

S M T W T F S

January

February

March

Use the Blank Calendar above to track the number of wall balls and swings.

Awards and special acknowledgement at Rockford Baseball Youth night will be given for those players completing either/both objective(s). For more information on fielding and swing fundamentals, please visit our website and go to our Coaches Corner then Coaching Fundamentals page.



Rockford Rocket Diamond Club

The Rockford Rocket Diamond Club is our new off-season incentive program intended to provide a framework to help our Rockford Youth Baseball players further their skill development in fielding and hitting. There are two objectives we are encouraging our players to complete between January 1 and March 31 for the upcoming season:

- 1. 7,000 "Wall Balls":** A "Wall Ball" is simply the act of throwing a ball against a wall ((tennis balls and racquet balls are great for this!), fielding it, and then doing it again, (and again, and again). Players should focus on using a proper fielding stance (head up, knees bent, glove down, glove-side foot slightly in front of the other, feet spread shoulder-width apart, and fielding the ball with weight on the front of their feet (vs. the heels) . As an additional wrinkle, players can throw the ball at a slight angle to work on fielding groundballs to their left and right - sliding from side-to-side. This drill helps develop all facets of being a good defensive player: footwork, agility, fielding, throwing, speed, etc.
- 2. 3,000 Swings:** Whether the swings are "dry" swings (swinging at air), off of a tee, hitting off live pitching, soft-toss - all are encouraged. The intent is to increase strength, comfort-level, and confidence in their swings, which will only come via repetition. A mix of bottom-hand swings, top-hand swings, and normal, two-hand swings is encouraged (perhaps 15/15/25 per day, as an example).

To complete the program, assuming a January start-date, players will need to average about 75 wall balls and 35 swings a day - this is likely to take about 30 minutes a day to complete both.

Return Completed forms by April 15 to Peter Moran at petermoran22@yahoo.com

Player Name _____

Total Swings _____ Total Wall Balls _____

Phone # _____

Email Address _____

Parent Signature _____