



GREAT MILLS BASEBALL COACHES CLINIC 2014

Personal development is your springboard to personal excellence. Ongoing, continuous, non-stop personal development literally assures you that there is no limit to what you can accomplish. -Brian Tracy –



AGENDA

Introduction

- GM Coaches
- Little League Coaches

Coach Rodgers

Reason for Clinic

- What next levels (High School, College and Pro's) are teaching
 - Practice (Preparation, Focus and Implementation)
 - Drills (Hitting, Fielding, Base Running, Bunting, Pitching)
 - Educate – Teach the game (Rules are part of the game)

Coach Rodgers
Coach K. Rodgers
All Coaches
Coach Rodgers

Questions??

Provide email rkrodgers1282@gmail.com

VARSITY COACHING STAFF

Kevin Rodgers

Title: **Head Coach/Hitting Coach**

GM Experience: 7 Years

Ray Rodgers

Title: **Assistant Coach/Defense Coach**

GM Experience: 13 Years

Patrick Carr

Title: **Assistant Coach/Outfield Coach**

GM Experience: 2 Years

JUNIOR VARSITY COACHING STAFF

Travis Guthrie

Title: **Head Coach/Hitting Coach**

GM Experience: 3 Year

Gary Kralle

Title: **Assistant Coach/Pitching Coach**

GM Experience: 11 Years

Lyle Kralle

Title: **Assistant Coach/Middle Infield Coach**

GM Experience: 4 Years

SPECIALIST COACHES

Alex Mancil

Title: **Volunteer/Catcher Coach**

GM Experience: 1 Year

Julian Grant

Title: **Volunteer/Outfield Coach**

GM Experience: 1 Year



PRACTICE PREPARATION

- 1. All practices should be organized.**
 - **Have a plan before practice begins (Write it down and distribute to staff).**
- 2. Practice with a purpose.**
 - **Make it competitive**
 - **Set goals to be accomplished during each practice.**
- 3. Teach (Do not assume the players know the game).**



Practice Set Up (Great Mills)
Length 3 hours 10 min.

- 1. 30 Min Study Hall**
- 2. 10 Min Transition School-Field**
- 3. 15 Min Dynamic Stretching**
- 4. 15 Min Throwing with a Purpose**
- 5. 30 Min Fundamentals (Work with similar positions)**
- 6. 5 Min Break**
- 7. 20 Min Team Drills (Bunt D, 1st & 3rd Plays, Run Offense, Live D)**
- 8. 5 Min Break**
- 9. 35 Min On field BP (Use groups)**
- 10. 5 Min Break**
- 11. 15 Min Speed work and/or bunting**
- 12. 10 Min Clean up/Closing**



PRACTICE PLAN EXAMPLE

- 1. Explain practice plan to players**
- 2. Dynamic Stretching**
 - 1. Lap and Moving stretches (Walking Lunges, Lift leg and turn, Side Groin stretch, Skip-Jumps, Arm circles, Neck Stretches, Forearms).**
- 3. Throwing (Move back 10-20ft increments)**
 - 1. 10ft Dart Motion**
 - 2. INF- One Knee, Side Shuffle/Cross Over and throw, Fake Fielding-Shuffle-Throw**
 - 3. OF- One Knee, Ground ball-Throwing to cutoff, Fly ball with crow hop.**



PRACTICE CONT.

4. Fundamentals

- **Down to the basic drills (offensive/defensive-by position)**

5. Team Drills

- **Bunt D, 1st & 3rd, Run Offense, Cut Offs, Live Defense, Intrasquad Scrimmage**

6. BP On Field

- **Assign Groups,**
 - **2 Bunts, 2 Hits to Opposite Field, 5 Swings then run.**
 - **Man on first, goes to second on good bunt, goes to third on oppo hit, scores on hit.**

7. Speed Work/Base running and/or bunting



DRILLS (EXAMPLES)

- 1. Offensive (Half speed-Full speed)**
 - **Dry Swings (Load, [Step], Back leg turn, Contact, Follow Through)**
 - **Fence Swings**
 - **Tee Work (Inside/Outside Pitch/High Tee)**
 - **Soft Toss**
 - **Big Ball**
 - **Whiffle Ball (Small and/or big)**
 - **Bunting**
 - **Sac, Push, Drag, Squeeze, Bunt for a Hit**



DRILLS (EXAMPLES)

1. Outfield

- **Hand Drills**
 - Short Hops (Glove hand, Two Hands)
 - Forehand/Backhand
- **Ground Ball Progression**
 - Routine Ground Ball-90ft
 - Infielder Position-120ft
 - Do or Die (Get to ball quick, field on the run)
- **Fly Ball**
 - QB Drills (Drop back glove/bare hand side and get into throwing position)
 - Ball over Head (Turn and run to a place)
 - Misplayed turning glove/bare hand side (Turn to glove side and snap head around to opposite side)
 - Break Back-Then come in for shoe string catch



DRILLS (EXAMPLES)

- 1. Outfield (cont.)**
 - **Fence Communication**
 - **Fly Ball Communication**
 - **Throwing Through Cutoffs**
 - **Where to Throw (2 bases ahead of the runner)**
 - **Backing up positions**



DRILLS (EXAMPLES)

1. Infield

- **Catchers**
 - **Stance**
 - **Receiving (Playing Cards, Ping Pong Balls, Frisbee, Tosses with Shuffle, Tennis Racket)**
 - **Throwing (all bases and when to do so)**
 - **Blocking (middle, left, right, short/long hops,**
 - **Pop ups**
 - **Fielding Bunts**
 - **Calling the game**
 - **Backing up first**



DRILLS (EXAMPLES)

1. Infield

- **First Base**
 - **Receiving the ball**
 - **Grounders (Taking it themselves, flipping to pitcher)**
 - **Double Plays**
 - **Foul Pops**
 - **Picking the ball**
 - **Pickoffs**
 - **Cut Offs**
 - **Trailing the Runner**
 - **Bunt Coverage**



DRILLS (EXAMPLES)

1. Infield

- **Middle Infield**
 - **Grounders**
 - **Double Plays (throwing, receiving, depth)**
 - **Cut offs**
 - **Fly ball communication**
 - **Bunt Coverage**
 - **Pickoffs**
 - **Steal coverage**
 - **Backups**



DRILLS (EXAMPLES)

1. Infield

- **Third**
 - **Grounders**
 - **Bunt coverage**
 - **Pop Ups (fair/foul)**
 - **Cut Offs**
 - **Steals**
 - **Pickoffs**



DRILLS (EXAMPLES)

1. Pitchers

- **Grounders**
- **Bunt coverage**
- **Pop Ups (fair/foul)**
- **Pickoffs**
- **Backups**
- **Double Plays**
- **Pitching Mechanics**
- **Holding Runners**



TEAM DRILLS (EXAMPLES)

1. Coach #1

- **Hits balls to each OF position**
 - **Throws to second base cut off**
 - **Throws to third base cut off**
 - **Throws to home cut off**

Coach # 2

- **Hits balls to third/pitcher while second base cut offs**
- **Hits balls to first/pitcher (pitcher covering) while third base cut offs**
- **Hits balls to each INF position**
 - **Infield in, throws home**
 - **Infield in, throws to first**
 - **Infield normal depth, throws to first**
 - **Infield deep, throws to first**
 - **Double play depth, grounders to each position**
 - **Infield deep, throw to first, charge weak grounder, throw to first.**



DRILLS (Infield)

1. Power Infield - Use this drill to give infielders a ton of ground balls and throws in a short period of time.

Start with a coach and a bucket of balls at home plate. Hit grounders to third and have the third baseman turn two (5-4-3 double play). But, have the second baseman throw to a first baseman standing about 20 feet down the right field line (away from first base). As soon as the ball is hit to third, grab another ball and hit a grounder to shortstop. The shortstop is making the throw to first (6-3 putout). The shortstop is throwing directly to the first baseman at the first base bag. Empty a bucket of balls at a quick pace and what you will end up with is two piles of balls at the first baseman and at the alternate first baseman (standing 20 feet behind the bag)

Next, gather the balls and repeat the process. This time, make the third baseman throw to first and make the second baseman turn a double play (4-6-3) with the shortstop throwing to the alternate first baseman (20 feet behind the bag).

