



Organize
Practice
to Produce
Gameday
Results



Go Cats!

80 / 20 Rule



Practices are not about just getting things done,
they are about getting the right things done

The Three Questions

**What are we
doing that we
should keep
doing?**

**What are we not
doing that we
should be doing?**

**What are we
doing that we
should stop
doing?**

Go NFCA!

You Get What You Repeat

Set practice goals/objectives



Define each players' role



Establish routines
that support practice goals



Routines become habits



Habits are the
building blocks of success

The Feedback Loop

Objective

Plan/Approach

In-Game Goals

Feedback

Execution



Practice Design Timeline

Warm-up emphasizing body control & posture (*Keep the chain moving*)

Isolated skill focus (*block practice*)

Progressed skill training (*random practice*)

Team skills (*IN-GAME GOALS* are the objective measurement)

Competition / Live Play (*the game within the game*)

Post-practice Review (*close the feedback Loop*)

Recovery

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Practice Timing Sheet #1 (2.5 hours)

No Cage Work

2.5 hr	Team	Inf	OF	C	P
1:00	Dynamic Warm-up				Pitcher Fielding Routine
1:10 – 1:20	Isolated Position Warm-up	Throw Glove work routine	In Position (No Throws)	Catching Skills Throw	Pitchers 1-3 in bullpen
1:25-1:35		In Position	Throw Iso skills		
1:40 – 2:00	<ul style="list-style-type: none"> • Team Skills • Team Strategy • Base Running 				
2:05 – 2:50	Team Circuit Offense / Running				3 Pitchers Warm-up (2:05)
2:55 – 3:20	Competition				
3:25 – 3:30	Cool Down				

Practice Timing Sheet #2 (2.5 hours)

Cage Instruction Option

2.5 hr	Team	Inf	OF	C	P
1:00 – 1:25		<ol style="list-style-type: none"> 1. Hit – Cages 2. Dynamics 3. Throw 	In Position <ol style="list-style-type: none"> 1. Dynamics 2. Throw 3. Balls in Position 		Pitcher Fielding Routine Pitchers 1-3
1:30 – 1:50		In Position	Hit - cages		
1:55 – 2:25	<ul style="list-style-type: none"> • Team Skills • Team Strategy 				2:05 P3-6
2:30 – 3:20	Competition / Live Play (Perfect Minutes)				
3:20 – 3:30	Recovery				

Practice Timing Sheet #1 (2.5 hours)

Start with a Circuit

2.5 hr	Team	Inf	OF	C	P
1:00	5 min Tee Warm-up				Pitcher Fielding Routine
1:15 – 2:00	<u>Team Circuit – Option 1</u> 1. Dynamics & Throw 2. 2 Lanes of BP on the Field 3. Shag & Catch in bullpen 4. Hit in cages	<u>Team Circuit – Option 2</u> 1. Dynamics & Throw 2. Base Running on the field 3. BP – Situational Hitting 4. Shag / Catch in bullpen			Pitchers 1-3
2:05 – 2:15	Iso Position Warm-up	GW (foul)	In Position	Catching Skills	Pitchers 4-6
2:20 – 2:30		In Position	Balls at the fence Ground ball lines		
2:35 – 2:50	<ul style="list-style-type: none"> Team Skills Team Strategy Base Running 				
2:55 – 3:20	Competition				
3:25 – 3:30	Cool Down				

Iso Skills

Don't
Break the
Chain



Go Cats!

