

BASEBALL PROGRAM DEVELOPMENT

Practice Planning
&
Position Based Throwing

Lincoln-Way West Baseball
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WARRIOR BALL

- × Fundamentals
- × Focus
- × Competitiveness
- × Mental TOUGHNESS



What you see during the game is the product of what you allow to happen in practice

BUILDING A PHILOSOPHY

- × **Organizational Approach**
 - + Program Characteristics
 - + Player Development List
 - + Drill Checklist
 - + Create segments into your practice outline

PROGRAM CHARACTERISTICS

- × Facilities
- × Amount of players
- × Amount of coaches
- × Equipment limitations
- × Amount of practice time (hours)
- × How many practices before your 1st game

PLAYER DEVELOPMENT LIST

- × Hitting
- × Catching
- × Pitching
- × 1st Base
- × 2nd & Shortstop
- × 3rd Base
- × Outfielders

DRILL CHECKLIST

- × Team Drills
- × Game Situations – Pressure Plays
- × Team Offense
- × Team Defense
- × Infielders
- × Outfielders
- × Catcher's
- × Pitcher's
- × Hitting & Hitting Rounds

BUILDING YOUR PLAN

- × Create segments into your practice outline
 - + Warm-up & throwing
 - + Offensive Skills (hitting, bunting, base-running, etc.)
 - + Team Defensive Work (bunt coverage's, 1st & 3rds, rundowns)
 - + Defensive Individual Improvement Time
 - + Pitching & Catching
 - + Strength & Conditioning

PRACTICE GOALS – MY OPINION

- × Warm-up & Throw
- × Hit every day
- × "Handle" the baseball each day
 - + Bunt Coverage's
 - + 1st & 3rds
 - + Rundowns
 - + Pregame Routine
- × Pitcher's get their work in
- × Pressure Plays – Situations
 - + Breed Competitive Baseball Players

YOUTH PRACTICES

- × 3-4 coaches
- × Separate into 3-4 groups
- × Everyone meet for drill demo
- × Split up into 3-4 groups execute the drill

- × Benefits
 - + More reps with smaller groups
 - + Keeps kids attention – always moving

POSITION BASED THROWING

- × Benefits
 - + Utilizing the time you have with your players
 - + Helps players keep focus & be creative while throwing
 - + Allows players to maximize reps during practice on plays they don't get much time to work on
 - + Can use in whatever space you have for practice
 - + Only takes 10-15 minutes of practice time
 - + Pair your players up by position so they can work each other out during this time

WHAT TO LOOK FOR AS A COACH...

- × When a player makes a bad throw...

- × Fundamental reasons – KISS method
 - + "WERE YOUR FEET LINED UP?"
 - + "DID YOU GET YOUR MOMENTUM TO YOUR TARGET?"
 - + "WAS YOUR HEAD LOCKED IN?"

THROWING COACHING POINTS

- × Grips & Wrist throws
 - + 2-finger vs. 3-finger on top of ball
 - + 4-seam grip
 - + Thumb under ball
 - + Rotation of the ball (play catch with your players)

- × Head Locked in
 - + "the more movement the more problems"

- × Alignment
 - + Align for success
 - + Upper Body - "shoulders & separation"
 - + Lower Body - "Feet 1st"

THROWING DRILLS

- × Bare-hand & Glove Catch
 - + Check grip & separation
 - + Bare-hand Forces the use of two hands
 - + Working on transition & upper body alignment
 - + Snapping wrist & fingers – getting ball to rotate as fast as you can back to you
- × Upper body alignment
 - + Shoulder Alignment
 - × Separation (glove & throwing hand)
 - × Thumbs down separation
 - × "Eyeball" in the glove
- × Lower Body Alignment
 - + FEET 1st!!
 - + Always use a line if possible
 - + Get bodies moving (footwork)
 - + Long toss - Shuffle-shuffle to target ("close the gap - make it a shorter throw")
 - + Quick hands & feet

INDIVIDUALIZED DRILLS – RECEIVING THE BALL

- × All Infielders
 - + Work relays
- × 1st basemen
 - + Short hops & picks
- × Middle Infielders
 - + Quick hands & feet (turn the ball over)
- × Catchers
 - + Blocking the plate

INDIVIDUAL THROWING

- × Infielders
 - + Groundballs (switch throwing directions)
 - + Backhand & Forehand positions
 - + Diving backhand & forehand positions
- × Outfielders
 - + Crow hop throws (fly-balls & groundballs)
 - + Ball rolling off the fence (back to infield)
 - + Ball that is not moving in grass
- × Catchers
 - + Throwing to all bases (set body up)
 - + Blocked ball or drop 3rd

GROUP THROWING DRILLS (EXAMPLES)

- × Infield
 - + 4-corner drills
 - + Working footwork & turning glove side
 - + Accurate "feeds"
- × Outfield
 - + Wall drill