

DESIGNING A GREAT PRACTICE

Practice Expectations become Game Reality

Gregg Swenson, Owner – 57 Baseball, LLC

PRACTICE ABSOLUTES

- **Be Present**
 - Segment Your World
 - Check in with the players – let them know where you are at today
 - The Controlables: Attitude, Energy & Effort
- **Be Efficient**
 - Stay on Track – re-address issue tomorrow if needed
 - Work on Relevant Material – find percentages and work accordingly
 - Have Great Pace
- **Be Gamelike**
 - Compete All Ways, Always Compete
 - Gamelike Reps – Quality vs Quantity
- **Be Aware**
 - Who are we and what are we good at?
 - Focus on what/who we have instead of what/who we don't
 - The best things we do...

THE FOUR PILLARS OF A GREAT PRACTICE

- **Time to Learn**
 - Map out the season
 - Calendars (1)
 - Templates (2)
 - Checklists (3)
 - Coach the Coaches
 - Pre-Practice Notes (4)
 - Inform the Players
 - Informative Practice Plans (5-7)
 - Plans Posted – locker room, social media (8)
 - Daily Mental Sessions
 - Greatest growth players can make is in the mental game
 - A Lot of Information in Short Time
 - Rundown Series (9)
 - Inside Game (10)
 - Running Game (10)
 - Little Game (10)
- **Time to Grind**
 - Drill at full speed as often as possible – game like, better shape
 - We will be in better shape than our opponents (big 3)
 - Create Urgency – put pressure on the players
 - Repetition is our friend
 - Louisville Baserunning (13)
 - Groundball 18's (13)
 - Square Drill (14)
 - Quarterback Drills (14)
 - Daily Vitamins (15)
 - Infield Outfield Routine (15)

DESIGNING A GREAT PRACTICE

Practice Expectations become Game Reality

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➤ Time to Compete

- Measurement is motivation
 - Use tools to objectively compete
 - Radar gun, stop watch, timers, statistics
- Prioritize practice plan with game-like sessions
 - Live Defense / Groundball Scrimmage (17)
 - Process Based Scrimmage (17) (19)
 - Small Ball Scrimmage (18)
 - Live BP (20)

➤ Time to Have Fun

- Celebrate the game
 - New school vs old school
- Enjoy the process
 - Practice winning!
 - Doubles celebrations
 - Home Run Dugout
 - End of game hand shakes
 - National Anthem
 - Pregame Introductions
 - Postgame Selfies
- What I wish I knew...

KING'S WAY - VARSITY BASEBALL 2018 CALENDAR							
Monday, February 26, 2018 PRACTICE 1 3:15-5:30pm Luke Jensen	Tuesday, February 27, 2018 PRACTICE 2 6:30-7:30am Baseball Duties PRACTICE 2B 3:15-5:30pm Luke Jensen	Wednesday, February 28, 2018 PRACTICE 3 3:15-5:30pm Luke Jensen	Thursday, March 1, 2018 PRACTICE 4 6:30-7:30am Baseball Duties PRACTICE 4B 3:15-5:30pm Luke Jensen	Friday, March 2, 2018 PRACTICE 5 3:15-5:30pm Luke Jensen	Saturday, March 3, 2018 PRACTICE 6 8:00-10:30am KW Turf Field & TBD	Sunday, March 4, 2018 OFF DAY	
Monday, March 5, 2018 PRACTICE 7 3:15-5:30pm Luke Jensen	Tuesday, March 6, 2018 PRACTICE 8 6:30-7:30am Baseball Duties PRACTICE 8B 3:15-5:30pm Luke Jensen	Wednesday, March 7, 2018 PRACTICE 9 3:15-5:30pm Luke Jensen	Thursday, March 8, 2018 PRACTICE 10 6:30-7:30am Baseball Duties PRACTICE 10B 3:15-5:30pm Luke Jensen	Friday, March 9, 2018 PRACTICE 11 3:15-5:30pm Luke Jensen	Saturday, March 10, 2018 PRACTICE 12 8:00-10:30am KW Turf Field & TBD	Sunday, March 11, 2018 OFF DAY	
Monday, March 12, 2018 PRACTICE 13 3:15-5:30pm Luke Jensen	Tuesday, March 13, 2018 OFF DAY	Wednesday, March 14, 2018 OFF DAY	Thursday, March 15, 2018 PRACTICE 14 3:15-5:30pm Luke Jensen	Friday, March 16, 2018 PRACTICE 15 3:15-5:30pm Luke Jensen	Saturday, March 17, 2018 PRACTICE 16 8:00-10:30am KW Turf Field & TBD	Sunday, March 18, 2018 OFF DAY	
Monday, March 19, 2018 PRACTICE 17 3:15-5:30pm Luke Jensen	Tuesday, March 20, 2018 PRACTICE 18 3:15-5:30pm Luke Jensen	Wednesday, March 21, 2018 PRACTICE 19 3:15-5:30pm Luke Jensen	Thursday, March 22, 2018 PRACTICE 20 3:15-5:30pm Luke Jensen	Friday, March 23, 2018 PRACTICE 21 3:15-5:30pm Luke Jensen	Saturday, March 24, 2018 OFF DAY	Sunday, March 25, 2018 OFF DAY	
Monday, March 26, 2018 PRACTICE 18 3:15-5:30pm Luke Jensen	Tuesday, March 27, 2018 PRACTICE 19 3:15-5:30pm Luke Jensen	Wednesday, March 28, 2018 OFF DAY	Thursday, March 29, 2018 PRACTICE 20 3:15-5:30pm Luke Jensen	Friday, March 30, 2018 PRACTICE 21 3:15-5:30pm Luke Jensen	Saturday, March 31, 2018 OFF DAY	Sunday, April 1, 2018 OFF DAY	
Monday, April 2, 2018 OFF DAY	Tuesday, April 3, 2018 OFF DAY	Wednesday, April 4, 2018 OFF DAY	Thursday, April 5, 2018 PRACTICE 22 3:15-5:30pm Luke Jensen	Friday, April 6, 2018 PRACTICE 23 3:15-5:30pm Luke Jensen	Saturday, April 7, 2018 PRACTICE 24 3:15-5:30pm Luke Jensen	Sunday, April 8, 2018 OFF DAY	
Monday, April 9, 2018 PRACTICE 25 3:15-5:30pm Luke Jensen	Tuesday, April 10, 2018 PRACTICE 26 3:15-5:30pm Luke Jensen	Wednesday, April 11, 2018 OFF DAY	Thursday, April 12, 2018 PRACTICE 27 3:15-5:30pm Luke Jensen	Friday, April 13, 2018 PRACTICE 28 3:15-5:30pm Luke Jensen	Saturday, April 14, 2018 PRACTICE 29 3:15-5:30pm Luke Jensen	Sunday, April 15, 2018 OFF DAY	
Monday, April 16, 2018 PRACTICE 30 3:15-5:30pm Luke Jensen	Tuesday, April 17, 2018 PRACTICE 31 3:15-5:30pm Luke Jensen	Wednesday, April 18, 2018 OFF DAY	Thursday, April 19, 2018 PRACTICE 32 3:15-5:30pm Luke Jensen	Friday, April 20, 2018 PRACTICE 33 3:15-5:30pm Luke Jensen	Saturday, April 21, 2018 PRACTICE 34 3:15-5:30pm Luke Jensen	Sunday, April 22, 2018 OFF DAY	
Monday, April 23, 2018 PRACTICE 35 3:15-5:30pm Luke Jensen	Tuesday, April 24, 2018 PRACTICE 36 3:15-5:30pm Luke Jensen	Wednesday, April 25, 2018 OFF DAY	Thursday, April 26, 2018 PRACTICE 37 3:15-5:30pm Luke Jensen	Friday, April 27, 2018 PRACTICE 38 3:15-5:30pm Luke Jensen	Saturday, April 28, 2018 PRACTICE 39 3:15-5:30pm Luke Jensen	Sunday, April 29, 2018 OFF DAY	
Monday, April 30, 2018 PRACTICE 40 3:15-5:30pm Luke Jensen	Tuesday, May 1, 2018 PRACTICE 41 3:15-5:30pm Luke Jensen	Wednesday, May 2, 2018 OFF DAY	Thursday, May 3, 2018 PRACTICE 42 3:15-5:30pm Luke Jensen	Friday, May 4, 2018 PRACTICE 43 3:15-5:30pm Luke Jensen	Saturday, May 5, 2018 PRACTICE 44 3:15-5:30pm Luke Jensen	Sunday, May 6, 2018 OFF DAY	
Monday, May 7, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Tuesday, May 8, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Wednesday, May 9, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Thursday, May 10, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Friday, May 11, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Saturday, May 12, 2018 DISTRICTS WEEK PRACTICE & GAME TBD TIMES TBD LOCATION TBD	Sunday, May 13, 2018 OFF DAY	
Monday, May 14, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Tuesday, May 15, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Wednesday, May 16, 2018 OFF DAY	Thursday, May 17, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Friday, May 18, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Saturday, May 19, 2018 REGIONAL WEEK PRACTICE 3:15-5:30pm Luke Jensen	Sunday, May 20, 2018 OFF DAY	
Monday, May 21, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Tuesday, May 22, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Wednesday, May 23, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Thursday, May 24, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Friday, May 25, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Saturday, May 26, 2018 CHAMPIONSHIP WEEK PRACTICE 3:15-5:30pm Luke Jensen	Sunday, May 27, 2018 SEASON OVER	