Gather the balls again and switch again to the shortstop turning two (6-4-3) and the third baseman again throwing to first (or if arms are weary, have the third baseman field and throw the balls out to the side).

Finally, do a round solely with the first baseman making a 3-6 putout. Shortstops just toss the ball off to the side.

Tremendous drill that gets hundreds of ground balls and throws achieved in a short period of time.



DRILLS (Hitting)

- 1. Back Eye Shut** - Great drill for those who are pulling their head out on the swing (excellent for young players).

Take batting practice with the back eye closed or covered. This forces the hitter to follow the ball all the way in with the front eye. Thus, they tend to keep their head down throughout the swing.



PITCHING

1. Arm Care
2. Warming Up
3. Proper Mechanics
4. Flat Ground
5. Mound Work
6. Throwing from the wind up
7. Throwing from the stretch
8. Pitch Selection
9. Pick off moves
10. Bunt coverage
11. Backing up plays
12. Covering First
13. Pitching Drills



PITCHING

1. GENERAL GUIDELINES TO ARM CARE

- Wear sleeves below the elbow.
- Do not warm up while wearing a jacket.
- Between innings, wear a jacket.
- When sleeping, wear a long sleeve over the pitching arm (especially in air condition).
- Do not apply ice unless: You have swelling or pain, or You have thrown more than five innings
- Do not pick up a baseball at any time until: You have warmed up the joints, You have stretched the arm, and You have warmed up and stretched the body
- Do not attempt to throw when another body part is injured and affecting the delivery.
- Find your natural arm groove (overhand, three-quarter, or in-between) and stay with it. **Throw all pitches from one angle!!!**
- Follow through. The follow-through is the body's way of protecting itself.
- Learn to read the body's warnings and know when you are in pain or just fatigued. It is inadvisable to throw with pain, but with supervision it is possible to gain arm strength when throwing while fatigued.



PITCHING

1. WHEN TO USE PITCHES

- **When to use the change-up?**
 - When the hitter takes a big stride.
 - When the hitter is considered a pull hitter.
 - When the hitters front foot pulls
 - After the hitter has pulled a fastball foul.
 - As a first pitch when the hitter is a first-pitch fastball hitter.
 - Any time the hitter is sitting on a fastball (2-0, 2-1, 3-1, 1-0).
 - When there are no outs with a man on second and a right-handed hitter is up.
- **When to use the breaking ball?**
 - When hitter pulls his head away from the ball.
 - Any time the hitter is looking for a fastball (0-0, 2-0, 2-1, 1-0).
 - When a left-handed hitter who hits the ball to the opposite field is up to bat.
 - Right after a previous breaking ball, many hitters guess fastball after a breaking ball. Throwing three or four breaking balls in a row is sometimes effective.



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Base Running

1. To all bases (Drill)
2. Getting signs
3. Lead
4. What to watch a pitcher
5. Take off
6. Slide – Pop up or straight to bag



QUESTIONS???



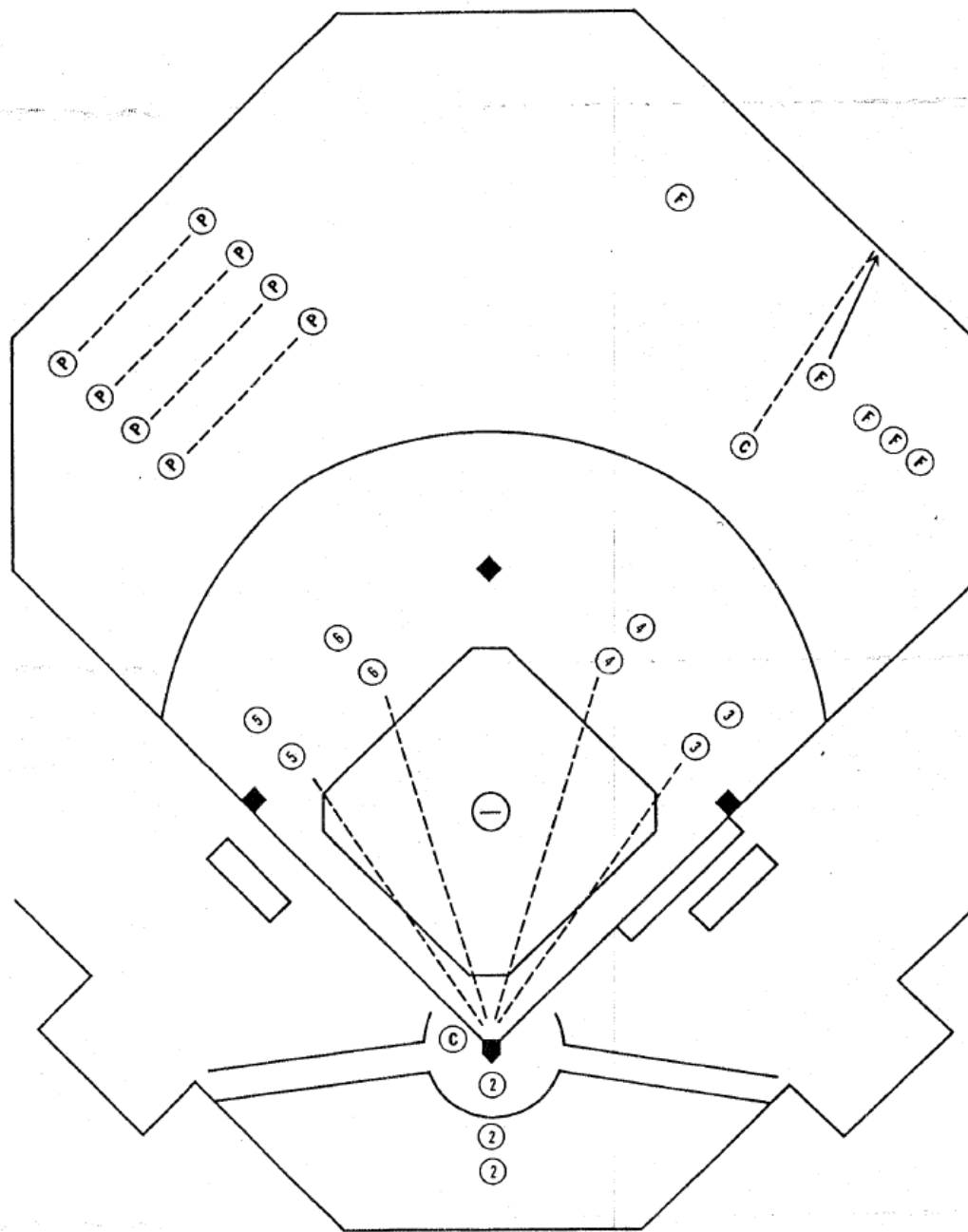
DRILLS

FUNDAMENTAL DRILLS - DRILL #1

1. Force plays and tag play situations at the plate. Coach with fungo bat at home plate setting up the simulated situations and hitting all types of ground balls to the infielders. Examples of situations that might be set up: runner at third base only, one out, infield in on grass, late in game, important run at third base; bases loaded, no outs, infield half way, early in game; runners at first and third base, one out, middle inning of a game, corners in, shortstop and second baseman in double play depth. Coach can set up every possible situation that can arise with a runner at third base. Coach can hit to any infielder. Catchers working on force play and tag play mechanics at the plate.

