



COACH PITCH

WEEK THREE

PRACTICE GOALS: What Your Team Should Learn

1. How to hold a ball with a four-seam grip out of the glove
2. Successfully throw from a knee to a two-hand target using a four-seam grip
3. Round first base
4. Attempt to catch the ball using two hands below the waist
5. Properly grip a bat; hit the ball off a tee
6. Field with two hands

MATERIALS:

- Batting Helmets
- Bases
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: Honoring the Game (ROOTS)

To help your players remember to be good sports and “Honor the Game” even when you lose, you can use the word ROOTS.

ROOTS stands for respect for the ...

RULES
OPPONENTS
OFFICIALS
TEAMMATES
SELF

If you win by dishonoring the game, you can't be proud of that win. And the reverse is true. If you “Honor the Game” and you lose, you can still feel good, even though you are disappointed that you lost.

PRACTICE 2 TIP: Mistakes as Learning Opportunities

Even the best players make mistakes, it's inevitable. But great players don't fear mistakes, they understand that mistakes are learning opportunities, and they bounce back right away and learn from them to get better!

Make it known that on this team, mistakes are OK. Use the mistake ritual to remind each other of this and to signal to others that you are moving on.

Seeing mistakes as learning opportunities is important in sports, school, and life.



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

7 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

10 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip

25 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pinky
- No throwing until you see a two-hand target
- Focus catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Players will take a knee and throw to each other

3 MINUTES

BREAK

17 MINUTES

HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Dry Swings
- Coach will throw from knee (behind and "L" screen)
- (See full practice plan for complete instructions)

15 MINUTES

BASE RUNNING

- Run through first base
- Round first base
- Players will simulate an At-Bat and hit the ball
- Run from home through first base
- Run from first base to second base
- Run from second base to third base
- Run from third base to Home
- See full practice for complete instructions

10 MINUTES

FIELDING

- Review 5 Steps of Fielding
- Alligator Hands

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that different from last week. Have each player tell you their favorite baseball player.

STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**

POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

BASEBALL GRIP (15 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls

DRILL

Toss/Catch/Four-Seam Grip:

Each player will start with a ball. The player will throw the ball in the air, work on catching with two hands above the waist. Once the ball is caught, the player will grip the ball with a four-seam grip and transition in to the "launch" position of throwing. 20 tosses each.

GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.





PRACTICE SEQUENCE

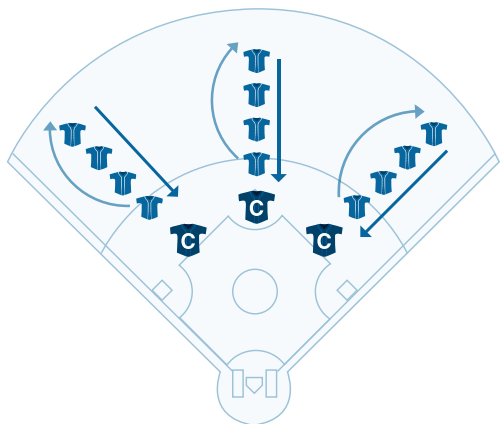
CATCHING AND THROWING (25 MINUTES)



CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P) Drill

HOME PLATE RELAY RACE



DRILL

Review Pinky-to-Pinky catching. Coaches will have the players line up into three single file lines of four players each. One coach per line will throw each player 10 balls.

The coach will throw the ball to players above the waist, to work on thumb to thumb, two hand technique. Players will line up in three single file lines of four players each. One coach per line 15-20 throws per player, rotate after each throw.

GAME:

Award the player a point for each ball caught. Team with the most points wins.