Pitcher Fielding Routine



- Hard Gb with shuffle – throw 1st
- Gb toward 1 – Flip to 1st
- Gb toward 1 – Glove Flip to 1st
- Bunt play – throw 1st
- Gb toward 5/6 hole – throw 1st
- Turn double play to 2nd
- Gb throw 3rd (tag play)
- Double play ball– throw home
- Squeeze – toss a tag
- Pop-up behind the mound
- Runner on 3rd, passed ball

Infield: Glovework Routine

Complete 2 reps each direction per roll type

- 2 straight on
- 2 glove-side
- 2 backhand

- Rolls w/toss or throw & glove flips
- Short hop w/toss & glove flips
- High hop (complete straight on only)
- Note: UKSB pre-game warm-up



Do Multiple Skills at One Time

Ex: Right Side Communication



Team Skills

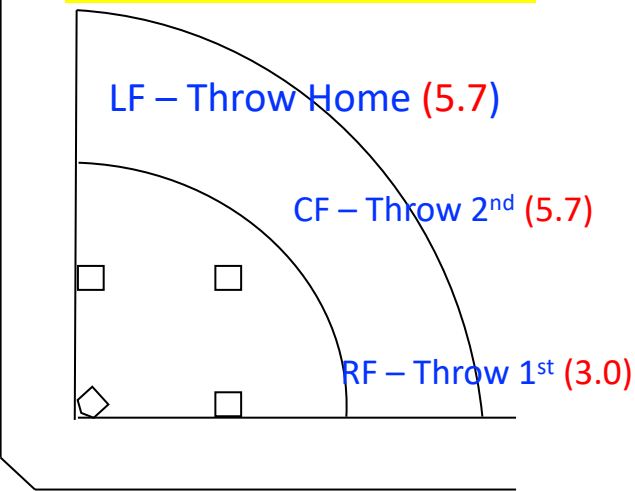


Go Cats!

OF Throw to bases

Add:

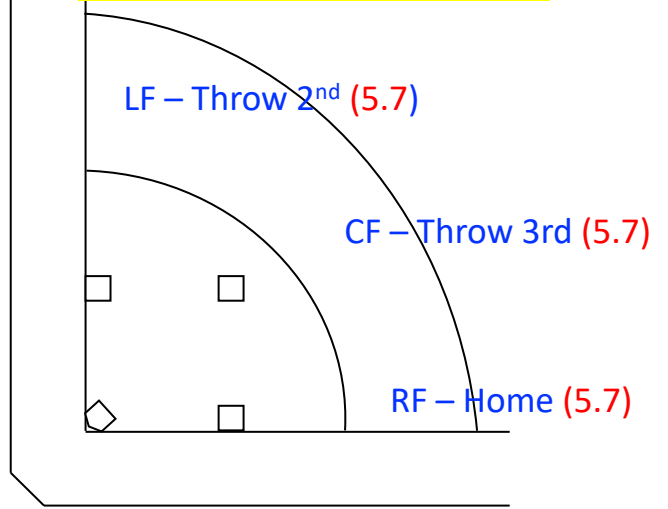
- Pop-up LF foul (work on Catcher obstruction)
- Relay from LF – thru SS - home



Round 1

Add

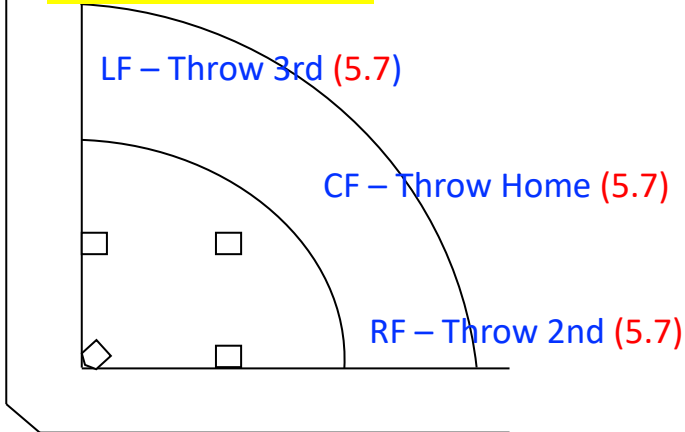
- Relay from CF – thru MI - 3b
- Relay from RF – thru 2b - home