2. Pitchers- Pitchers in left field working on ground ball mechanics. Pitchers are 60 feet apart facing their partner. One pitcher throws from the windup or the stretch to the other pitcher 60 feet away. He catches the ball and throws a ground ball back to the pitcher. Pitcher fields the ball properly and fakes the throw to first base using the proper footwork. The pitcher now becomes the catcher, and the catcher now is the pitcher. Will keep alternating for duration of drill. Space the pitchers far enough away from each other so the ground balls can move the pitcher left and right occasionally. Once good mechanics are established a coach may incorporate the use of a fungo in the drill.

3. Outfielders - In right field working on fence communication and going back on a fly ball. Outfielders will alternate with one in right center field yelling "fence" at the proper time when the outfielder is five to six full strides away from fence. Other outfielders will be lined up about 90 feet in front of the fence. Coach or manager will throw a high fly ball near the fence with the outfielders alternating going after the ball properly, listening to the communicating outfielder. The coach or manager throwing the ball will position himself about 90 feet in front of the outfielder who is in ready position to go back to the fence.





DRILLS

FUNDAMENTAL DRILLS - DRILL #2

1. Catchers and First Basemen

Catchers alternate fielding bunted balls with masks on. Bunt is thrown from behind the catcher. Catchers working on mechanics of fielding all types of bunts and throwing to first base. First basemen alternate taking the throw properly from the catcher, communicating whether he wants the ball thrown to the inside or outside ("inside"—"outside"). The first baseman should simulate bunt situation by charging toward home plate until he reads catcher's ball, and then retreat back to cover first base.

2. Shortstops and Second Basemen

Shortstops and second basemen communicating on ground balls hit around second base. Coach hits balls from a position about 20 feet from home plate so as to not interfere with the catchers fielding their bunts. Coach can hit to either the shortstop or second baseman alternating taking the ground balls. There will be no throws to first base. Fake the throw. If shortstop or second baseman wish to make an unassisted double play he will yell "I've got it". If he says nothing he will flip the ball to the pivot man on the base.

3. Third Basemen

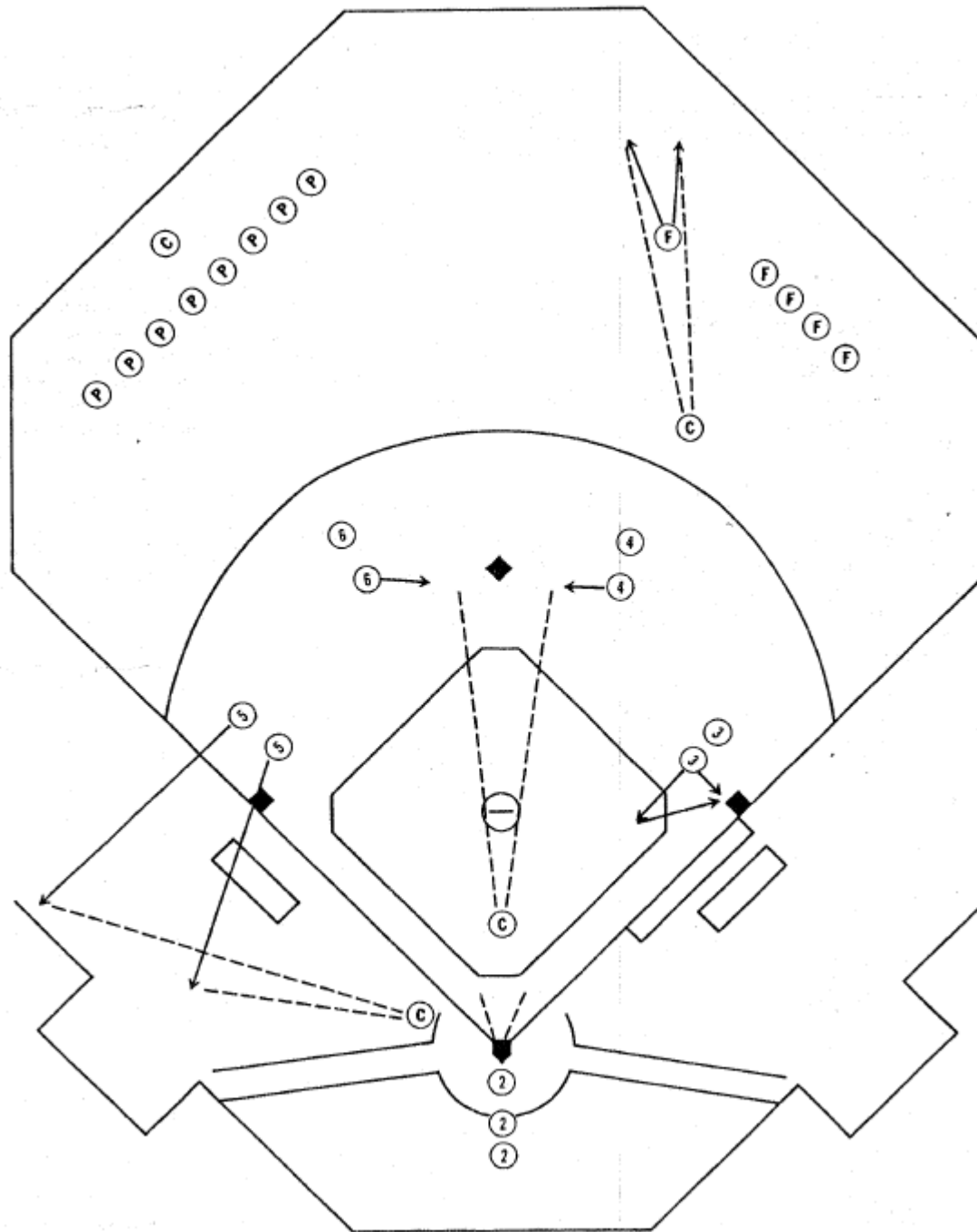
Working on mechanics of fielding fly balls around the dugout and fence area. Thrower of these fly balls will position himself near the area of home plate. Third basemen will alternate.

4. Outfielders

In right center field working on mechanics of going back on fly balls. Outfielders will alternate. Person throwing over outfielders head will position himself 90-120 feet from outfielders.

5. Pitchers

In left field reacting to all types of steals and trick plays with simulated runners at first and third base. Dealing with: regular steals; delayed steals; forced balk with runner at first base breaking on the stretch; and forced pick-off at first base with runner taking wide lead. All pitchers will be lined up in a straight line, throwing from the stretch. Coach will inform the pitchers what the runner at first and the runner at third base is going to do on the play. Pitchers will then react to the situation. As other mechanics in the fundamental drill series, this is discussed in detail in a later section of Playbook.





