



LNHS BASEBALL

Coaches Clinic



LNHS Coaches

- Tony Market - Head Coach
- Eric Gassman - Asst. Head Coach
- Brent Henze - Pitching Coach
- Scott Schmelzle - Varsity Asst.
- Jake Plucinak - Junior Varsity
- Jake Groff - Sophomore Coach
- Peter Grassl - 9th Coach
- Tim Thoreson - 9th Coach
- Doug Stanton - Throwing Mechanics

Line Up

- Introductions
- Coaching Today
- Presentations
 - *Practice Planning*
 - *Throwing Mechanics*
 - *Fielding Mechanics*
 - *Hitting Mechanics*
- Closing Remarks
- Discussion

Coaching Today

Addicted to Immediate Feedback

Things have really changed with the introduction of the smartphone and the use of social media to get anything and everything out there.

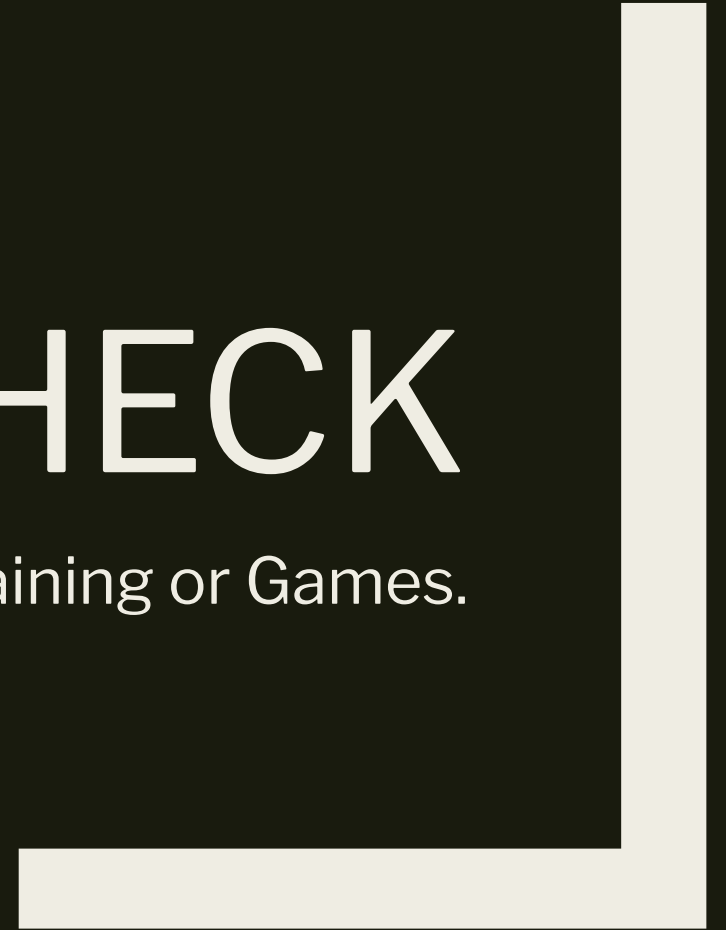
The kids latch on to something that they just watched and then try to do it.

However few of them understand what it is that they are doing. Fewer of them actually feel what it's supposed to be working on.

- Everything that is out there is 100% accurate and good according to the source.
- Has to be appropriate
- Has to be accurate
- Has to align with foundation
- Have to feel it
- Antonelli Baseball- Great Resource

ME CHECK

Mentally and Emotionally Ready for Practice, Training or Games.



ME Check

Getting mentally and emotionally ready for practice

- Takes 2-3 Minutes
- Totally Quiet
- What am I going to focus on today
- Leave the baggage
- Invest in myself
- Invest in my teammates
- Be Between the Lines



PRESENTATIONS

Find 1-2 things that you can commit to doing.