DATE	TIME	LOCATION	OPPONENT	STATUS
2/26/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
2/27/18	6:30-7:30am	Luke Jensen	WYOMING	CONFIRMED
2/27/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
2/28/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/1/18	6:30-7:30am	Luke Jensen	WYOMING	CONFIRMED
3/1/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/2/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/5/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/6/18	6:30-7:30am	Luke Jensen	WYOMING	CONFIRMED
3/6/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/7/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/10/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/11/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/12/18	8:00-10:30am	KW Turf Field & TBD	WYOMING	CONFIRMED
3/13/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/14/18	OFF DAY			
3/15/18	OFF DAY			
3/16/18	OFF DAY			
3/17/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/18/18	OFF DAY			
3/19/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/20/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/21/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/22/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/23/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/24/18	OFF DAY			
3/25/18	OFF DAY			
3/26/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/27/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/28/18	OFF DAY			
3/29/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/30/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
3/31/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/2/18	OFF DAY			
4/3/18	OFF DAY			
4/4/18	OFF DAY			
4/5/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/6/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/7/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/8/18	OFF DAY			
4/9/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/10/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/11/18	OFF DAY			
4/12/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/13/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/14/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/15/18	OFF DAY			
4/16/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/17/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/18/18	OFF DAY			
4/19/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/20/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/21/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/22/18	OFF DAY			
4/23/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/24/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/25/18	OFF DAY			
4/26/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/27/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/28/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
4/29/18	OFF DAY			
4/30/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
5/1/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
5/2/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
5/3/18	OFF DAY			
5/4/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
5/5/18	3:15-5:30pm	Luke Jensen	WYOMING	CONFIRMED
5/6/18	OFF DAY			
5/7/18	DISTRICTS WEEK			
5/8/18	DISTRICTS WEEK			
5/9/18	DISTRICTS WEEK			
5/10/18	DISTRICTS WEEK			
5/11/18	DISTRICTS WEEK			
5/12/18	DISTRICTS WEEK			
5/13/18	OFF DAY			
5/14/18	REGIONAL WEEK			
5/15/18	REGIONAL WEEK			
5/16/18	OFF DAY			
5/17/18	REGIONAL WEEK			
5/18/18	REGIONAL WEEK			
5/19/18	REGIONAL WEEK			
5/20/18	REGIONAL WEEK			
5/21/18	REGIONAL WEEK			
5/22/18	CHAMPIONSHIP WEEK			
5/23/18	CHAMPIONSHIP WEEK			
5/24/18	CHAMPIONSHIP WEEK			
5/25/18	CHAMPIONSHIP WEEK			
5/26/18	CHAMPIONSHIP WEEK			
5/27/18	CHAMPIONSHIP WEEK			
5/28/18	SEASON OVER			

