instead of 6



Games don't develop players – practice and repetition does.

Educate your players on WHY they do something – don't make them robots.

**Love your players.** Give them a hand on the shoulder and encouragement. I've never seen someone get better by a coach yelling at them. That doesn't mean you can't give them a swift kick in the butt sometimes, but tell them what they're doing right more than what they are doing wrong.

Practice doesn't make perfect – Perfect practice makes perfect.

Good site for more drills and resources

[www.qcbaseball.com](http://www.qcbaseball.com)

Minnesota Baseball Academy Coaches Clinic  
**Pitching – Mechanics / Flaws and Fixes**

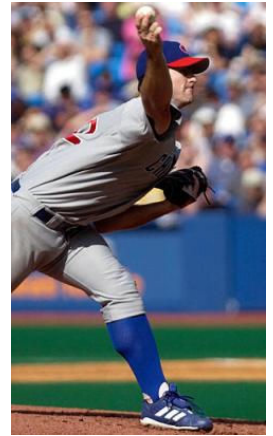
**1. Hanging on to the baseball**

- a. Why?
  - i. Reaction time
  - ii. Movement
  - iii. Healthy Arm
- b. How?
  - i. Firm Front Side
  - ii. Late Release



**2. Pitching Mechanic Breakdown** (Dynamic Balance = Parallel Eyes)

- a. Rocker Step
- b. Proper Pivot
- c. Lift to Balance
- d. Glove to Target (top half remains closed)
- e. Head to Target (top half remains closed)
- f. Open in Sequence (create torque)
  - i. Hips
  - ii. Torso
- g. Release out in front with Firm Front Side and Parallel Eyes
- h. All with a quicker rhythm – crossover slide step drill



**3. Flaws and Fixes with Drills**

- a. **Flaw:** No firm front side (elbowing)      **Fix:** Two knee or standup drill
- b. **Flaw:** Poor balance and early release      **Fix:** Towel drill

**4. Pitchers Creed**

- a. Work Fast
- b. Change Speeds
- c. Throw Strikes

**5. Questions**



## **I. Infield Work – Position and Drills**

1. Ready Position – glove palm up, waist level, staggered stance
2. Rounding the baseball
3. Right Left Field, Right Left Throw
4. Good Throwing Position
  - i. Directional Ankle
  - ii. Field ball on center to left of the body

## Catching Overview

### **I General Mechanics Overview**

- General Stance
- Get Wide
- Glove Placement – own knee height
- Pinky forward, elbows out side of knees

### **II Receiving Drills**

- Tennis Balls – inward turn, wrist only (no glove)
- Baseballs (with glove)

### **III Separation, quick hands**

- Separate out front
- Turn glove inwards
- Quick Catch – race to twenty – game-like situation

### **IV Footwork**

- Gain distance
- Try not to step on plate
- Head to target, chest out front, firm front side

### **V Blocking**

- Make yourself big
- Drive knees to ground, chest forward, chin down!
- Punch down with throwing hand, behind glove
- Glove covers the 5-hole, fingers down!

### **VI Recovering**

- Feet lined up towards target
- Straddle the ball
- Scoop with two hands

3 ball drill / coach throws the ball from behind catcher

## **Hitting Mechanics**

### **I. Stance and Grip**

- Do's and Don'ts

### **II. Bat Angle and Hand Position**

- Up/Back/In
- Bottom of Bat faces other batters box

### **III. Load and Stride**

- Ice Puddle
- Rubber Band analogy
- Can it ever be too soon to get your foot down?

### **IV. Power Position at contact**

- Palm up Palm down
- Hands inside the baseball

### **V. Extension and Follow through**

- Contact - Extension to the pitcher
- High Follow through
- Back side explosion

### **VI. Hitting Philosophy??**

- What is your Plan???