

Orbell, Rich (SC and PL Operations)

From: Rich Orbell <waabballdr@gmail.com>
Sent: Wednesday, February 09, 2022 4:48 PM
To: Orbell, Rich (SC and PL Operations)
Subject: Fwd: WAA Travel Baseball Update
Attachments: Picture (Device Independent Bitmap) 1.jpg

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From: **Rich Orbell** <waabballdr@gmail.com>
Date: Mon, Jan 31, 2022 at 2:40 PM
Subject: WAA Travel Baseball Update
To: Bob Bradish <bob.bradish81@gmail.com>, Pete Neuharth <pete.neuharth@titancompaniesmn.com>, Bobbie Neuharth <bobbie.neuharth@gmail.com>, Rod Rankin <rodney.a.rankin@gmail.com>, Rich Orbell <waabballdr@gmail.com>, Michael Carlson <michaelcarlson2003@yahoo.com>, mark wieczorek <mwyz05@gmail.com>, Josh Pendergrass <pgrass01@hotmail.com>, Ryan Halvorson <ryan.halvorson11@gmail.com>, Matt Schmitz <schmitz@hotmail.com>, Anthony Wiener <anthonywiener@gmail.com>, Hank Maurer <hank1025@hotmail.com>, Maurer, Hank <Henry.Maurer@allina.com>, Tom Duval <Duvalt28@hotmail.com>, Langness, Trent <tjlangness@healtheast.org>, John Curry <John.curry1283@outlook.com>, <kyle_titan@yahoo.com>, Todd Prokopec <toddprok@yahoo.com>

Starting this week and lasting until the end of April, I will get out a weekly email on either Mon/Tues to highlight upcoming information that everyone should be aware of. My goal to do it through April is to help everyone get through indoor training, league scheduling, outdoor field scheduling, and anything else that comes up.

Jan 31st

- This Sunday is our 1st session at HESC. If anyone doesn't know the schedule, please refer [here](#) for it.
 - If for ANY reason you decide to NOT use your time, you need to let Heather know asap. We will try to always fill open spots in the calendar.
 - I will be bringing equipment for everyone to these sessions. Your gear you will receive is as follows: bucket of balls, catcher's bag with 2 sets of equipment, fungo, and bucket of heavy/smush balls. If you need or are expecting more gear right now, just let me know.
 - Each week, I also bring up 4 sets of bases. For those that practice at 4pm, you will see a cart in the middle of HESC, I ask you grab your own bases. At 10:00, I will come up and grab the cart, I ask those that practice from 8:30 – 10:00 to return the bases to the cart.
 - You will see on the schedule that the fieldhouse is divided into quadrants. Each team will have its own quadrant for the allotted time.
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- For those that are new to coaching this year and haven't been part of an indoor practice, a few things to remember:

- Make sure to get an accurate count of how many are able to make it, it will impact what you do.
- Time will go quick in there. Have a plan with your timing on drills.
- Regardless of age and/or level, the first 2-3 practices, give enough time for the boys to build up arm strength, many haven't thrown for a few months.
- What to do with your time? here are some high level ideas (some are easier with younger guys than older due to field size limitations)
- Breakout groups are smart, keeps things more engaged instead of waiting for their turn
- Infield
- Outfield (pop ups are hard in there, but possible)
- Cutoffs
- Base running
- Pitching (though I do a lot of this at GL)
- NO cages will be dropped at HESC, not worth our time or \$\$
- If you want more detailed examples, let me know. We have a handful of coaches who have been doing this for awhile and are willing to share ideas. Depending on age level will be different coaches.
- Anyone need anything else, just let me know.

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