57 BASEBALL MASTER PLAN - PRE-SEASON

57 BASEBALL, LLC – YEARLY PROGRESSIONS OF AN INFIELDER

- YEAR ONE**
- Introduction to proper warm-up routine.
 - Respect for team schedules – be on time to stretch, BP, and treatment.
 - Develop good work habits – early work, extra stretch, equipment check.
 - Understand mental toughness – no fear of failure, no excuses, separate the offense from the defense.
 - Introduce bunt defense – know assignment and purpose of each play.
 - Introduce cut-offs and relays – importance of communication, trailer expect bad throw.
 - Introduce first and third defense – explain main priority on each play.
 - Teach proper pop-up priorities.
 - Teach how and when to hold runners.
 - Teach tag plays – pop, sweep, swipe.
 - Explain coverage on steals – open and closed mouth communication.
 - Teach proper fielding technique:
 - Starting Position – comfortable, relaxed, balanced.
 - Aggressiveness – play through the ball.
 - Feet – use footwork to help get in proper throwing and fielding position.
 - Hands – must be relaxed in order to be quick and soft.
 - Transfer – take ball out of glove with other hand, don't flip ball from glove hand.
 - Glove Work – field ball pinkie to thumb on backhands.
 - Anticipation – expect every ball to be hit to you, know where to go with the ball.
 - Reads and Jumps – concentrate on the hitting zone, know what pitch is being thrown.
 - Teach proper throwing mechanics.
 - Grip – try to hold the ball across the seams – four seam grip.
 - Strength/Accuracy – use of legs and back, point elbow and shoulder to target, don't rush.
 - Arm Angle – learn to throw from different angles.
 - Establish field awareness – play the scoreboard, wind, sun, speed of runners, etc.
 - Teach double play pivot – use of bag, importance of good feeds, think aggressively.
 - Discuss the importance of developing a daily work routine – backhands, counting hops, reads off the bat during BP, etc.
 - Learn to play other positions – versatility is very important.
 - Learn to respect the umpire.
- YEAR TWO**
- Continue to instruct, but start expecting execution of mechanics and fundamentals introduced in Year One.
 - Developing a better understanding of all fundamentals, technique and mental approach covered in Year One.
 - Re-enforce the importance of good work habits and routines on a daily basis that help players to prepare for games.
 - Learn to become a good self-evaluator and motivator.
 - Continue to develop good working relationships with umpires.
 - Take pride in your defense.
- YEAR THREE**
- Continue to improve upon all fundamentals and techniques.
 - Develop and understand the importance of all mental aspects of the game.
 - Become more consistent at execution of all fundamentals.
 - Being prepared for and understanding role.
 - Begin to understand how to use umpires to increase our chance to win.
- YEAR FOUR**
- Should have a complete understanding of the importance of defense to a winning team.
 - Should be very consistent in all phases of the game – physically, fundamentally, and mentally.
 - Should have developed a positive no fear attitude.

MONDAY – PRACTICE 1 – TRYOUT DAY

- Early Work Option** – Mass groundball and flyballs: players that arrive early should get out and either take early groundballs or flyballs. Players hit or machines send groundballs or flyballs.
- Dynamic Warmup** – Simone Warmup – I will go over the Simone Baseball Warmup with the team. We have a few different warmups to keep things from being stale. This is a new one from a well-respected baseball trainer.
- Meeting** – When time allows we will meet and discuss yesterday's game or practice, mental skill or core value with the club. I do not want to meet for more than 5 minutes after a game or practice. I've spent way too much time talking after a game and it is not well heard. So the goal is to wait till the next day to meet and discuss things. This meeting I'll go over our Five Pillars (Passion, Accountability, Selflessness, Integrity and Pride) as well as our practice expectations.
- Throw Program** – Long Toss Routine: we will play long toss every day. They are three types: Arc Toss where the boys will only lob the ball back and forth, Pull Down where once they get to full distance they will be asked to let it eat on the way back in, and Light Toss where they will lob it to a distance of 60-120' and back on light days. The routine is as follows: Slanted Square to 60', Backhand Forehand to 90', Marshals to 120', Shuffle Catch to Max, Pull Down On Way Back In.
- Fielding**: Today's practice will have the players go to their primary position and be tested for arm strength, footwork and glove work. Outfielders will make 4 throws from Right Field – 2 to 3rd base and 2 to home plate. Infielders will all go to Shortstop and will make 4 players – 1 right at them, 1 to their forehand, 1 to their backhand, and 1 slow roller. And catchers will make 4 throws to 2nd base with times.
- Batting Practice** – Tee Series: BP will include a tee series as either a group warmup or as a station. The series will eventually ask the players to perform specific drills, either as their choice or as the coaches choice. Most of the time it will be 4-5 drills from a list of about 20. Today we will introduce 10 of them:
 - Varied Front Leg – Hitter uses different trigger styles with front leg like toe tap, leg lift, back and forth, sway back, weight shift, double tap, etc, landing in the power position every time.
 - Rhythm Shifts – hitter strides 2-3 steps behind tee and takes a stride and triggers, then moves back leg up to front leg then takes a stride and triggers. Does this again and swings on the third rhythm. Works on getting hands to a solid load position (trigger) and creates tempo in swing
 - Solid Back Leg – hitter gets in his stance then drops his front leg behind him into a split squat position, causing him to feel his load in his back leg and heel. From there he strides and hits.
 - Longo Drill – hitter starts in his normal stance and right before he strides he lifts his back toes off the ground to start a heel ground force before striding
 - Stride 3 Times - Hitter trigger and strides 3 times, hitting on the last one.
 - Step Backs - Hitter steps back with back foot, then strides and separates into power position
 - Sahara Oh - Hitter starts in normal stance. He then raises his lead leg, knee to knee, while lowering his bat know to his front knee. As he lands in the power position, the hitter feels what it is like to have the stride foot move forward and hands move back.
 - Arc'd Extension – hitter places his top hand in a turned over position and hits. The top hand releases when it has to. Creates bat path for hitter to ball
 - Dimaggio Drill – put handle of bat on outside of back shoulder, use big muscles to generate swing power, rotate and extend through the zone
 - Backwards Chain - Hitter starts in contact position and works in reverse to power position, then swings
- Bullpens** – This will be a tryout / introductory bullpen day for the players I'd like to see throw live on Thursday. I prefer to bullpen once a week, 3 days prior to their live day. So Tuesday arms will pen on Saturday, Friday arms on Tuesday. We will make exceptions due to off days, but this is what the pattern will look like for the most part. Today's pen will be a simple 20-30 pitch pen as follows:
 - 10-15 Feel Pitches – Get a feel for your pitches. Throw fastball until you feel like you can execute a fastball away and a fastball in, then go to your second pitch with a goal of throwing a box and a bury with the second pitch. If have a third pitch then will do the same as with 2nd pitch. I don't tend to overcomplicate execution of secondary pitches. Be able to drop it in for a strike then be able to bury it on top the plate for a chase pitch. With Fastball the four areas of command are box, away, in, and up.
 - 10-15 Combo Pitches – Throw 3-4 pitch combinations to hitters to simulate throwing to batters towards the end of your pen.
 - 20-40 pitches will be plenty of pitches in bullpens. As we move further into the season, we will focus on 20-30 pitch pens.
- Wrap Up** – a quick post practice meeting to remind players of field duties, upcoming events, and practice schedule.
- Coaches Meeting** – I'd love to meet till 6:30 and go over the Team Fundamental handout tomorrow after practice if you guys have time. If not no worries, but this would be a great chance to go over the handout.