Round 3

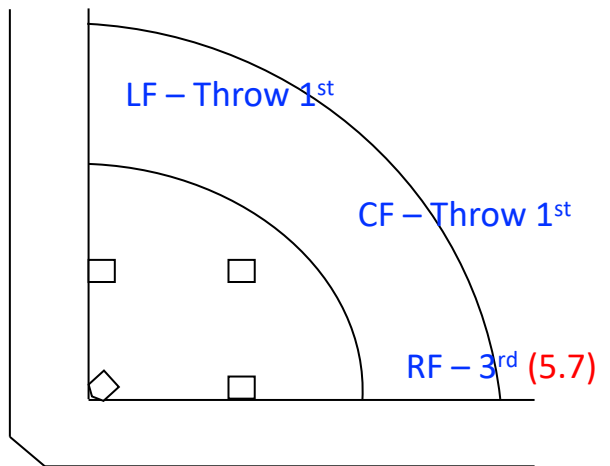
Add:

- Relay from CF – thru SS - home
- Relay through Pitcher



Round 2

Add: Relay from RF – thru 2b - home



Round 4

All Rounds: 1 Long hop & 1 Straight throw to each base

OF Throw to bases



“Nothing Drops” - Gaps

- **Pitchers:** Do not participate in this drill (*fungo, throw balls, toss balls etc.*)
- **Catchers & corners:** Catchers play secondary position or do skills in foul
 - ✓ Coach/Staff #1: Throws pop-ups in foul toward the fence or hits fungo
 - ✓ Alternate throws:
 - ✓ 3rd base fielding groundballs or taking balls in foul territory
 - ✓ 1st base doing picks at first base or taking balls in foul
- **Middle infielders & outfielders:** In position (*exception – Two CF Lines*)
 - ✓ Coach #2: hits from home plate (*note: can throw balls*)
 - ✓ Alternate hitting/throwing from left side to right side

“Nothing Drops” - Gaps



“Nothing Drops” - Lines

- **Pitchers:** Do not participate in this drill (*fungo, throw balls ext ...*)
- **Corner Infielder & Outfielder, Middle Infielder** Field Pop-ups toward line & foul
 - ✓ Coach/Staff #1: Throws or hits fly balls
- **Centerfielder:** In position
 - ✓ Coach #2: hits ground balls / fly balls

“Nothing Drops” - Lines



Relay Races

Coach Call-out

- “Corners – Line – Go”
- “Corners – Gap – Go”
- “Centerfield – Gap – Go”
- “Centerfield – CF – Go”



Team Skills
Base Running
Principles



Go Cats!

5th G.E.A.R.

- Be **GREEDY** and get your “Take Its”
- **Energy** plays a key role in creating an unpredictable offense
- Be **Alert**
- **READ** where the ball is coming from and where it’s going



GO Cats!!!

“Take Its” Defined

- Take the base beyond the assumed base
 - Take advantage of slow defensive plays (outfielder is slow to the ball)
 - stretch a single into a double (flare, chopper over infielders etc...)
- Advance on a ball in the dirt
- Advance on a throw behind
- Advance on broken coverage
- TRAIL RUNNER Advance
- Advance to 3rd when beat SS to the ball
- Advance as part of a rundown
- “Bait” the defense - Base Running Assists
 - Advance yourself or your teammate because of distraction running
 - Draw the attention of the defense to advance another runner
- Force the defense into a “charged time-out”
- Stolen Base



Baserunning Rules

GO

Runners MAKE ALL DECISIONS on balls in front of them

KEEP RUNNING until the defense, umpire or base coach stops you

Stay off the base as FAR as you can without running into an out

Stay off the base & MAINTAIN BALL VISION until the ball is in the pitcher's circle

Trail Runners → When the throw is toward the lead runner
TAKE the base between

Go Cats!

Baserunning Rules

NEVER

NEVER make the FIRST or THIRD out at 3rd base

NEVER make the first out at home

NEVER run into an out

NEVER leave early on a running play

NEVER put your head down

Go NFCA!

Slide on **ANY** potential play at the base

Runner Beats the ball - *SLIDE STRAIGHT IN*

Ball Beats the runner – *AVOIDANCE SLIDE*

Create time for other runners – Slide, stop or flop

Break up the double play – Slide late & hard

Force out: slide late & slide deep

Sliding Rules

In-Game Goals



Go Cats!