DRILLS

FUNDAMENTAL DRILLS - DRILL #3

1. Pitchers and First Basemen

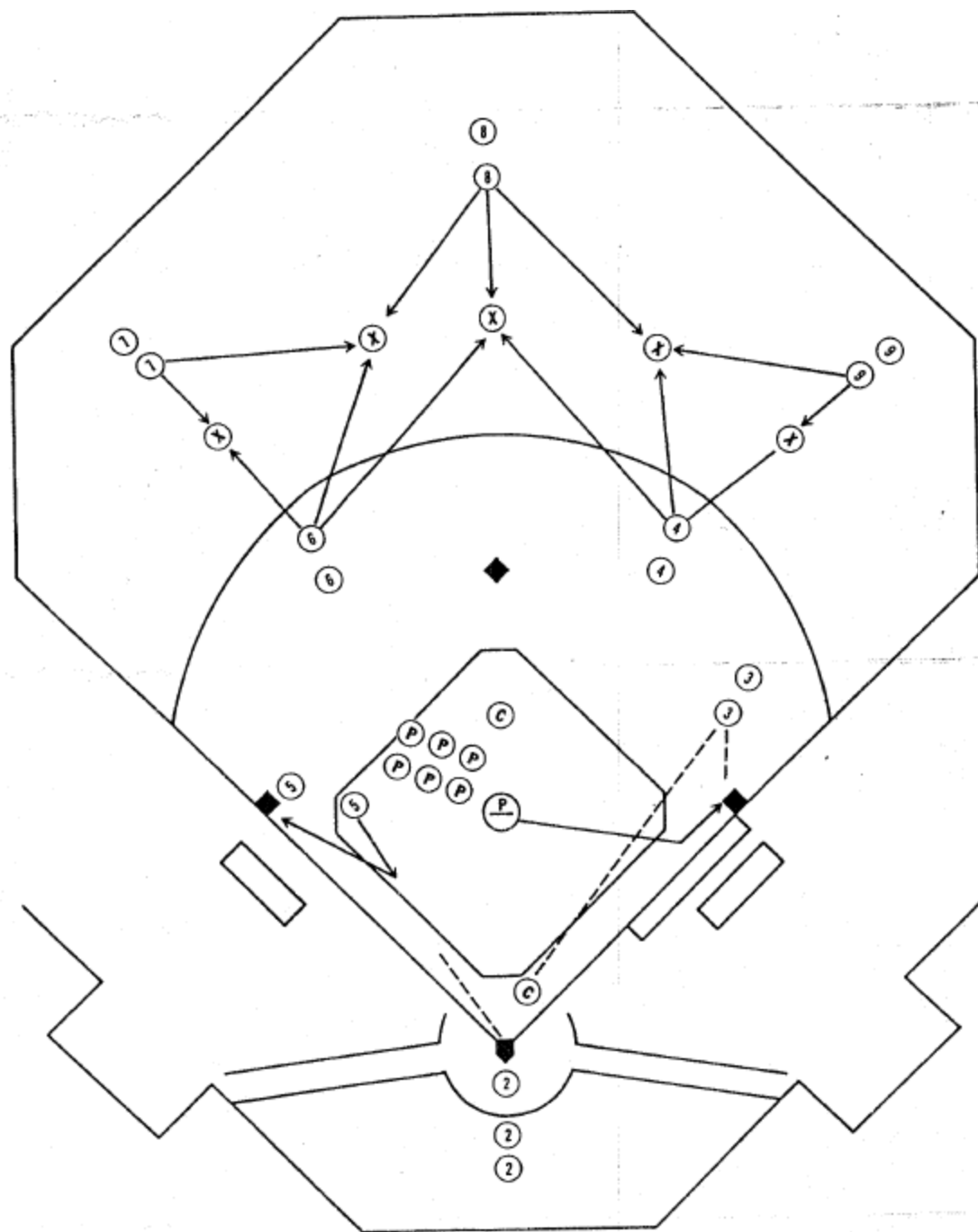
Coach will hit ground balls to the first basemen from about five feet on the first base side of home plate so as to not interfere with the catchers fielding bunts on the third base side. Pitchers will fake the pitch to the plate either from the windup or the stretch and break to cover first base once the ball leaves the fungo hitter's bat. The first basemen will alternate taking ground balls from various depths on the infield. The fungo hitter needs to make the first basemen field all kinds of ground balls within their fielding range.

2. Catchers and Third Basemen

The catchers will alternate fielding bunted balls with their masks on. Bunt is thrown from behind the catcher so that the bunts go on the third base side of the diamond. Will be working on bunt communication between the third basemen and the catchers, along with the mechanics of fielding a bunted ball. If catcher takes the bunt, the third baseman retreats back to third base for a possible throw from the catcher. If the catcher reads no possible play at third base, he will fake the throw to first base. If the third baseman, who has priority on the bunted ball over the catcher, calls for the ball ("I've got it") he will fake the throw to first base. If in early break bunt defense with shortstop covering third base, then the catcher will yell "three" to the third baseman fielding bunt. Third baseman will then throw to the base, with the other third baseman covering (would be the shortstop on play).

3. Outfielders, Shortstops and Second Basemen

Fly ball communication with the coach throwing all types of fly balls from behind the mound. Outfielders working on coming in on fly balls, while the shortstops and second basemen will be working on going back on same fly balls. Main concentration in this drill is the communication between the fielders. The thrower will attempt to throw fly balls in the area of the outfield where you would have a play on the ball by two or three fielders (designated by large X's on the diagram). The outfielders, shortstops and second basemen will alternate.





