



Practice Design

Start with the End in Mind



Lawson's Guardrails

80/20 Rule
The 3 Questions
Habit Formation
The Feedback Loop

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?**

The Three Questions

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

**Disciplined
Strong
Prepared
“Scrappy”**

The Three Questions

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

**Work on the
confidence required
to do
“impossible things”**

The Three Questions

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

**Spend too much time on
situational softball
&
we don't finish drills strong**

You Get What You Repeat

Set practice goals/objectives



Define each players' role



Establish routines / rituals
that support practice goals



Routines / rituals become habits



**Habits are the
building blocks of success**

The Feedback Loop



Practice Design Timeline

(Start with the end in mind)

Recovery

Post-practice review *(close the feedback loop)*

Competition / Live play *(use in-game goals & systems)*

Team skills *(In-game goals are the objective measurement)*

Progressed skill training – position work *(random practice)*

Isolated skill focus – position work *(block practice)*

Warm-up *(emphasizes body control, posture, lock-in mentally & physically)*

Visualize Success



Example
2:30 Practice Design
No Cages

Practice Timing Sheet #1 (2.5 hours)

No Cage Work

2.5 hr	Team	Inf	OF	C	P
1:00	Warm-up <ul style="list-style-type: none"> • Water bags • Jump rope / Ladder • Arm Care (J-bands) 				Modified Dynamics Pitcher Fielding Routine
1:10 – 1:20	Isolated Position Warm-up	Long Toss Glove work routine	<u>Progressed skills</u> In Position (No Throws)	Catching Skills Long Toss	Finish general warm-up Pitcher specific warm-up Pitchers 1-3 in bullpen
1:25-1:35		<u>Progressed Skills</u> In Position	Long Toss Iso skills	Work with infield or catch in pen	
1:40 – 2:00	<ul style="list-style-type: none"> • Team Skills • Team Strategy • Base Running 				
2:05 – 2:45	Team Circuit Offense / Running				3 Pitchers Warm-up (2:05)
2:50 – 3:15	Competition				
3:20 – 3:25	Post-practice review				
3:25 – 3:30	Recovery				

The Three Questions

Disciplined
Strong
Prepared
“Scrappy”

Work on the confidence
required to do
“impossible things”

Spend too much time on
situational softball
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we don't finish drills strong

Edit The Plan!

Practice Timing Sheet #1 (2.5 hours)

No Cage Work

2.5 hr	Team	Inf	OF	C	P
1:00	Warm-up <ul style="list-style-type: none"> • Water bags • Jump rope / Ladder • Arm Care (J-bands) 				Modified Dynamics Pitcher Fielding Routine
1:10 – 1:20	Isolated Position Warm-up	Long Toss Glove work routine	<u>Progressed skills</u> In Position (No Throws)	<u>Progressed skills</u> Machines Long Toss	Finish general warm-up Pitcher specific warm-up Pitchers 1-3 in bullpen
1:25-1:35		<u>Progressed Skills</u> In Position	Long Toss Iso skills	Work with infield or catch in pen	
1:40 – 2:00	<ul style="list-style-type: none"> • Team Skills • Team Strategy • Base Running 	<div>Confidence</div>			
2:05 – 2:45	Team Circuit Offense / Running				3 Pitchers Warm-up (2:05)
2:50 – 3:15	Competition				
3:20 – 3:25	Post-practice review				
3:25 – 3:30	Recovery				



Example
2:30 Practice Design
Cage Option

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. Warm-up 2. Hit – Cages 3. Dynamics 4. Throw 	<ol style="list-style-type: none"> 1. Dynamics 2. Throw 3. Iso skills – in position 4. Progressed skills – in position 		Pitcher Fielding Routine Pitchers 1-3 - workout
1:30 – 1:50		Iso skills – foul territory or in position Progressed Skills – in position	Hit - cages		
1:55 – 2:25	<ul style="list-style-type: none"> • Team Skills / Strategy (Team skills focus is directly related to the positional progressed skill focus) • Note: Make sure I am adding Confidence work in this section 				Pitchers 3-6 workout
2:30 – 3:20	Competition / Live Play (Perfect Minutes)				
3:20 – 3:30	Recovery				



Example

2:30 Practice Design

Hit on the Field

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 or Iso Skill & 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 or Iso Skill & throw 2. BP – Situational Hitting 3. Base running for situ hitting 4. Shag / Catch in bullpen			Pitchers 1-3
2:05 – 2:15	Iso Position Warm-up	GW (oul)	In Position	Catching Skills	Pitchers 4-6
2:20 – 2:30		In Position	Fence Balls GB lines		
2:35 – 2:50	<ul style="list-style-type: none"> Team Skills Team Strategy Mental game - confidence 				
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