57 BASEBALL PRACTICE

Tuesday, February 25, 2019

WEAR: GRAY PANTS / NAVY SHIRT		ANNOUNCEMENTS: 1. Chalk Talk Wednesday 2. Potluck Friday 3. Saturday Practice 4. Basketball Games	
TIME	GROUP	ACTIVITY	
3:00	TEAM	EARLY WORK (OPT):	OFF: BUNTING / DAILY VITAMINS: PICKS TO 1B
3:15	TEAM	DYNAMIC WARMUP:	NUMBER 2
3:30	TEAM	MEETING:	WIN CARDS
3:40	TEAM	BASERUNNING:	FIRST BASE - PRIMARY AND SECONDARY LEADS
3:55	TEAM	THROW PROGRAM:	LONG TOSS W/POSITION DRILLS
4:10	TEAM	INDIVIDUALS:	INF: GB SERIES / OF: GB SERIES / C: RCVG DRILLS
4:25	TEAM	DEFENSE:	BUNT DEFENSES INTRO
4:50	TEAM	BATTING PRACTICE	CAGE BP
	TEAM	SCRIMMAGE	LITTLE GAME
5:30	TEAM	WRAP UP	WRAP UP PRACTICE THOUGHTS

BATTING PRACTICE GROUPS

CAGE 1	CAGE 2	CAGE 3	CAGE 4	CONDITIONING
COUCH	BRADBERRY	RULE	DANBERG	LAUDERDALE
ERICKSON	ROUNSELY	MCGREVE	CONWAY	STUBBS
SCULLY	SCOTT	ZHANG	KNIGHT	MERIWETHER
HANDLEY	PISARCZK	WHITE	FILUK	BUELLER
DESMONE	SPENCER	STEVENS	AARHUS	SHERETZ

BATTING PRACTICE ROUTINE

1ST ROUND	2ND ROUND	3RD ROUND	4TH ROUND	5TH ROUND
FULL CAGE	HALF CAGE	HALF CAGE	TEE STATION	Conditioning

BASERUNNING ROUTINE

1ST ROUND	2ND ROUND	3RD ROUND	4TH ROUND	5TH ROUND
GB TO INFIELDER	GB THROUGH INF	BALL IN AIR		

CAGES

FULL CAGE	HALF CAGE 1	HALF CAGE 2	TEE STATION	CONDITIONING
HARD HIT ROUND	HR TO CF	POWER OPPO GB	LONGO DRILL	AGILITY DRILLS:
(machine if dry)			STEP BACKS	GROUP TWO
			SOLID BACK LEG	SEE HANDOUT

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57 BASEBALL PRACTICE

Thursday, February 27, 2019

WEAR: GRAY PANTS / NAVY SHIRT		ANNOUNCEMENTS: CHALK TALK - CUTS & RELAYS REVIEW	
TIME	GROUP	ACTIVITY	
3:00	TEAM	EARLY WORK (OPT):	OFF: BUNTING / DV'S: 31 MOVES
3:15	TEAM	MENTAL:	CHALK TALK - CUTS & RELAYS REVIEW
3:30	TEAM	DYNAMIC WARMUP:	NUMBER TWO
3:45	TEAM	BASERUNNING:	1B - BALL IN DIRT
4:00	TEAM	THROW PROGRAM:	LONG TOSS W/POSITION DRILLS
4:20	TEAM	INDIVIDUALS:	POP UP PRIORITIES
4:30	TEAM	BATTING PRACTICE	ON FIELD BP
5:15	TEAM	SCRIMMAGE:	PROCESS BASE
5:55	TEAM	WRAP UP	FIELD DUTIES AND RECOVERY PROGRAM

GROUP 1

DEFENSE 1	DEFENSE 2	ON FIELD HITTER	CAGE HITTERS	CATCHERS
LAUDERDALE	DANBERG	SS	FOX	LF
BUELLER	MERIWETHER	3B	COUCH	CF
SCULLY	SHERETZ	2B	PISARCZYK	RF
STUBBS	CONWAY	1B		
			HANLEY	1B
			SCOTT	2B
			WHITE	3B
			ROUNSELY	SS
				FILUK
				AARHUS
				KNIGHT
				C

PITCHER CATCHER COMBO

LIVE 1ST	LIVE 2ND	3RD ROUND	4TH ROUND	5TH ROUND
STUBBS	LAUDERDALE	HANLEY	MERIWETHER	
FILUK	AARHUS	KNIGHT	FILUK	

BASERUNNING ROUNDS

1ST ROUND	2ND ROUND	3RD ROUND	4TH ROUND	5TH ROUND

GROUP 2 (WITH COACH TONY AND COACH TOM)

MASS GROUND BALLS AND FLYBALLS THEN BP IN CAGES (4:00-5:00)				
DESMONE	BRADBERRY	ERICKSON	SPENCER	
MCGREVE	ZHANG	STEVENS	RULE	

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57 BASEBALL PRACTICE

Monday, March 3, 2019

WEAR: GRAY PANTS / NAVY SHIRT		ANNOUNCEMENTS: FIELD SETUP: BP SCREEN / 2 BOWNETS & TEES BEHIND PLATE (2 AT CAGES) / 5 BASES BY 1B / EXTRA MOUND SET UP ON SIDE OF CAGES OR NEXT TO BULLPEN	
TIME	GROUP	ACTIVITY	
3:00	TEAM	EARLY WORK (OPT):	SIGN SERIES REVIEW
3:15	TEAM	MENTAL:	THE 3B'S - BALL, BASE, BACKUP
3:30	TEAM	DYNAMIC WARMUP:	SIMONE
3:40	TEAM	BASERUNNING:	HOME TO FIRST
3:50	TEAM	SHOULDER TUBES	JBAND ROUTINE
4:00	TEAM	THROW PROGRAM:	LONG TOSS - ARC TOSS / POSITION DRILLS AFTER
4:20	TEAM	INDIVIDUAL:	INF: ARIZONA / OF: QBS / C: RCVG
4:40	TEAM	DEFENSE	POP UPS & RELAYS - RUNNERS @ 1ST & 3RD
5:00	TEAM	BATTING PRACTICE	ON FIELD BP
5:45	TEAM	WRAP UP	FIELD DUTIES & RECOVERY PROGRAM

