



COACH PITCH

WEEK FOUR

PRACTICE GOALS: What Your Team Should Learn

1. Run the bases
2. Catching a ball using two hands above the waist
3. Consistently hit the ball off a tee
4. To see the ball from the coaches hand when hitting

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves
- "L" Screen



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: Trying Hard (DIMITT)

In order to improve, you need to give your best efforts at every practice and in every game. Many people think that talent is the most important thing in being good at a sport (or anything else in life). The common philosophy is that either you are good at something or you aren't, but really **any of us can get better if we work hard and have determination to improve.**

That's why we say "Determination is More Important Than Talent"

DETERMINATION
IS
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Have your players use this mantra whenever things seem to be getting hard. **We are going to have days when things come easily, and days when it seems really hard, and remember that determination is more important than talent.**

PRACTICE 2 TIP : Self-Control (Cool Head)

In sports, and in life, sometimes things happen that make us mad or frustrated. For example, a "questionable" call by the official or a mistake by a teammate. Reacting strongly to these things can hurt our performance and that of our team. And sometimes we might react in a way that embarrasses ourselves or our team.

A self-control routine is something we can use to stay poised in these situations. Like taking a deep breath or clapping three times or tapping your head twice to remind yourself to keep a "cool head."



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 by running around the bases twice
- (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 off the ground
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

25 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- No throwing until you see a two-hand target
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Players throw to partner in the "launch" position from knee

3 MINUTES

BREAK

15 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
- Each player will hit three balls from a coach throwing off his knee behind an "L" screen
- Players will hit five balls off a tee (three times each)
- (See full practice plan for complete instructions)

12 MINUTES

BASE RUNNING

- Run through and round first base
- Review "merry-go-round" drill; do twice
- Run from home through second base
- (See full practice plan for complete instructions)

15 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Creep" steps
- "Alligator" hands
- "Dry" ground balls
- Throw to first base

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 class in school.

STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups: Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- **Play statuses:** This is the classic game of freeze tag. Split players into two groups of six. One group is between first and second base, while the other group is between second and third base. Once a player is tagged, they will freeze like a statue, continue until all players are tagged.

BASEBALL GRIP (15 MINUTES)



1.1 1.2 1.3



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.
- Review the toss/catch/four-seam grip. Have each player will do 10 repetitions.

DRILL

Players will with be partnered with someone of similar ability. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back. Continue this drill for 15 throws each

GAME: FOUR-SEAM RELAY RACE

Each player will run up and show their coach the four-seam grip. Once they return to the back of their line the next player can go. Do this until all players in their line have gone. The relay is to be done after the drill.



PRACTICE SEQUENCE

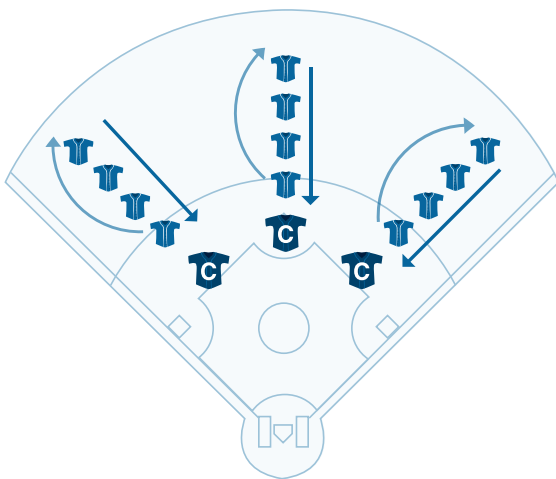
CATCHING AND THROWING (25 MINUTES)



CATCHING REVIEW

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

CATCHING DRILL



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, Pg. 5)

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, Pg. 5)

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, Pg. 5)

Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4, Pg. 5)

Step Five: Finish

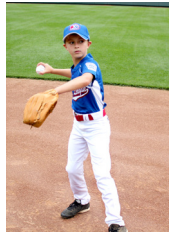
The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5, Pg.5)



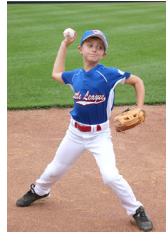
PRACTICE SEQUENCE



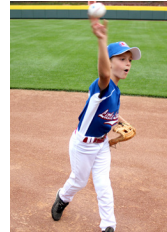
2.1 Step



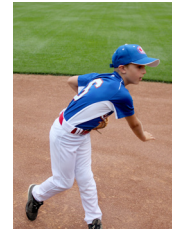
2.2 Shoulder-to-Partner



2.3 Launch



2.4 Delivery



2.5 Finish

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 (15 MINUTES)



HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage.
- 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.

DRILL 3

GAME: CONDITIONING

Split the group into two teams. The first team hits while the other is in the field. A coach pitches (protected by an "L" screen). The first batter hits the ball and starts to run the bases. The team in the field all run to the ball and line up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it to the coach who is pitching. When the ball gets to the coach, the runner stops. Each base touched counts as one point for the team. Immediately the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field, and the other team comes in to hit and tries to beat their score. This game is more fun with live hitting and hustling around the bases mixed in.



PRACTICE SEQUENCE

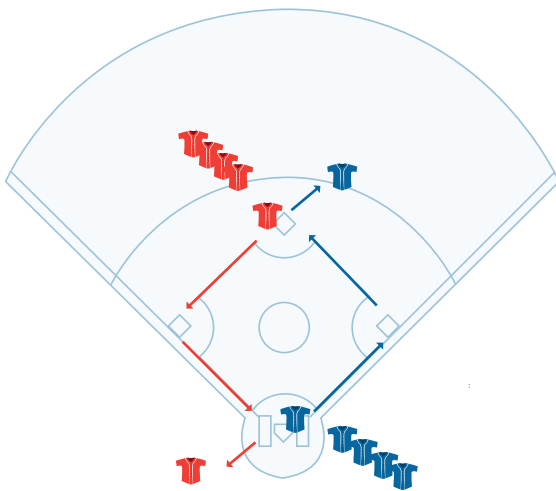
BASE RUNNING (12 MINUTES)



BASE RUNNING REVIEW

- Purpose of base running and how to score
- Merry-Go-Round two times each
- Two ways of running to first base two times for each way

HOME PLATE RELAY RACE



DRILL

Home Plate Relay Race

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.

FIELDING REVIEW (15 MINUTES)



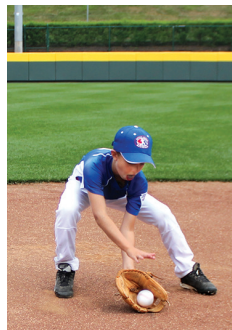
FIELDING REVIEW



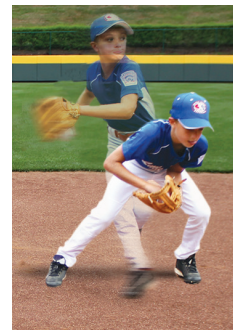
4.1 Creper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



PRACTICE SEQUENCE

DRILL 1

Dry Ground Ball

Players will start with the ball in their gloves. Do the first three steps of fielding. From this point, the coach will instruct the player which type of ball they are going to field. Player will perform the drill and finish by throwing to a coach at first base. Players will go to the end of the line and grab another ball from the bucket. Each player will do five to ten balls each.



DRILL 2

Have players field groundballs without a glove. The ball is to be rolled to their left and right to develop lateral movement. This will make the players move laterally and field the ball with two hands.

CONCLUSION

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