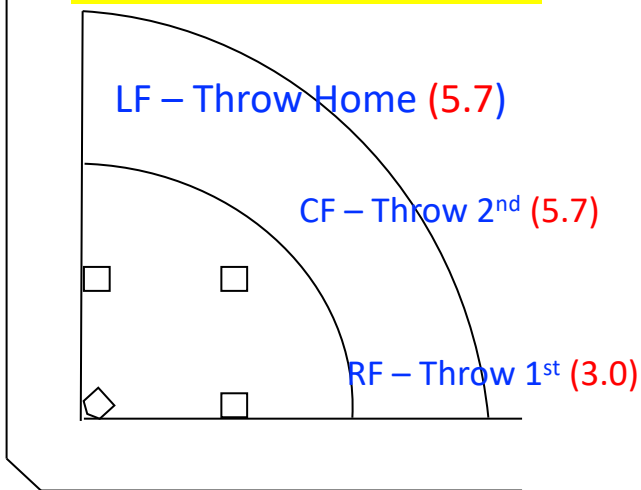


Go Cats!

OF Throw to bases

Add:

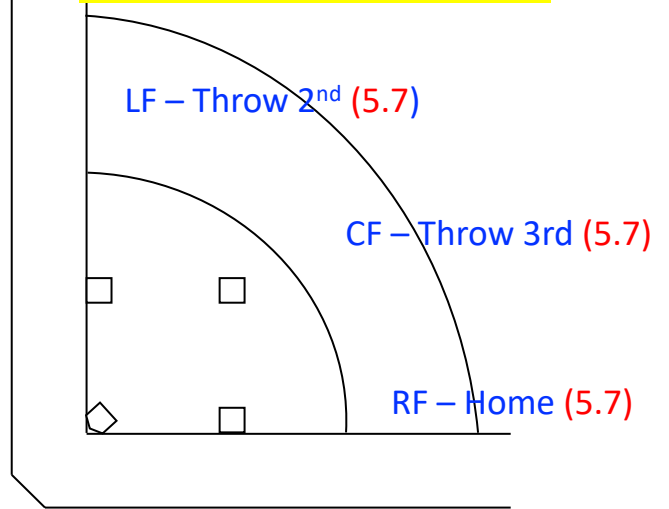
- Pop-up LF foul (work on Catcher obstruction)
- Relay from LF – thru SS - home



Round 1

Add

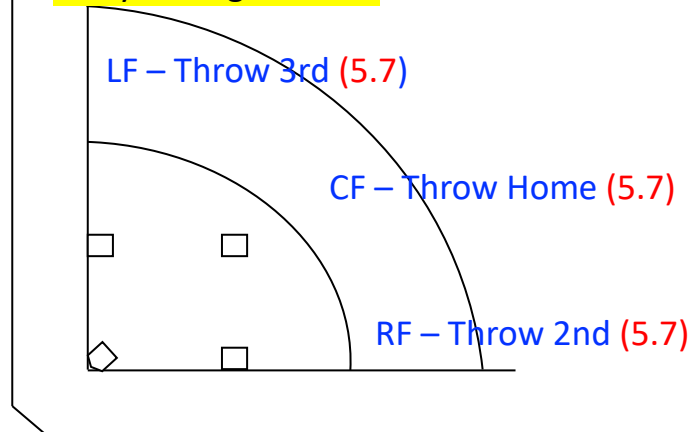
- Relay from CF – thru MI - 3b
- Relay from RF – thru 2b - home



Round 3

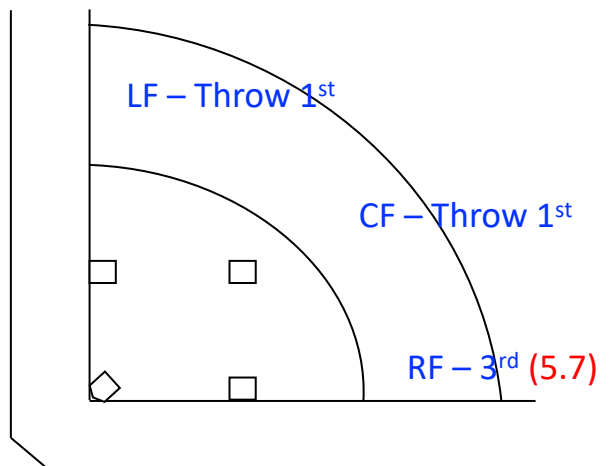
Add:

- 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

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
- **Catchers:** 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

Thank you



Go Cats!