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip.
- **FIVE STEPS OF THROWING**

Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 2.1)

Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 2.2)

Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 2.3)

Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4)

Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5)



2.1 Step



2.2 Shoulder-to-Partner



2.3 Launch



2.4 Delivery



2.5 Finish



PRACTICE SEQUENCE

THROWING (REVIEW DRILL)

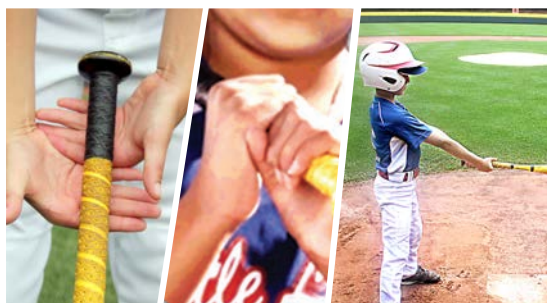
- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15 to 20 throws
- Add the Step and Shoulder to Partner to the throwing sequence. Ten throws total with the player focusing on putting all five steps together

DRILL

Partner players with like abilities together. Have each player each player 15 feet apart to start. Each player will take a knee with their glove hand knee raised and throwing hand knee in the ground. This will get the directional shoulder pointed at the two hand target and reinforce the delivery step of throwing. It will also work on thumb to thumb catching technique.

BREAK (3 MINUTES)

HITTING (17 MINUTES)



HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage.
- Coach will throw from knee. Three pitches hit for each player.
- Dry Swings

DRILL 1

Each player will hit five balls off of a tee into a net or fence. They will do this while waiting to hit live from the coach. Players will still be in three groups, A, B, and C. Do this three times.

DRILL 2

To get the players used to looking for the ball out of the pitcher's hand, have a coach act like the pitcher with the hitter in the box with a helmet on. The coach will fake a pitch but will hold up a number of fingers as he does it. The player has to call out the number of fingers the coach is holding up as soon as he sees them.

BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Run through first base

DRILL

Rounding First Base:

Players will get into one line on the grass beside home plate toward the third base dugout. Players will go up to the plate with a bat, get into their stance, and make sure they cover the plate. Players will swing as if they are hitting the ball, they will drop the bat after two steps to the right, along the first base line. They will run about 45 feet in a straight line towards first.

Once they are about 10 to 15 feet before first base the runner will bow out to the right making their path from home look like similar to a question mark (?) once they round first base. This will allow the runner to round first base and start to head towards second base. For this drill the runner will go about 10 to 15 feet beyond first base looking toward the outfielder who fielded the ball and return to first base. Do this drill five times each.



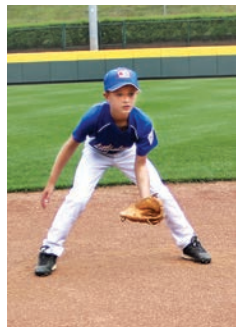


PRACTICE SEQUENCE

FIELDING (10 MINUTES)



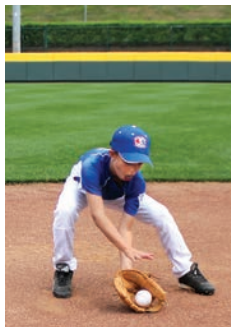
FIELDING REVIEW



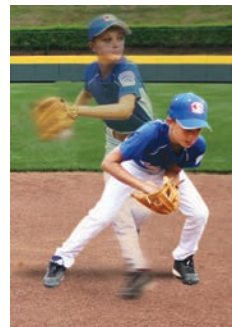
4.1 Creeper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



5.1

5.2

DRILL 1

Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have three-to-four players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the “alligator mouth” (Fig.5.2) and perform step 4.4 and 4.5 throwing the ball back to the coach.

Drill Options:

You keep the three groups and award each successfully fielded ball with one point and the team with the most points wins. You can also play “Knockout.” Have the players come back together as a large group and once a player misses a ground ball that player sits out until you have a winner.

DRILL 2

Players take off their hat, flip it over and place the brim of the hat in their mouth. This will force the players to field the ball completely out in front of them, having the hat forces the player to look beyond the glove by watching the ball into the glove.

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss