Baseball: The Self-Evident Truth:
- Game is Played Against a Ball – Not Another Team
- No One Can Out-Run a Thrown Baseball
- The Best Pitch in Baseball is Still a Strike
- ERR’s Come in Pairs
- Batting Ave. is the Most Difficult Skill – Not Hitting! Team
  - Teamwork Means: What Can I Do To Help!
- Team Defense: Limit Opponents to 3 Outs/Inning
  - It’s Defense – Not Pitching!
  - One and Done – Stay Out of the Big Inning
  - Make Them Play Station-to-Station Baseball
  - Keep the Double Play in order
- Team Offense: Consistent Red Zone
  - It’s Offense – Not Hitting!
  - Want to be a Better Offensive Squad? Cut Strikeouts!
  - Defensive Errors - Unearned Runs are Foundation

Navigating a Checklist: Common Elements of the Game, A Quick Review:

**Throwing**
- Make mistakes Up and Down – Never Side to Side!
- Back foot pitcher’s position – Palm down take-away
- Close the front door (shoulder)
- Elbow up - Fingers on top of ball @ 12 o’clock - throw the top of the baseball.

**Catching or Receiving a Baseball**
- Dust the picture frame – autograph of glove toward center of frame.
- Two hands when possible – allows for quicker exchange
- Think “Pocket” not “Web”
- Feet to the Ball

**Ground balls**
- Athletic position with bucket down (butt) - Fingers to the ground (pointed down)
- Keep glove open – “Garage door open...so the car can drive in”
- Stay underneath the ball.
- Receive ball with glove side (foot) slightly forward

**Fly Balls**
- Get in back of ball - keep ball in front of you
- Elbows in - and use two hands – for security and quicker exchange
- Glove side slightly forward as you receive ball.

**Baserunning – General**
- Always know where ball is at.
- Hit front-third of base when running through, and inside third when rounding

**Baserunning – Through 1B**
- Hit front-third; Lean at contact – break the finish-line tape
- Look to the right for ball; Chop up steps while moving to inside of baseline.
Bunting – General
• Low Butt > Squared Shoulders > Hands Out Front

Bunting for Base-hit
• Think down the line or foul
• Work barrel out front
• For right hander
  • Bunt to 3B (shoot first baseman with end of bat)
  • Bunt to 1B (shoot third baseman with knob)

Situation Hitting - Hit-and-Run
• Contact on ground – On top with back side, hands, focal point (Top-Top-Top)
• Grip – Line up middle knuckles
• Hit inside of baseball – Let it Travel – “Take ball out of Catcher’s Glove”

Situation Hitting - Two-Strike Hitting
• Approach – Defensive Hitter - Open up Strike zone
• Shorten Up – On Bat, On Stance, On Distance from Dish
• Think Middle to Opposite

Practice Planning:
1. Practice Time Proportionate… to Most Occurring Game Skills
2. Plan Practice Sessions to Teach - Not to Monitor.
   ▪ Together vs. Spread-Out?
   ▪ Circuits? What are We Working on Coach?
   ▪ Attention Spans (TV Interviews)
3. Dealing With…Stretching? Warm-up? Conditioning?
   ▪ Have a Baseball Purpose!
4. Daily Automatics or Pre-Practice-Fundie Sessions
   ▪ Only as Fast as You can Control Your Actions.
5. Leave Yourself an Out – Murphy’s Law
   ▪ Rain, Schedule Problems
   ▪ If Numbers a Problem: Consider Split-Squad Workouts
6. Create Game-Real Environment for Drills and Practice;
   ▪ Competition and the Law of Specificity
7. Eliminate Game Stressors Through Practice
8. Visualize Practice (for flow, personnel, equipment)
   ▪ Privacy of Your Office or Home
9. Maintain Consistent Format for All Practices
   ▪ Publish or Post Practice in Locker Room, Dugout, Backstop
10. Develop “Approach” in All Practices
11. Evaluate and Archive (save) all Practices
    ▪ Evaluate Practice Effectiveness, Players, and Coaches
12. Use Your Resources and Be Creative!

Teaching With Drills:
• Have a Purpose; a Baseball Purpose!
• Clear Expectations; Key Words
• Consider Attention Spans
• Designed for Instruction and Daily Muscle Reminders: Key Skills
A Few Drills:

4-Corner Bunting
Daily Bunting Drill

PROGRESSION:
- Balance Point - One Hand
- Catcher’s Stance
- Bat End
- Target Bunting
- Bad Ball Bunting
- Power Ball Bunting
- Squeeze Competition

3-on-3 Drag/Push Game
In Outfield or Open Area
With Taped Wiffle Ball

Between 2007-08
46% MLB ABs with Two Strikes
BA: .192

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Dry Swing Warm-Up
When Working Mechanics... Lose the Ball!
- Rhythm Swings
- Line Swings
- Hat-In-Armpit
- Broom Sticks
- 543's
- Check-Check-Swing
- Stride/Hip
- Hips/Hair