DRILLS

FUNDAMENTAL DRILLS - DRILL #4

1. Pitchers, First Basemen, Second Basemen and Catchers

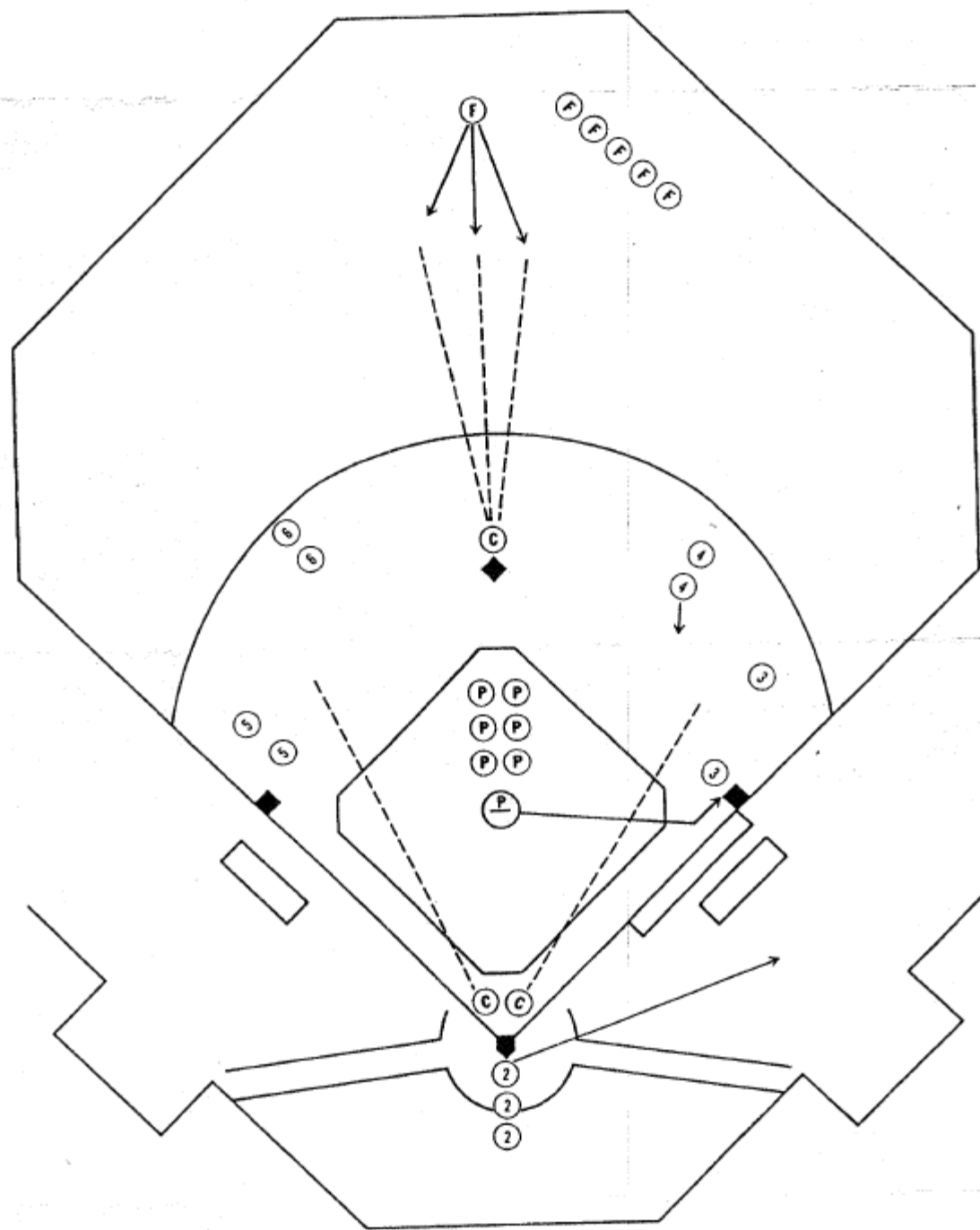
Coach hits ground balls from the first base side of home plate to the right side of the infield. Pitchers, second basemen, first basemen working on ground ball communication. Catchers will alternate backing up the play at first base yelling to the pitcher "Get over there". Coach will hit all types of ground balls to the right side forcing the players to make all kinds of plays. Pitcher must let the first baseman know quickly when he can field the ball by saying "I've got it". Second baseman must let the first baseman know quickly when he can make the play by saying "I've got it". Pitchers working on covering first base when the first baseman fields the ball away from the base, or when the second baseman makes the play and the first baseman can not recover to get back to the bag. Second baseman and first baseman are instructed on what type of hitter at the plate: left or righthanded hitter; pull; regular or opposite field hitter. First basemen will alternate playing on and off the bag. The first baseman may occasionally miss the ball so the catcher can check himself on back up location.

2. Shortstops and Third Basemen

Coach hitting ground balls from the third base side of home plate to the left side of the infield. Fungo hitter will set up the situation: (1) baserunner at first and second base with possible force play at third base; (2) baserunner at second base not forced to advance. Fungo hitter tries to hit balls that will take the third basemen to their left and the shortstops to their right. Shortstop must let the third baseman know quickly when he can make the play "I've got it". Third baseman must make all the plays he can going to his left unless the shortstop can make the play much easier. If the third baseman fields a double play type ground ball, he will fake the throw to second base. If his only play is to first base, he will fake the throw to first base. If the shortstop fields the ball and has a force play at third base he will throw to the retreating third baseman if he can get back to the bag. If not, then he will fake the throw to second base or first base depending on the situation at hand. With no force play at third base, the shortstop fields the ball and simulates always that the runner at second base is breaking for third base. Shortstop must read whether third baseman can get back for tag play at third base. If so, he throws to the third baseman who will make the simulated tag. If not, the shortstop fakes the throw to first.

3. Outfielders

In deep center field charging ground balls with possible play at third base or home plate. All do-or-die plays. Coach will hit balls from second base. Outfielders will fake the throw to either third base or home plate, and then throw the ball back to hitter.





DRILLS

FUNDAMENTAL DRILLS - DRILL #5

1. Pitchers, Third Basemen, Shortstops and Catchers

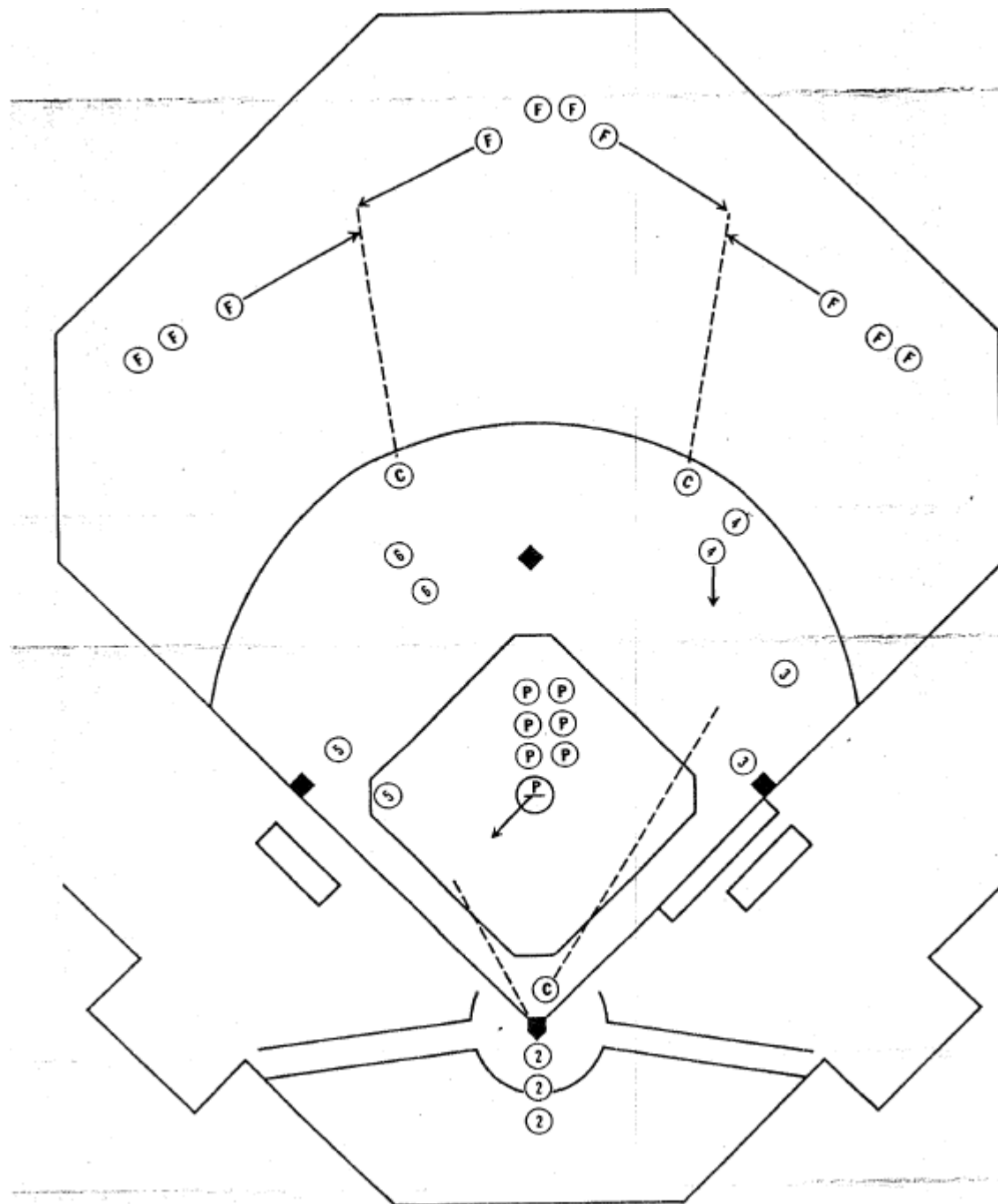
Bunt communication on bunted balls to the third base side of the infield. Simulate baserunners at first and second base, with less than two outs. Coach will throw bunted balls from behind the catchers at home plate. Catchers will have masks on. Coach will tell the players which bunt defense play is in effect, and whether it is early in the game or late in the game (gamble). Catchers will call the play for the pitcher and third baseman when one of them fields the ball. If he wants fielder to throw to third base he yells "three-three". If he wants him to throw to first base he yells "one-one". If there is no play he yells "no play". If instructed to throw to third base, either the third baseman or shortstop will be at the bag depending on the bunt play in effect. If the throw is to be made to first base, the fielder fakes the throw simulating the throw in a game. If no play, fielder will fake the throw to first base and then look to third base for possible play on runner rounding bag. Players converging on bunted ball use proper communication and priority system as explained in bunt plays later in Playbook. Pitcher will initiate drill by simulating a pitch to home plate from the stretch position after the shortstop has completed his mechanics of holding the runner at second base.

2. First Basemen and Second Basemen

Coach will hit ground balls to the right side of the infield from the first base side of home plate so as to not interfere with the catchers fielding bunted balls on the third base side. Fungo hitter attempts to force the second basemen to their left, and the first basemen to their right as they alternate taking ground balls. Coach will tell fielders what type of hitter at the plate: left or righthanded hitter; pull; regular or opposite field hitter. Will also tell first basemen to play on or off the bag. Second basemen need to let the first basemen know when they can field the ball "I've got it". If the first baseman on a ground ball fields it away from the bag, he will fake the flip or throw to the pitcher who would be covering bag. If a second baseman fields the ball and the first baseman can not recover to get back to the bag, he will fake the throw to the pitcher who would be covering bag.

3. Outfielders

In outfield working on communication on balls in the gaps that can be caught. Also working on outfielders paths to the ball so that the center fielder catches the ball below the waist, and the adjacent outfielder well above the waist creating space between the two on the play. Coach will throw baseballs from shortstop position when throwing to left center field, and from second base when throwing to right center field. Outfielders will move from position to position. Outfielders will have to position themselves closer than normal to each other to take into consideration the ball is being thrown from the infield and not coming off the batted ball from the plate.





DRILLS

FUNDAMENTAL DRILLS - DRILL #6

1. Shortstops, Second Basemen and Pitchers

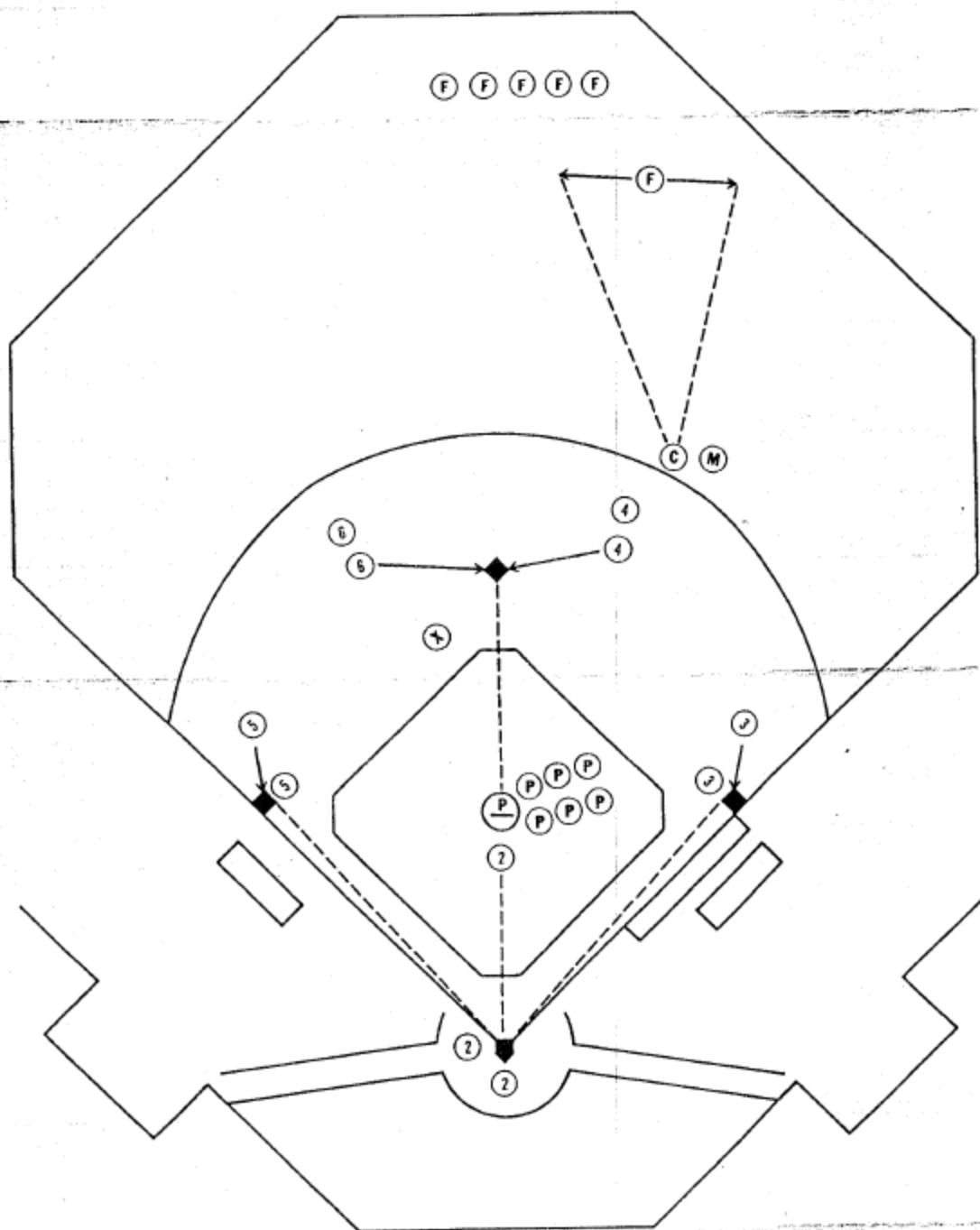
Working on regular pick-off play at second base involving the shortstops, second basemen and pitchers. A manager is the baserunner leading off second base. Pitchers alternate on mound picking up the pick-off sign from either the shortstop or second baseman. The sign can be given by either one of them before the pitcher gets on the rubber, or when he comes to the set position off the stretch. If the sign is given before he gets on the rubber, the pitcher must give the acknowledgment sign or else the pick-off play is not on. If given by the shortstop or the second baseman when he comes to the set in the stretch, no acknowledgment sign can be given. Pitchers can initiate the sign off the rubber to the shortstop or second baseman, but he must receive the acknowledgment sign back from the shortstop or second baseman in order to have the pick-off play on. This is a timed pick-off play which is discussed later in the Playbook. Pick-off plays #14 and #16.

2. Catchers, First Basemen and Third Basemen

Working on pick-offs from the catcher to the third basemen and first basemen. One catcher is in front of the mound throwing to the catcher at home plate who will have his mask on. Another catcher will simulate the hitter at the plate in either the right or left batter's box. The first baseman or third baseman can initiate the sign to the catcher, or the catcher can initiate the sign to the first baseman or third baseman. There must be an acknowledgment sign from the other party or the play is not on. When the sign is initiated and acknowledged, then on the first swing and miss or bunt and miss on the batter's part, the pick-off play is on. If the batter does not swing and miss, or bunt and miss then the pick-off is not on. The sign will remain on until the batter misses a pitch unless one of the parties involved wipes off the sign. The catchers will alternate after three throws each to first or third base. Simulate baserunner at first and third base. Pick-off plays #23 and #25 discussed later in Playbook.