GROUP 1 BATTING PRACTICE

ON FIELD	TEES	SHAG 2	SHAG 1
STUBBS	SHERETZ	MERIWETHER	DODGE
LAUDERDALE	BUELLER	DANBERG	MAIRS
FILUK	SCULLY	KNIGHT	FOX
AARHUS		PISCARZYK	SPENCER
BULLPEN SHAG2		BULLPEN NOW	

HITTING ROUTINE - 8 MINUTES PER STATION (PIKE, TJ & PAT) (SWENSON PEN)

1ST ROUND	2ND ROUND	3RD ROUND	TEE DRILLS
6 - POWER OPPO GB	6 - HR TO CF	6 - FOR YOU SWINGS	JUMP BACKS
			LONGO DRILL
			SOLID BACK LEG
			SAHARA OH

GROUP 2 - CAGES BP

MACHINE	FRONT TOSS	TEES
COUCH	BRADBERRY	DESMONE
ERICKSON	MCGREVE	ZHANG
ROUNSELY	STEVENS	WHITE
HANLEY	RULE	SCOTT

CAGES ROUTINE - 8 MINUTES PER STATION (TONY & TOMMY)

MACHINE	FRONT TOSS	TEES
2 PLATE DRILL	8 - POWER OPPO GB	STRIDE 3 TIMES
	8 - HR TO CF	RHYTHM SHIFTS
		SOLID BACK LEG
		LONGO DRILL

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KING'S WAY BASEBALL

Week of: March 26-April 1, 2018

Monday, March 26, 2018

3:15-6:00pm Practice (Varsity & JV) Luke Jensen

Tuesday, March 27, 2018

1:00pm Depart to Castle Rock (Varsity) KW Parking Lot
 3:00pm Doubleheader at Castle Rock Castle Rock HS
 • Game 1: Meriwether (80pitches)
 • Game 2: Cassetta-Stubbs (80pitches)
 3:15-5:30pm Practice (JV) Luke Jensen

Wednesday, March 28, 2018

Off Day (Varsity) - Could change with weather...
 3:00pm Doubleheader vs Castle Rock (JV) Luke Jensen

Thursday, March 29, 2018

3:15-6:00pm Practice (Varsity & JV) Luke Jensen

Friday, March 30, 2018

4:00pm Game vs Castle Rock (Varsity) Luke Jensen
 • Game: Lauderdale (80pitches)
 3:15-5:15pm Practice (JV) LJ Upper Field & Cages

Saturday, March 31, 2018

8:00-9:00am Practice (Varsity) Baseball Dudes

Sunday, April 1, 2018

Spring Break - Off Day (We will have April 1st-4th off. See you on the 5th at 3:00pm)

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TIME TO LEARN

RUNDOWN SERIES

The Rundown Series is performed as needed in practice, but typically we try to execute it 1-2 times a week in the weeks leading up to our first game, then about once a week during the game portion of our season. We set aside 15-20 minutes of practice time, spending about 5 minutes for each series. Pitchers will go out in groups of 3, however only one pitcher will go at a time using the top of the mound. This is a great way to execute game situations with rundowns or long throws. Use outfielders as runners.

• RUNDOWN - FUNGO SERIES

- Runner at First Base (Do one of these)
 - Groundball to 1st Base
 - Touch bag and throw to 2nd base
 - Runner stops and gets in a run down
 - Groundball to Left Field
 - Team manager throws to cutoff (3rd Baseman) from left field when runner touches first base.
 - Thirdbaseman redirects ball to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
 - Groundball to Right Field
 - Team manager throws to cutoff (1st Baseman) from right field when runner touches first base.
 - Firstbaseman redirects to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
- Runner at 2nd Base
 - Comebacker to the pitcher
 - Runner gets in a rundown
- Runner at 3rd Base
 - Infielders play in
 - Groundball to an infielder who throws ball to the plate
 - Runner is green going in looking so he can get in a rundown

• RUNDOWN - PICK SERIES

- Runner at 1st Base
 - RHP 31 Move with throw to 2nd base
 - Runner at 1st takes off on 31 move and gets in a rundown
 - Make the out quickly to avoid the runner at 3rd from scoring (2 out execution)
- Runner at 2nd Base
 - Pitcher performs inside move to 2nd base
 - Runner takes off on leg lift then gets in a rundown.
- Runner at 3rd Base (Do One of These)
 - 31 Defense Full Arm Fake
 - Pitcher throws home to the catcher
 - Catcher full arm fakes to 2nd and catches runner at 3rd base
 - Runner takes off on full arm fake then gets in a rundown.
 - Squeeze Play
 - Pitcher throws pitchout to the plate
 - Runner breaks for home as in a squeeze play
 - Catcher starts rundown back to third base

• LONG THROW - PICK SERIES

- Runner at 1st Base
 - LHP good move to 1st base
 - Runner goes on first movement and tries to steal 2nd base
 - 1st baseman makes long throw to 2nd base (SS covering) for out
- Runner at 2nd Base
 - Pitcher executes spin move to 2nd base with shortstop or 2nd baseman
 - Runner takes off on first rhythm and tries to steal 3rd base
 - MIF makes long throw to 3rd base for out
- Runner at 3rd Base

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TIME TO LEARN

- 31 Defense Snap Throw to 3rd Base
- Pitcher throws to catcher at home plate
- Runner takes hard secondary and dives back to 3rd base
- Catcher makes a snap throw to 3rd base for out.

INSIDE GAME ROUTINE

Inside Game is a staple of our PFF program, combining many aspects of the work between the infielders and pitchers in a quick paced drill that can be done during a team defense period or as a pre-game infield/outfield routine. It is done as follows:

- 3-1 Cover – ground ball to the first baseman who flips it to the pitcher covering first base.
- 6 Hole – ball hit to the six hole. If the third baseman fields it then we turn the 5-4-3 double play. If the shortstop fields it then we make the 6-5 force play at third base.
- 4 Hole – ball hit to the four hole. If the first baseman fields it then we turn the 3-6-1 double play. If the second baseman fields it then we make the 4-1 force at first base.
- 1-6-3 Double Play – ball hit to the pitcher who starts the 1-6-3 double play.
- 1-4-3 Double Play – ball hit to the pitcher who starts the 1-4-3 double play.
- 1-2-3 Double Play – ball hit to the pitcher who starts the 1-2-3 double play.
- 2-6-3 Double Play – bunt in front of the plate and the catcher goes lead out to second base and starts the 2-6-3 double play.
- 3-6-1 Double Play – ball hit to first baseman that carries him away from the bag and he starts the 3-6-1 double play.
- Jam It – Infield shifts heavily to the pull side of the hitter, with the middle infielder off set of second base. Ball hit to the pull side and the infield works to turn the 5-6-3 double play, the or the 3-4-1 double play.
- Drag – pitcher and third baseman communicate on the drag bunt and make the play 1-3 or 5-3
- Push – pitcher and first baseman communicate on the push bunt and make the play 1-3, 1-4, or 3-4

RUNNING GAME – We use running game during team defense period to allow pitchers to work on their picks and holds with the defense, the catchers can work on their receiving and throwing to bases, and the base runners can work on their leads and steal techniques; Typically a new arm every stolen base attempt. Pitchers will pick 2-5 times before going to the plate. 3-5 arms per period makes this a 10-15 minute drill.

