This is a sample document and is for guideline purposes only. Individual coaches will need to customize for their individual teams, age levels etc.

December 16, 2017, 12:00 PM – 2:00 PM @ The Warehouse
Off Season Practice – Start in Open Field
Players – Hunter (HB), Dylan (DB), Lucas (LC), Colton (CM), Rylen (RA), Nathan (NL), Adrian (AE), Ethan (EH)
Coaches – Jeff (JF), Devon (DA), Mike (ML), Dan (DH)

OPEN FIELD (60 min.)

Warm-up and Stretch (15 min. all players)

We're going to work on infield defense & base running in open field then finish with bunting/hitting/pitching work in the cages.

Light jog around Warehouse twice to get the body warm
Rotator Cuff

- Circles, small, medium, large, backward/forward 5 each arm
- Swings, hand at arm pit, swing arm, backward/forward 5 each arm

Quads/Hips

- Take 1 step, grab right foot, pull towards bum, hold 3 sec, release and switch legs, 5 each leg
- High knees – walk, alternate legs with knee lifting straight up to chest, 5 each leg

Lower/Upper Back

- Bear Hugs – interlock arms so hands grasp back of opposite shoulder, hold for 5 sec, 5 times
- Side Bends – bend to 1 side, bring arm over top of head, hold for 5 sec, 5 each arm

Hamstrings

- Feet shoulder width apart, bend at waist so fingertips touch ground at toes, middle foot, heel, 5 times
- Frankenstein – standing take 1 step, kick leg straight up to opposite hand which is at shoulder height, 5 each leg

Sprints

- Players on back wall and sprint to far cones then walk back, 4 reps

KEYS: Stretching, getting loose, chatter amongst players

WATER BREAK (5 min.)

Throwing Program (15 min. all players)

- Start feet square, move to full throws
- Opposite ends @ 30 feet (5 min.), 60 feet (5 min.)
- Proper mechanics (4 seam grip, glove pointed at target, follow through, bend at waist)
- Players provide shoulder high, glove side target using glove
- 2 buckets to throw into targets
    - 1st bucket players throw high into center of screen
    - 2nd bucket players hit white square target
- Coaches walk amongst players keeping things loose

KEYS: Strong accurate throws, build arm strength

DEFENSE

Team defense is CRITICAL. Defense does not slump. It helps pitchers go deeper into games by keeping pitch counts low. It narrows the gap between lower level and top level teams. Opponents get frustrated when balls are consistently caught, throws made. They start to “press”, make bad swings while batting etc. It enables us to score less runs to win. Against strong teams, good defense “shortens” the game and builds confidence for our team and makes the opponents uneasy. Rarely does an opponent get 4+ hits in a row so if we just make the routine plays, we will be in almost every game. Make sense?

Infield (30 min. all players)

C (LC), 1B (HB), 2B (DB), SS (CM), 3B (RA), runners (NL, AE, EH)
JF hits ground balls, DA 1B coach, ML & DH on field observing/advising

- Hit ground balls and throw to 1B with runner
- 3B plays 2-3 steps inside baseline, even or in front of base
- 1B plays 2-3 steps inside baseline, 1-2 steps behind base
- C yells and throws inside for bunts, outside for dropped 3rd strikes
- Runners run hard 3 strides past 1B
- 2 times per player
- Turn DP (for P explain SS takes the throw) with runner on 1B
    - For 2B, left foot on back corner of bag, right foot steps toward ball, handcuff target, receive from 3B/SS, strong throw to 1B
    - For SS, right foot clips back corner of bag, handcuff target, receive from 2B/1B, strong throw to 1B
    - For 1B, yell inside in front of baseline, outside behind baseline, avoids throwing across runner, easy for SS to receive
- 2 times per player
- Rotate players through each position, base runners and repeat

KEYS: Fielding, making accurate throws, turning the DP, calling for balls

CAGES (60 min.)

OFFENSE

Team offense is hitting, getting on base and base running. Getting on base is the #1 goal whether BB/hits. Once on base we have options to score by SB, hits and advancing runners by productive outs. Unlike defense, offense slumps through bad luck, good pitching, good defense etc. Our focus will be to 1) look FB until 2 strikes (P taught to get ahead); 2) get good pitches to hit as BB are great to get on base and increase pitch counts; 3) hit the ball hard; 4) have a high contact rate (K's are unproductive outs); 5) be aggressive on the bases to make P uncomfortable. Make sense?

PITCHING

Team pitching is CRITICAL. Throw strikes, throw low strikes and change speeds. Defense can't help with BB. Get ahead in the count and get quick outs. Helps pitchers go deeper into games by keeping pitch counts low. If we "pound the zone" opponents will start to "press" and expand the strike zone. It enables us to keep score less runs to win. Make sense?

Individual Bunting/Hitting/Pitching (all players 55 min.)

Rotation is Hitting 1, Pitching, Hitting 2

Pitching: 3 players (P, C) with JF

- Front foot lands with big stride, keeps ball down in zone
- Drive off rubber hard towards home
- P throws to C (mix pitches to simulate game situation)
- HB, DB, LC 1st, NL, AE, LC 2nd, CM, RA, EH 3rd
    - Break after 20 pitches for 2 reps (40 pitches)

KEYS: Strikes, low strikes, change speeds, build arm strength, accuracy, relationship

Hitting: 4 players (2 tee work, 2 cages)

DA Cage 1, ML Tees, DH Cage 2

Tee 1 NL (until Cage 1 done), hit top of ball, line drives, tee out front, early with extension, focus on middle of field (gap to gap)
Cage 1 AE (20-30 pitches), 4 bunts to start (2 to 1B, 2 to 3B)
Tee 2 RA as above
Cage 2 CM above

KEYS: Separate hands, stride, inside path to ball, arm extension

Cool Down, Wrap Up (5 min. all players)

- Light stretching, like warm-up, drink fluids
- Review practice, positive reinforcement on efforts
- **HAPPY HOLIDAYS!!!**