3. Outfielders

Outfielders in right center field working on going to their right and left for ground balls being hit by the coach who is standing in deep second base position. The manager positions himself next to the fungo hitter. Outfielders working on correct angles, fielding the balls properly, setting up to throw, and throwing the ball to a relay or cut-off man.





DRILLS

FUNDAMENTAL DRILLS - DRILL #7

1. Pitchers and First Basemen

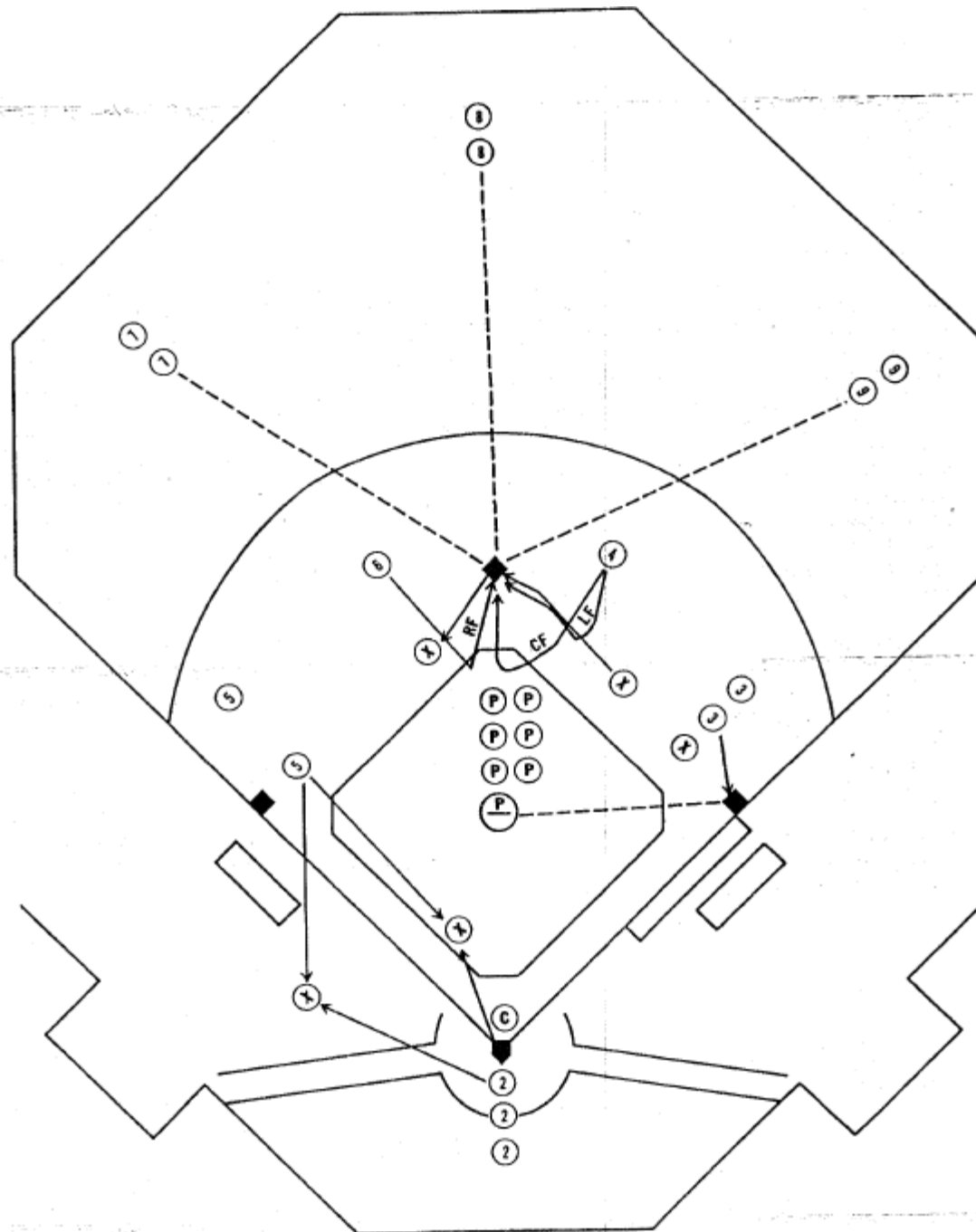
Working on pick-off play at first base with baserunners at first and second base, (Pick-off Play #13). A manager will be the runner at first base. Players will simulate that there is also a runner at second base. Pitchers and first basemen will alternate working the pick-off. The sign can be given by the first baseman to the pitcher before he gets on the rubber. If so, the pitcher must give the acknowledgment sign back to him or the pick-off is not on. The pitcher can give the sign to the first baseman off the rubber, but in order for the play to be on, the first baseman must give it back to him. The first baseman can give the pick-off sign to a lefthanded pitcher when he is in the set position on the stretch. For a righthanded pitcher, it must be given when he is off the rubber. When the play is on, the righthanded pitcher will go to the set position. He will look to the runner at second base but be able to see the first baseman playing behind the runner at first base. When the first baseman breaks for the bag, the pitcher throws to the first baseman on the bag for the tag. The lefthanded pitcher will also come to the set position on the stretch when the play is on. When the pitcher lifts up his lead leg (right leg), the first baseman breaks for the bag to make the tag play on the runner.

2. Outfielders, Second Basemen and Shortstops

Working on the outfielders throwing behind the runner rounding second base on a well hit ball. The outfielders will go to their respective positions and alternate making the play. The shortstops and second basemen will also alternate covering second base depending on where the ball is hit in the outfield. You can use a manager or an extra player to simulate a baserunner at first base rounding second base on a well hit ball to the outfield. If no runners are available, then the defense will simulate a runner rounding the bag. Anytime the ball is not hit well, then the outfielder will field it properly and fake the throw to third base with the shortstop being in the proper cut-off position. On a well hit ball to the left fielder, the second baseman will approach the bag from behind the runner preparing himself for a throw to second base from left field. On a well hit ball to the center fielder, the second baseman will break to the mound side of second base and move into the bag when the ball leaves the center fielder's hand. The left fielder and center fielder need to eye fake the throw to third base, and then step and throw to second base when throwing behind the runner. On a well hit ball to the right fielder, where there is little chance for the runner to advance to third base, the shortstop will break from the cut-off position to second base when the ball leaves the right fielder's hand. When the outfielders are in doubt about the status of the runner, then they would throw to third base. In this drill, that would be a fake to third. Coach hits hard line drives right at the outfielders from behind the mound with a manager catching in at his side.

3. Catchers and Third Basemen

Alternate working on fly ball communication on balls thrown by the coach from home plate. Balls will be thrown to the general problem areas as designated by X's on the diagram. Proper fly ball communication used by the third basemen and catchers. Catchers have masks on.





DRILLS

FUNDAMENTAL DRILLS - DRILL #8

1. Catchers, Shortstops and Second Basemen

This drill will follow the same mechanics as drill number six in the fundamental drill series number one where the catchers, first basemen and third basemen are involved. The only difference would be that either the shortstop or second baseman is now involved in the pick-off from the catcher on the first swing and miss or bunt and miss. Pick-off plays #24 and #26.

