

# 09/21/2022

Some grade 9/10 P's will throw on the varsity field so ALL GRADES check out the **LINK AT THE BOTTOM OF THE PLAN** for that info.

**Wednesday, September 21, 2022**

## **DISCUSSION**

- **Grade 9 & 10 on JV Field after we meet & attendance is taken**
- **Mental Training Article**
- **Review Pitching Plan for Today (SEE CHART) – grades 9/10**
- **Grade 9/10 Pitchers/Catchers throw 15-20 pitch bullpens – ALTERNATE IN FROM FIELD WORK**
- **Why Field Work?**
- **I want our players to take ownership and pride in facilities...don't take things for granted...whether it's a pristine facility like our varsity field or one that has some issues like our JV field**
- **Everyone is going to play a role...not just grades 9 & 10**
- **Grade 9 tomorrow – C224 after school then weights**
- **Discuss Pitching Charts – INSTRUCTIONS (CHART AND EVAL) – ACCURACY ON STATS**

**ATTENDANCE – PLAYERS DO ROLL CALL (EACH TAKE THEIR SHEET & PEN)**

- **WEBER – GRADE 12**
- **ARNOLD – GRADE 11**
- **KOSTEBA – GRADE 10**

- **MOFFITT – GRADE 9**
- **SAME GUYS DO DAILY (YOUR RESPONSIBILITY) – DON'T MISS ANYONE**

## **2:25 – EQUIPMENT OUT**

- **ASSIGN INDIVIDUAL STUFF (SEE LIST BELOW – GET & PUT UP)**

## **2:35 – MENTAL TRAINING/VISUALIZATION**

- **DISCUSS ARTICLE – Does everyone understand what we are trying to accomplish?**
- **Before games, in game, after as well**
- **EXAMPLE – prior to an AB (visualize yourself using the mechanics that you are comfortable with and getting the outcome you want – SEE YOURSELF IN YOUR MIND)**

## **2:45 – Modified Stretch**

- **See stretch sheet**
- **ROTATORS**

## **2:50 – Throw**

- **PARTNER UP – IF/OF/C (P'S MULTI-TASK BY MAKING THROWS OVER A PLATE)**
- **See sheet for routine**
- **ADDRESS LONG TOSS POINTS – Cro-Hop, Stretch Out/Pull Down, Distances, etc.**
- **P'S ONLY – THROW OVER PLATES/BASES AT ALL TIMES OUT TO 90' & IN FROM 90'**
  - **LAST 8-10 THROWS COMING IN WORK CH'S**
  - **Eventually go out to 150' with it**

## **3:05 – Live**

- **See chart**

- Pitchers 15-20 pitches
- Counts 1-1, 2-2, 0-0, etc.
- 10-12 Minutes per Group
- Sprint On & Off Field
- 12' Leads "greenlight" (AGGRESSIVE)
- **QAB – COMPETITION – DON'T OVER FOCUS ON HITS ONLY!!!**
- **P'S CHART – EVALUATIONS**
- Tunnel – Velo (Cuts & 2-Strikes **w/TEE ON HIP**)

#### **4:05 – Baserunning Work (MAX EFFORT/SPEED WORK)**

- Home to 1st – GB
- Home to 1st – Single/Return
- Home to 2nd – Double
- 1B – Delayed
- 1B – H&R
- 1B – SAC
- 1st to 3rd – Single
- 1st & 2nd – Single/Read Arms
- 3B – Tag (On Deck – Slide Help)

#### **4:20 – FIELD DUTIES/EQUIPMENT UP**

- **FIELD DUTIES**
  - C's – Home, V & H Bullpen Areas
  - IF's – 1B, 2B, 3B
  - P's – Field, V & H Bullpen Areas
  - OF's – Sweep Out V & H Dugouts AND Sweep Out V & H Dugout Storages
  - MISC. – Debris Pick-Up
- **EQUIPMENT UP**
  - SEE NOTES BELOW

#### **EQUIPMENT:**

- **VARSITY FIELD**

- Bases Out-Snyder, Adamczewski, Warn
- Baseballs-Ring & Marquez
- Gameballs-Michko
- Pitching Rubber-Smith
- Throw Down Bases/Plates-Szatkowski & Wiers
- FIELD HOME PLATE AREA
  - Bubba-Sivak, Santana, Others
  - Mat-Carra & Peabody
  - Plate-Weber
- HOME BULLPEN
  - Pitching Rubbers & Home Plates-Reese & Romic
- TUNNEL
  - Machine/Cords – Arnold & Robinson
  - Machine Balls-Cuevas
  - Mat-O'Bryan
  - Plate-Tobias
  - L-Screen-Salinas

Scrimmage Groups/Routine (click link)