Line Swings
Inside Pitch
Outside Pitch

Wiffle Ball Warm-up
Chuck’n-Duck Drill
**Toss Ball Series**
- Rhythm Toss
- Two Ball –-call Ball
- Two Ball – Off-Speed
- Screen Swing (Backside)
- Hit/No Hit Toss
- Opposite Toss (W-Ball)
- Pull Toss
- Pad’n Arm Pit

**Base Hit Competition**
- Line Drive
- Line Drive/Fly Ball
- Groundball Right Side
- Hit and Run
- Teams Supply Pitcher
- Coaches/Parents Judge
- First Team to 20
- SAFETY!
- ON-DECK HITTER!

**Cross-Over Starts: Daily Warm-up Drill**
“*A Base is Stolen in the First 3 Steps*”

**Team Baserunning**
5-Runner Drill
- RH Hitter: H to 1B or H & 1B Turn
- LH Hitter: Double
- Runner at 1B: To 3B – Hit/Run
- Runner at 2B: 2-out Score
- Runner at 3B: Tag to Home
- Rotation
  - LHH - 2B - RHH
  - RHH - 1B - 3B - LHH

**Signs/Situational Hitting**
Painted/Throw Down Bases in Open Area
- Place Runners
- Simple Signs:
  1. Wipe-Off
  2. Hold-Release
  3. Look-a-Way Sign
  4. Run: Left vs. Right
  5. Drag Bunt

**Perfect Touch**
Runner Calls *“Base”*
- Home to 1B
- Home to 2B

**Coach’s Foot**
Double Runner Drill
Coaching Runners at Home

Baserunning Skills/Circuit

CCS Jump Rope Program

- Execute each jump until you mess up - write your totals in the adjacent column.
- No Second Chance - Go on to next jump.
- For 2 Foot - One minute, count total number of jumps for entire minute regardless if you mess up.
- Goal for bottom total is 1000.

Throwing Checklist
Throw for Skill...Not for Warm-Up!

Infield
- ON RUN
  - PIVOTS – Shirt Pocket
  - RELAYS
  - RETURNS 1st & 3rd
  - ACCURACY Comp

Catchers
- RAKE
- JUMP STEP
- BUNTS LEFT
- BUNTS RIGHT
- ON RUN
- FAKE 1 GO 3

Outfield
- PICKS
- INTENTIONAL PASS
- PITCHOUT
- BUNTS to Each Base
- DP’S MIDDLE

Pitchers
- GLIDE STEP
- GROUND BALL
- REVERSE PIVOT
- AT FENCE
- ACCURACY Comp

5-MINUTE DAILY
GROUPS OF 4:
- 4-CORNER CLOCK WISE:
  - FEET TO THE BALL
  - OUT OF SHIRT POCKET
  - TAGS
- 4-CORNER COUNTER CLOCK:
  - AROUND BALL
  - CLOSE FRONT DOOR
  - TAGS
- 4-MAN RELAY LINES
  - NO JUMP – NO SHORT HOPS
- 4-MAN ON-RUN LINES
  - PARTNER SHORT HOPS:
    - FRONT - FOREHAND - BACKHAND
Warm-Up: Play Catch

1. No Runner: Play Catch
2. Runner: Play Catch

SIT DOWN - PLAY CATCH
- ALL DEFENSE WITH BALL IN GLOVE
- DEFENSE GO WHEN RUNNER STARTS
- ADJUST RUNNER FOR COMPETITION

5-MINUTE DRILLS

INFIELD GROUND BALLS TO 1B/2B
OPTIONAL RUNNERS
- RUNNERS START HALFWAY POINT and ADJUST
- RUNNERS START CONTACT WITH GLOVE

5-Minute Drill: First-and-Third

Only Fast Enough to Control Actions

5-MINUTE DRILL
ALL FIELDERS

Group: Dance Class
- Glove Side
- Step (Glide) Through
- Close the Front Door
- Fingers on Top

5-MINUTE Series - Outfield
Working Skills? Lose the Bat!

Daily Rules:
- Throwing Mistakes: Up and Down
- Never: Side to Side
- Never: Behind You

Daily SKILLS
- GLIDE STEP
- REVERSE PIVOT
- AT FENCE
- QUARTERBACKS
- FLYBALL/LINE DRIVES
- SHORT HOPS GB
- ACCURACY COMP to Screen
- Not or Side of Cage

5-MINUTE DRILLS
Relay Pressure Drill

OUTFIELD START WITH RUNNER
- GLOVE SIDE - GLIDE STEP – 12 NOON RELEASE
- COACH - ADJUST RUNNERS FOR COMPETITION
God Bless and Have a Great Season

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