

09/22/2022

LINK TO LIVE WORK

Wednesday, September 21, 2022

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***

DISCUSSION

- ***FIELD WORK – GRADES 9-12 SATURDAY 8 AM TO 10 AM (Rake/Shovel)***
- ***If you can't make text that you won't be here & why (LEGITIMATE REASONS)***
- ***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***
- ***GEAR SIZES – FILL-OUT FORM USING THE LINK I HAVE ON THE***

PRACTICE PLAN FOR TODAY (EVERYONE)

- **Grade 9 – AFTER ATTENDANCE**
- **Stretch/Get Loose ASAP (BALLS, HOME PLATES, PITCHING RUBBERS)**
- **Grade 9 P's throw in Varsity & Visitor Bullpens (12-15 pitches)**
- **Grade 9 Non P's tracking in Varsity & Visitor Bullpens**
- **C's – HALFELDT, MOFFITT, WIERS, COLBURN**
- **WEIGHTS AT 3:00**

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 – COACH SWARTZ RUN

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

2:53 – 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
- **CHANGE-UP WORK (NOW IS THE TIME TO WORK ON THINGS, GRIP/FEEL-ETC.) – HELP???**

3:08 – Live

- **Review Hitting/Pitching Plan CHART**
- **Discuss Pitching Charts – INSTRUCTIONS (CHART AND EVAL) – ACCURACY ON STATS**
- **2-Strikes (Expand/Protect & Look FB Adjust to CB)**
 - Pitchers 15-20 pitches
 - Counts 1-1, 2-2, 0-0, etc.
 - 10-12 Minutes per Group
 - Sprint On & Off Field
 - Multi Positions move around
 - 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**)
- **BUNT COMPETITION STATION**
- **OFF TO THE SIDE BEHIND HOME PLATE OFF MACHINE**
- **5 BUNTS**
- **RECORD ON QAB SHEET**

ROBINSON BUNT WORK

4:08 – 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)

4:23 – 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

4:43 – WRAP-UP