PRACTICE PLANNING

Coach Scott Schmelzle
LNHS Panthers Assistant and LBA Youth Coach

Meaningful Touches

- Be Organized
 - Divide and Conquer
 - Find ways to keep the kids busy.
 - Need to be successful
 - Need to feel what they are doing
-
- Like planning a Birthday Party for every practice



Practice Plan – My Goal

- Written or spoken to my fellow coaches, it is what I would like to accomplish with the time I have.
 - It requires me to think about what work needs to get done that night
 - Create a possible checklist of all the things that we need to get done before the first/next game.
- I have to think about:
 - *Drills for each group/position/etc*
 - *Time spent in each session/portion of practice*
 - *Maximizing my time with the team*
 - *Getting everyone involved*
 - *Limiting down time or standing time*

Practice Plan

Sample 1

Team	North 10 AAA		Location: King 5
Date	4/19/2020		Practice #6
Time	Drill	Focus	Coaching Points
6:30	WU Throw	Short to long toss, finish with quick toss	Using legs, watching front arm
6:35	Round the	Follow throws, use legs	Using legs, watching front arm
6:40	Horn		
6:45	Short Toss scrimmage	Break into 3 Teams of four players	Catcher quick/accurate throws
6:50		Play all position except Pitcher	Mid Infield: covering bases
6:55		6 outs / clear bases after 3 outs	Hitting cut-offs
7:00		Stealing bases is legal (explain rules)	Running bases smart
7:05			
7:10		Team 1: Tyler, Jacob, Kutter, & Calvin	Identify catchers from each team
7:15		Team 2: Auggie, Cole, Jack, & Aidan	Rate: Good / Needs work / Can't
7:20		Team 3: Teddy, Mason, Kade, & Brett	
7:25			
7:30			
7:35	Stealing bases	Pitchers throwing strikes	Pitchers good form
7:40		Catchers throwing to bases	Catcher Rt/Lt throw (low)
7:45		Mid Inf covering bases	Mid Inf: Position for throw
7:50		Runners getting jumps	Runners start/slide
7:55	Field cleanup	Raking, bases, etc..	
8:00	Up	What did we learn...	

Practice Plan

Sample 2

Team	North 12 AAA		Location: Dundas Dome
Date	3/7/2018		Practice #1
Station/Drill/Concept		Coaching Point	
6:00	Dynamic Warm-up	Looking for good technique & effort / This needs to get the heart-rate up	
6:10	Throwing with TBR drills	See warm-up sheet / I'll include some videos to help illustrate these	
6:20	Teaching leads & Spoke	Lead: Step w/left foot, step w/right foot, then two shuffles Spoke: one step to base and dive for back corner Start presenting the different leads with 0/1 out (in the baseline) versus 2 outs (deeper lead about 2 feet behind baseline)	
6:30	Pick-off moves	Rt Handers: Jump turn & throw / Kade: 45 deg step	
6:40	Runner on 1st Situation (rotate from 1B - runner- MID Inf - P - C) Pitchers get one pick then have to throw home	P, C, 1B, Mid Inf, & Runner work on Pick-off/Steal concept P & C: P=varying their looks & quick / C=quick release & accurate/low throw Coach @ 1B working on footwork: right foot next to front corner, left foot in front, body facing P / flex legs and sweep tag / watch them Coach @ Mid INF: position body in front of bag, use the momentum of the throw to take the ball/glove to the runner Coach w/runner @ 1B: Rt P=look at heels (lt lifts=steal / rt lifts=back) / Lt P=glove shoulder (straight=steal / @ you = back) [hand to foot] Coach w/runner @ 2B: Sliding to avoid tag (avoid to the side opposite of fielder & feet first hook slide / head first hook slide)	
6:50			
7:00	INF / OF Stations (Rotate every 5 min) High Volume w/ a coach hitting & teaching	OF: Hit fly-balls and have them work in from two different spots Focus on getting feet set/no drift & releasing ball quickly to coach IF #1: Work on getting around a ball hit directly at them (focus on getting to left foot down, then right/left throw in two steps into net) [softer] IF #2: Work on footwork for backhand/forehand with grounders Backhand is either a stab step with left foot or throwing from right ft Forehand is getting around/through or spin steps	
7:10			
7:20	3 ball competition	Need 15 baseballs per side & will throw into the soft toss net Lay out 5 sets of 3 balls in a row (will have to set up Kade diff) Groups of five: Group 1() Group 2() They have to throw each ball as fast as they can to the net (miss = 2 squat jumps) & run to tag next guy in line (1st done wins)	
7:30	Finish	Things to think about: teach their dog/cat/parent about leads, picks, or how to spoke	