- Hot runner on first base
 - Pitcher will do a specific number of skills that we use to defend the running game (pick, slide step, pitch out, hold, etc.).
 - Pitcher will follow the script.
 - Pitcher will pitch until the script is complete.
 - Runner steals on every pitch to pick up the pace of the drill.
 - Runners at 2b practice stealing 3b.
 - Runners at 3b practice 31 offensive plays.
- Hot runner at second base
 - Establish a max look to baserunner.
 - Pitcher can use an inside move, daylight pick, or a timing/predetermined pick.
 - Pitcher throws two strikes to the plate then rotate to next situation.
 - Baserunner tries to steal 3b on every pitch following technique guidelines.
 - Baserunner must try to get back safely on pick play.
 - Runner at 1b can straight steal as if they are the only runner, or they can base their decision on the guy in front of them.
 - Runner at 3b practices 31 offense.
- Hot runner at third base
 - Runners at 1st and 3rd practice 31 offense against 31 defense
 - Runners at 1st will a) straight steal, b) delay steal, and c) leave early.
 - Runners at 2b practice stealing 3b using technique taught.
 - Pitcher throws two strikes then is done. Next pitcher comes in and starts with hot runner at 1b.

LITTLE GAME – Little Game is a team defense drill we do to get the hitters to bunt the ball and the infielders to play defense against the bunt. It is done with a pitcher. Pitchers switch after one full round of bunts. Usually 10-15 minutes with 2-3 pitchers.

- Drag – Nobody On
 - Bunter stays at 1b

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TIME TO LEARN

- Push – Nobody On
 - Bunter stays at 1b
- Sac Bunt – Runner @ 1b - Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
- Sac Bunt – Runner @ 1b – Lead Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
- Sac Bunt – Runner @ 2b - Out
 - Bunter stays at 1st base
 - Runner moves to Home
- Sac Bunt – Runner @ 1b & 2b – Lead Out
 - Bunter stays at 1st base
 - Runner at 1st base moves to 3rd
 - Runner at 2nd base moves to Home
- Safety – Runner @ 1b & 3b
 - Bunter comes back to Home
 - Runner at 3rd base moves to Home
 - Runner at 1st base moves to Home
- Suicide – Runner @ 3b
 - All come home after play
- Suicide – Runner @ 3b – Valentine Play
 - All come home after play

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TIME TO GRIND

LOUISVILLE BASERUNNING

A drill done right after our stretch routine, emphasizing baserunning at all four bases. Coach stands in center of the field with two bats. When coach starts to separate the bats runners start their secondary leads. When coach bangs the bats together, players will run on the sound. Multiple players at each base to start. Go through 2-3 times.

- Home Plate – Left Handed Box
 - Start swing when coach pulls bats apart
 - Groundball to the infield
 - Beat it out
 - Hit the front or top of the bag
 - Break down and pivot turn after the bag
- Home Plate – Right Handed Box
 - Start swing when coach pulls bats apart
 - Ball in the air
 - Double out of the box
 - Create straight line to second base with good turn at first base
 - Hit inside corner of the bag
 - Stop on bag – slow down a bit before or slide
 - Stay at second base
- First Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going first to third base
 - Find baseball while creating route between first and second to get straight between second and third
 - Hit inside corner of bag
 - Stop on bag – slow down a bit before or slide
 - Stay at third base
- Second Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going second to home
 - Find coach while creating route between second and third to get straight between third and home
 - Hit inside corner of bag
 - Run hard through home plate
 - Go to left-handed batter's box
- Third Base
 - Secondary lead on coach pulling bats apart
 - Return to bag on bat clang
 - Find the baseball – left center field
 - Tag up and take off to home when runner at second base gets 2/3 (use cone) of the way to 3rd base
 - Run hard through home plate
 - Go to right-handed batter's box

GROUNDBALL 18'S - INFIELDRS

Groundball 18's is an infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
 - First Spot – Straight Up
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side
 - Second Spot – Pull Side
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side

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TIME TO GRIND

- Third Spot – Oppo Side
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side
- Days of Week Focus
 - Day One – All throws to first base
 - Day Two – All throws double plays
 - Day Three – Slow Rollers – decide if play at second or play at first base based on pace of ball
 - Day Four – All throws to home plate

SQUARE DRILL - INFIELDRS

Square Drill is another infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
 - Round 1 – Infield In
 - All throws to the plate unless bobbled, then throw to first base or at least full arm fake throw
 - Round 2 – Straight Up
 - Third Baseman throws to Second
 - Shortstop returns to Fungo
 - Second Baseman throws to First
 - First Baseman throws to First
 - Round 3 – Straight Up
 - Third Baseman throws to First
 - Shortstop returns to Second
 - Second Baseman throws to Fungo
 - First Baseman throws to Second
 - Round 4 – Straight Up
 - Third Baseman throws to Fungo
 - Shortstop returns to First
 - Second Baseman throws to Second
 - First Baseman throws to Fungo
 - Round 5 – Double Plays
 - 5-4-3 Double Plays
 - 6-4-3 Double Plays
 - Round 6 – Double Plays
 - 4-6-3 Double Plays
 - 3-6-3 Double Plays
 - Round 7 – Bunts
 - First Baseman and Third Baseman bunts to First
 - First Baseman and Third Baseman bunts to Second
 - First Baseman and Third Baseman bunts to Third
 - Round 8 – Slow Rollers
 - Round 9 – Bobble Ground Balls

QUARTERBACK DRILLS - OUTFIELDRS

Daily drills during individual periods. Drills are meant to work on basic outfielder footwork, and build confidence in the ability to position the body when catching the baseball. 5-10min.