In Game Goals: Offense

Quality at Bat

- QAB%
- Hard hit % (.450)
- Slapper execution (70%)
- 7 pitch AB
- Free base
- Get em' over
- Get em' in

Team In-game goals

- Lead-off on
- Answer back
- QAB% (55%)
- 7 Take it's
- 5 Runs
- Big Inn (+3)

Base running: "Dirtbag"
of the Game

In Game Goals: Defense & Pitching

Team Defense

- 14 Pitch Inning
- Lead-off out
- Next out (after a runner or a “take-it”)
- 5 Defensive “take-its”
- Defensive efficiency (75%)
- Deny big inning (<3)

Pitching Independent of D

- WHIP < 2.0
- Strike % (70%)
- Total swings (46%)
- Swing & Miss % (23%)
- Hard hit % (<35%)

Live Play
&
Competitions

The most competitive person is...

**The person who is ready to
compete the NEXT PLAY
the MOST OFTEN**

TM

BP Scrimmage: “Perfect Minutes”

Playing Rules

✓ Playing Rules:

- Always play assuming there is less than 2 outs
- Pitch to ½ the line-up then switch the offense & defense
 - Tip: keep defensive equipment outside of dugout
 - Tip: Keep offensive equipment inside dugout

✓ Playing Rules: Defense only

- **Position Players:** Do not chase unplayable foul balls
- **Catcher’s:** do not chase passed balls or wild pitches when there are no runners on base

✓ Playing Rules: Offense only

- **Base Runners**
 - Start with a runner on 1st base
 - **Cannot** straight steal 2b ... **CAN** steal 3b
 - **Can** delay steal 2b on a pick-off attempt at 1b
 - **Cannot** advance on a pb/wp
- **Batters**
 - Batter starts with a 1-1 count
 - No bunting
 - Hard line drive off the screen = single
 - Ground ball to screen = do-over (*Note: you only get 1 do over*)

BP Scrimmage: “Perfect Minutes”

The Points

Offensive Points:

- +1 = QAB
- +1 = Run scored
- +1 = Offensive “take-it” (*take the base beyond the expected*)
 - *Trail runner advance*
 - *Can steal 3b ... CANNOT straight steal 2b*
 - *Can delay steal 2b on a pick-off attempt*
 - *Cannot go on a pb/wp*

Team Defensive Points:

- +1 = Executed in the back-up position (3-b’s)
- +2 = Defensive take-it
 - *double play*
 - *pick-off*
 - *ESPN play*
 - *run saving play*
- +1/+2 = “On the clock”:
 - +1 = Defensive stop in goal time
 - +2 = Defensive stop in goal time + perfect throw
- **Goal times:**
 - Corner to lead base 2.7 or better
 - Ball in the 5/6 or 3/4 2.85 or better
 - Middle Infielder to lead base 3.0 or better
 - Outfield – 1 base 3.0 or better
 - Outfield – 2 bases 6.0 or better
 - Outfield – 3 bases 9.0 or better

“Eleven”

- Logistics (*Live short-game*)
 - **Objective: The first unit to “11” wins**
 - Infield + CF in position for live Bunt/Slap defense
 - Offense
 - Runner at 1b
 - Batter in the box
 - Pitcher throws fastballs at less than game speed
 - Batters ARE ALLOWED to Sacrifice, Bunt for a hit, Fake-Fake-Bunt, Fake Bunt, Steal, Soft Slap, Push
 - NO power slaps or swings
- Point system - Defense
 - Batter out at 1b & Runner at 2b is safe 0 points
 - Lead runner out at 2b 1 point
 - Pick-off runner at 1b 1 point
 - Caught stealing 2b 1 point
 - Offense bunts the ball foul 1 point
- Point System - Offense
 - Runners are safe at 1b & 2b 2 points
 - Stolen base 1 point
 - Lead runner is safe at 3b 1 point
 - If infield does not call the ball 1 point



Thank you



Go Cats!