2. First Basemen and Third Basemen

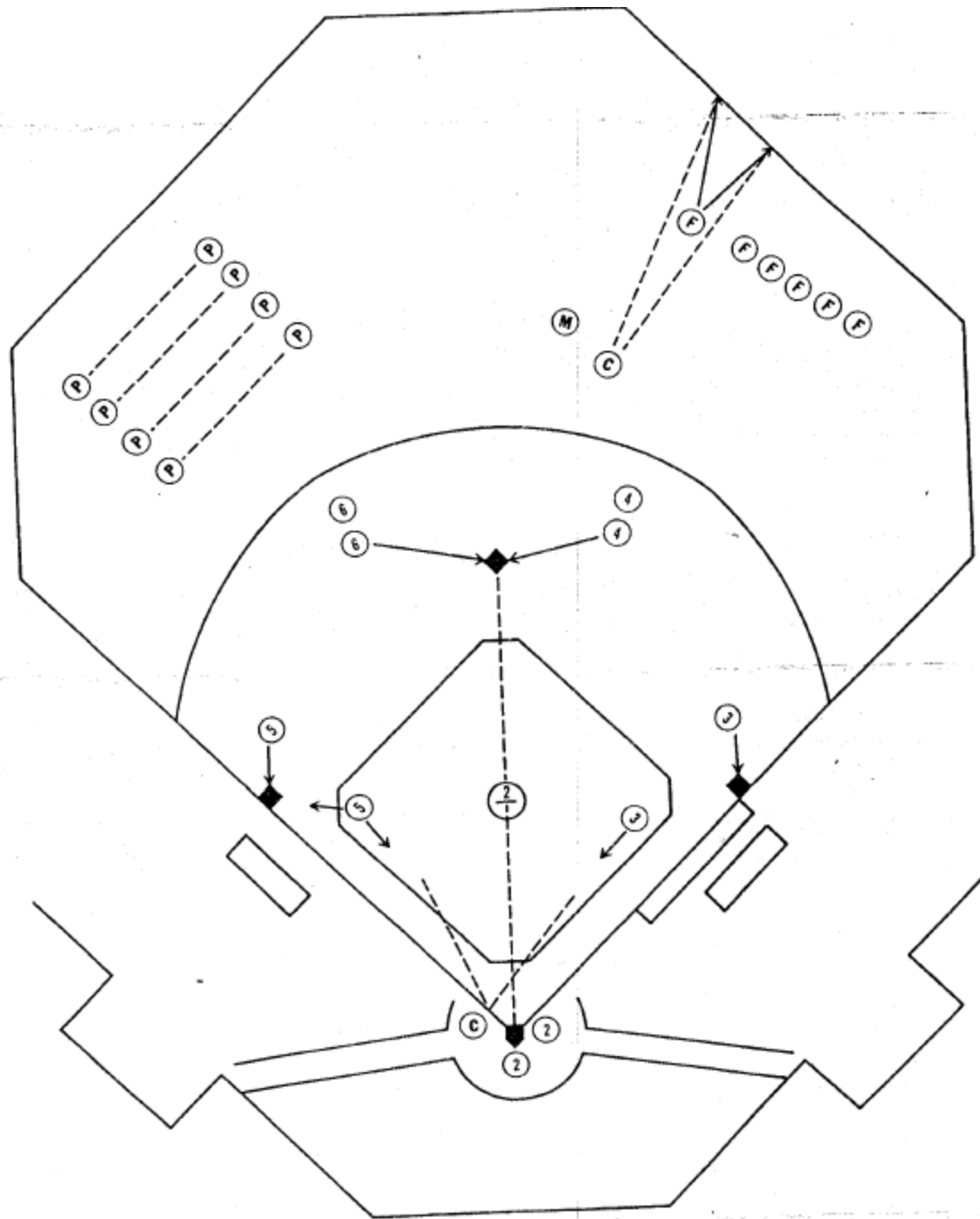
Working on the first basemen and third basemen properly fielding bunted balls and throwing to either first base or third base. Coach will either fungo or throw out the bunts to either side from the right side of the batter's box. The coach can coordinate his bunt with the catcher throwing to the plate from the mound to make the play more realistic for the players involved. The coach will call out what bunt defense they are in with simulated runners at first and second base with less than two outs. The coach will either yell out: "one-one"; "three-three"; or "hold" depending on the nature of the bunt. Anytime he yells out "hold", the fielder will fake the throw to first base and then look to third for a possible play on a runner rounding the bag too aggressively. He will yell out this command once the ball is on the ground. If the first baseman fields the ball and "one" is called, he will throw the bunted ball to first base where the other first baseman would be simulating the second baseman covering the bag. If the coach yells out "three", then the first baseman would field the bunt and throw the ball to third base where the third baseman would be in the standard bunt defense if the ball was bunted to the right side of the diamond. With the early break bunt defense called, the shortstop would be covering third base, so the other third baseman will simulate the shortstop being at the bag for the throw from the first baseman. If the third baseman fields the ball the coach will yell only "one" or "hold" on the standard bunt defense, and either "three", "one" or "hold" on the early break defense. The other first baseman not involved in the play will be at first base simulating the second baseman covering the bag. The other third baseman not involved in the play will be at third base simulating the shortstop covering the bag on the early break.

3. Outfielders

In right field working on going back to the fence and picking up a ball properly that is on the ground, and throwing to the relay man (manager next to fungo hitter). The fungo hitter can either fungo or throw the ball to the fence. Outfielders alternate.

4. Pitchers

The pitchers are in left field working on their mechanics for the inside pick-off play at second base where the pitcher lifts up his lead leg from the stretch position and throws to either the shortstop or second baseman on the bag. The pitchers will pair up and throw inside pick-off moves to each other.





DRILLS

FUNDAMENTAL DRILLS - DRILL #9

1. Right Fielders, Second Basemen and First Basemen

Working on fly ball communication on balls down the right field line where all three players converge on the ball. The coach will throw fly balls from the right side of the home plate area to the area near the X as indicated on the diagram. Right fielders, second basemen and first basemen alternate.

2. Pitchers, Shortstops and Second Basemen

Working on the mechanics and timing involved on the inside pick-off move at second base. It can be either a verbal or visual sign from either the shortstop or second baseman to the pitcher. The pitcher can put on the sign by a visual sign to either the shortstop or second baseman. The acknowledgment sign must be given back unless the sign is given when the pitcher is on the rubber in the set position from the stretch. A manager will be the runner at second base. The pitchers will alternate on the mound working from the stretch position. Either the pitcher or the player receiving the throw at second base can originate the sign. When the play is on, either the shortstop or second baseman will break for second base when the pitcher picks up his lead leg. The second basemen will also be involved in station number 1, so they will have to alternate going out on the fly ball and handling the inside pick-off at the bag.

3. Third Basemen and Catchers

The catchers and third basemen will be working on rundown mechanics between third base and home plate. The outfielders not involved in station number 1 will be the runners in the rundown feeding the line from foul territory. The coach will position himself on the third base side of the mound, throwing the ball to either the third baseman or catcher to start the rundown. Rundown mechanics are discussed in detail later in the Playbook.

4. Left Fielders and Center Fielders

Involved as runners in the rundown between the third basemen and catchers as detailed in station 3. Will feed into the rundown from foul territory on the third base side. All outfielders who might be called on to play right field should be involved in station 1.

In the fundamental drill series number two, we have not detailed the mechanics of the bunt defense plays and pick-off plays as much as we did in the fundamental drill series number one since the pages directly following this drill series detail each of the plays involved.