- Deep (90 Degrees)
 - player lines up 5-10 yards in front of coach
 - player starts drill by opening up with a deep drop and working back on the ball
 - open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
 - drop route will stay within a lateral width of 5 yards
 - work on catching the ball at same time of glove foot strike to get into quick throwing position
 - go through throwing motion, including shadow throw with solid fixed glove and follow-through

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TIME TO GRIND

- Lateral (45 Degrees)
 - player lines up 5-10 yards in front of coach
 - player starts drill by opening up with a lateral drop and working back on ball
 - open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
 - work hard to position body during catch so momentum is moving towards infield
 - on catch where momentum carries you laterally, work on pivot throw or power stop throw to infield
 - finish with shadow throwing motion and proper throwing mechanics
- Head Turn
 - player lines up 5-10 yards in front of coach
 - player starts drill by opening with a deep drop and working back on the ball
 - player will open up to both glove side and throw side (do each side 2-5 times depending on time)
 - coach will throw the ball in the opposite direction as player with high loft on the throw
 - upon throw, player will change direction with a head turn towards ball
 - work hard to position body during catch so momentum is moving towards infield
 - on catch where momentum carries you back and lateral, use pivot throw or power stop throw
 - finish with shadow throw motion
- Pivot Turn
 - mechanics of drill are same as the Head Turn drill
 - difference is player will change direction using an inside pivot turn to get to the ball
 - coach will throw more of a line-drive type ball just before or during player's change of direction
- Overhead Catch
 - player may line-up 5-10 yards from coach and work on deep drop step to start the drill, or
 - player may line-up next to the coach in a true QB-WR set and go on coaches call
 - coach will throw ball so player is making a running overhead catch with back to the coach
 - player's glove position should be basket style when making the catch to allow for max travel to ball
 - finish drill by working on power stop and proper throwing mechanics

DAILY VITAMINS - PITCHERS

Our PFP's are called Daily Vitamins simply as a reminder we need to take them every day. Typically, these are done as an early work station, but can be done during actual practice time. Take 2-3 Vitamins a day. 5-10min

- 5 Ways to Cover First Base
- Comebacker – Running Technique
- Comebacker – Backhand Technique
- Comebacker – Double Play Feed
- Fielding the Drag/Push
- Pitch Signs with Catchers
- Fundamental Signs with Catchers
- Defensive Signs with Catchers
- Running Game Signs with Middle Infielders
- Pick Series – First Base
- Pick Series – Second Base
- Pick Series – First & Third
- Pick Series – Pitches, Pitch Ups & Intentional Walks
- Shadow Mechanics – Routine Development

INFIELD OUTFIELD ROUTINE

We will take infield outfield before every game. Inclement weather or special events are the only justification for not taking infield outfield. The coaching staff must emphasize to the players that infield outfield is a beneficial work period. Every time we step onto a baseball field we want to improve!

- Outfield
 - Ball hit to left field corner, gaps and right field corner for relay purposes.
 - Left fielder - two throws to second base and two throws home.
 - Center fielder - two throws to third base and two throws home.

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TIME TO GRIND

- Right fielder - one throw to second, two throws to third and two throws home.
 - All outfielders to center field for pregame ground balls and fly balls - emphasis should be put on fielding the ground ball.
 - The number of throws to each base can be adjusted as needed.
 - Hit all balls to the outfield in a realistic manner.
 - Emphasis must be placed on quality, accurate throws through the relay man.
 - Throw the ball in the air or long hop your target.
- Infield
 - Round 1 – Infield In.
 - Third baseman - home to first double play.
 - Shortstop - check runner go to first.
 - Second baseman - arm fake to first, snap throw to third.
 - First baseman - tag play at the plate.
 - Round 2 – routine play to first.
 - Third baseman - at him ground ball with throw to first base and throw from catcher.
 - Shortstop - at him ground ball with throw to first base and throw from catcher.
 - Second baseman - at him ground ball with throw to first base and throw from catcher.
 - First baseman - at him ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.
 - Round 3 – routine play to first.
 - Third baseman - to his left ground ball with throw to first base.
 - Shortstop - to his left ground ball with throw to first base.
 - Second baseman - to his left ground ball with throw to first base.
 - First baseman - to his right ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.
 - Round 4 – double plays.
 - Third baseman - at him ground ball with throw to second base and double play turn.
 - Shortstop - at him ground ball with throw to second base and double play turn.
 - Second baseman - at him ground ball with throw to second base and double play turn.
 - First baseman - at him ground ball with throw to second base and double play turn with first baseman returning to the bag.
 - Round 5 – double plays.
 - Third baseman - to his left ground ball with throw to second base and double play turn.
 - Shortstop - to his right ground ball with throw to second base and double play turn.
 - Second baseman - to his left ground ball with throw to second base and double play turn.
 - First baseman - to his left ground ball with throw to second base and double play turn with first baseman returning to the bag.
 - Round 6 – long round.
 - Third baseman - to his right ground ball with throw to first base.
 - Shortstop - to his right ground ball with throw to first base.
 - Second baseman - to his right ground ball with throw to first base.
 - First baseman - to his left ground ball with run to first base to cover base.
 - Round 7 – slow roller round.
 - Third baseman - slow roller with throw to first base.
 - Shortstop - slow roller with throw to first base.
 - Second baseman - slow roller with throw to first base.
 - First baseman - slow roller with throw to third base
 - Notes
 - Catchers are to wear full gear during infield outfield.
 - Incorporate pitchers to cover first base if needed on days first baseman doesn't need to make as many throws.
 - Modified Infield
 - Examples include Inside Game, Daily 18, Mass Groundballs, etc.

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TIME TO COMPETE

LIVE DEFENSE

Live Defense is designed to be a 20-30 minute drill that allows the defense to execute several facets of the game.

- This is a defensive drill.
- The offense's job is to execute a ground ball (hit & run) to give the defense the opportunity to turn double plays or make reads on the speed of the ball and make plays at the plate.
- If the ball is hit into the outfield then it is played live, allowing the defense to throw to the proper base on balls hit to the outfield, and to work on double relays on balls in the gap or down the lines.
- If the ball is hit off the L-Screen, the pitcher will have a ball placed on the ground in front of the mound and pick it up and start the double play turn.
- As an offense, hitters are executing a hit & run on all pitches, with two pitch max per hitter.
- If the hitter takes a pitch or swings and misses all players move up.
- The runner at first base starts his secondary on front foot strike by the BP thrower, and plays the ball live off the bat.
- The runner at third base is green going in looking, watching the ground ball the whole way and if the fielders turn a double play, go in to the plate hard.
- But if the infielders throw the ball to home, stay in the rundown with the chance to move up the other runners.
- Live Defense is a competitive drill with scoring based on each team's priorities. A simple scoring system is as follows:
 - Defense Scoring
 - +5 Any Double Play
 - 5 Any Error
 - 10 Throw to the wrong base in the outfield
 - Offense Scoring
 - +1 One Point for Each Base Gained by the Base Runner
 - +1 Hard Hit Ground Ball
 - 10 Fly Ball
 - 10 Swing & Miss
 - Both Teams Scoring
 - 20 Any Bonehead Play (Doubled up on line drive, take a pitch on hit & run, etc)

PROCESSED BASE SCRIMMAGE – Process Based Scrimmage uses an alternate scoring system to reward teams for playing the game the right way instead of simply keeping track of the score. The point system is as follows:

- Pace of Game
 - Non hustle play by either team (-2)
 - Slow pace by catcher and pitcher (-2)
 - Team energy and involvement (+2)
 - Off the field in 10 seconds (OF) and or 6 seconds (INF) (+2)
 - Ready for first pitch in 75 seconds or less (+5)
- Pitchers
 - 0-1 to 0-2 count (+2)
 - 123 inning (+2)
 - 9 pitches or less in an inning (+2)
 - Inducing double play (+2)
 - Leadoff or 2 out walk (-2)
 - 123 innings in a row by same pitcher (+4)
 - Out in 4 pitches or less (+2)
 - Lead off hitter out (+2)
- Defense
 - Web gem (+2)
 - Error or mental mistake as determined by coach (-2)
 - Incorrect execution of play (-2)
 - 2.10 by catcher in between innings on throw to second base (stopwatch) (+2)
 - Throw out lead runner with tag (+3)
 - Mental mistake (-2)
 - Around infield after strikeout or out at first in 5 seconds or less (+2)
- Offense

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TIME TO COMPETE

- RBI (+2)
- Bunt base hit (+2)
- Hit by pitch (+2)
- Stolen base (+2)
- Aggressive baserunning
 - 1st to 3rd (+2)
 - Ball in Dirt attempt safe or out (+2)
- Double (+2)
- Triple (+3)
- Home Run (+4)
- 2 out RBI (+4)
- Team Battles
 - Winner of the 3-2 War (+2)
 - Winner of the 8 Pitch at bat (+2)

SMALL BALL SCRIMMAGE – a scrimmage where the players are only allowed to bunt to reach base and score points

- Start every inning with runner at 1b
- First base is 80' away from home
- All other bases, and runner taking lead, are on the 90' bases
- Runners and fielders must start in an area designated
- Machine is located behind the mound
- Defense can't charge until the bunt is shown
- Pitcher is in normal landing area on natural side of mound
- Outfielders can play shallow and back up all plays
- Point System:
 - 2 Foul Balls and You Are Out = +2 (Other Team)
 - Base Hit Bunt, Safe = +2
 - Ball Bunted In Triangle = +1
 - Popped Up Bunt = +2 (Other Team)
 - Move Runner = +1
 - Run Scores = +3
 - Defense Gets Lead Runner = +3
 - Error on Defense = +2 (OT)
 - Mental Error = +2 (OT)
 - Non-Hustle = +2 (OT)

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57 BASEBALL PROCESS BASED SCRIMMAGE SCORING SYSTEM

		BLUE	ORANGE
PACE OF GAME		PACE	PACE
Non hustle play by either team (base running, backing up bases etc)	-2		
Slow pace by catcher and pitcher (as determined by pitching coach)	-2		
Team energy and involvement (as determined by _____)	+2		
Off the field in 10 sec (OF) and or 6 sec (INF) (STOPWATCH)	+2		
PITCHERS		PITCHERS	PITCHERS
0-1 TO 0-2 COUNT	+2		
1-2-3 Inning (nobody gets on base)	+2		
9 Pitches or less in an Inning	+2		
Inducing Double Play	+2		
Leadoff or 2 out walk	-2		
1-2-3 Innings in a row by same pitcher	+4		
On or Out in 4 Pitches or less	+2		
Lead-Off Hitter Out	+2		
DEFENSE		DEFENSE	DEFENSE
Web Gem	+2		
Error or Mental Mistake as determined by coach	-2		
Incorrect Execution of Play	-2		
2.05 by catcher in between innings on throw to second base (STOPWATCH)	+2		
Throw out lead runner with tag	+3		
Mental Mistake	-2		
Around INF after strikeout or out at first in 5 Sec or less (STOPWATCH)	+2		
OFFENSE		OFFENSE	OFFENSE
RBI	+2		
Bunt Base Hit / Hit By Pitch	+2		
Stolen Base / Aggressive Baserunning 1 st -3 rd or Ball in dirt Attempt Safe or Out	+2		
Double	+2		
Triple	+3		
Home Run	+4		
2 out RBI	+4		
TEAM BATTLES		TEAM	TEAM
Winner of 3-2 War	+2		
Winner of 8 Pitch At Bat	+2		

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DATE: _____

57 BASEBALL – LIVE BP

ON FIELD GROUP

DEFENSE ONE

DEFENSE TWO

BASE RUNNING GROUP

ON FIELD ROUNDS

INFIELD ROUNDS

OUTFIELD ROUNDS

BASE RUNNING ROUNDS

SWINGS:

ROUND 1

- 1 – <2OUT SCORE HIM @3rd
- 5 – OPPO (LIVE ON LAST SWING)

ROUND 2

- 1 – H&R
- 5 – 2K APPROACH (LIVE ON LAST SWING)

ROUND 3

- 1 – MOVE RUNNER @2B
- 5 – 2 OUTS W/RUNNER @2B (LIVE ON LAST SWING)

PLAY SWINGS 1-4 LIVE

- (RUNNER AT 1B ALWAYS 1 OUT)
- REGROUP SWINGS 5
- PLAY 6th SWING LIVE
- (RUNNER AT 1B ALWAYS 1 OUT) FINISH THE PLAY

PLAY SWINGS 1-4 LIVE

- THROW GOES TO SHAG BUCKET (RUNNER AT 1B ALWAYS 1 OUT)
- REGROUP SWING 5
- PLAY 6th SWING LIVE
- (RUNNER AT 1B ALWAYS 1 OUT) FINISH THE PLAY

ROUND 1

- RUNNER AT 1st & 3rd:
- REACT LIVE ON SWINGS 1-5
- LIVE SWING 6 – FINISH THE PLAY

ROUND 2

- RUNNERS AT 1ST
- REACT LIVE ON SWINGS 1-5
- LIVE SWING 6 – FINISH THE PLAY

ROUND 3

- RUNNERS AT 1st & 2nd:
- REACT LIVE ON SWINGS 1-5
- LIVE SWING 6 – FINISH THE PLAY

MOUND

FUNGO/BASES

PITCHER DUTIES

WALL

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