Practice Plan

Sample 3

I am thinking about doing the following:

- Pitchers on the mound working on picks at 1st, 2nd, & 3rd
- Leads and steals (may do this with pitcher picks)
- Chaos infield drill
- Pop-up priority
- Individual drill work (maybe?)
 - Catcher's blocking and receiving
 - 1st base catching/footwork/scoops
 - Middle INF double plays
 - Corner INF fielding slow rollers

Thoughts?

Practice Plan – My focus

What is the focus for this portion/session of practice:

- Warm-ups: Technique and athleticism
- Throwing (long toss): Legs / Front side / Momentum
- Throwing (short toss): Quick release / catch mechanics / accuracy of throw
- Infield play: Footwork / Glove work / Feeds / Specific plays
- Outfield play: Drop steps / Routes / Catch mechanics / Throws & Cuts / Communication
- Base running: Mindset or Information / Reads / Steals / Picks
- Hitting: Technique work / Tee work / Front Toss / Team BP drills
- Pitching: Mindset or information / Bullpen drills or situations / Picks / Fielding / Secondary
- pitches / Fixing Issues

Practice Plan – Source for drills



can be a great resource: Dirt Brothers Infield, #STdrills, Baseball vault

- Connect with another coach (youth, high school, college, or pro)
- Grab a book
- YouTube
- Make up your own based on what your group/team/individual players needs are

Practice Plan – Competition

- How are you pushing them to compete?
 - *Is there a winner?*
 - *Is there failure?*
 - *Is it always easy/repetitive/boring*
 - *Is it mentally challenging or mentally defeating*

THROWING MECHANICS

Coach Brent Henze
LNHS Panthers Pitching

When Should I Start Teaching Throwing Mechanics?

The following information comes from Tom House and his Team Mustard App. Who is Tom House? [Click here...](#)

- **Teach them to play catch first**
 - Can they catch with their palm facing the oncoming ball and pick the ball out of the air? Or do they wait for the ball to hit their open palm?
 - If they can't play catch with their palm facing the ball, don't worry about throwing mechanics. They are not ready.
 - Until they can do that, play catch with wiffle balls or tennis balls.
 - **NOTE:** Most kids quit baseball because of a fear of the ball. DON'T compound that with a hard ball before they are ready.
- **Practice Playing Catch With One Hand**
 - “You catch with one hand and you throw with two hands.” (Sounds weird, right?)
 - Have your kids put their throwing hands in their pocket or tuck them into their belts and catch ground balls with one hand
 - Then exchange it and toss it back to you.
 - Do the same thing with pop flies.
 - Your eyes work better catching with one hand than they do with two.

Where Do You Begin?

- **It ALWAYS begins with a good warmup!**
 - **NOTE TO PLAYERS:** If your coach doesn't care if you warm up or their warmup doesn't get you warmed up well enough, take it into your own hands.
 - Do whatever it takes for you to be ready to throw with 100% intent.
 - Don't care if it looks weird
 - Don't care if a coach is upset
 - Show up earlier
 - Do it where nobody can see
 - Just get it done
 - **NOTE TO COACHES:** In a perfect world, you will see the importance of a proper warm up.
 - Find a warmup that your players will do every day (make it a routine)
 - After your team routine, give players a few minutes of free warmup time to do what they need to do to prepare their bodies for 100% intent.

What is included in a “Good Warm UP?”

- **Core Temperature Elevation**
 - Increasing blood flow in your body prior to throwing with intent is key to keeping arms healthy.
 - Jogging, skipping, bounding, carioca, side shuffles and spinal rotations, all while focusing on keeping the head still and the trunk stable
- **Arm Care and Recovery**
 - Flex T walks, flex T carioca, walking arm circles and speed towels are examples in the TEAM MSTRD app.
 - They can be used Pre-Throwing (warm up) and post throwing (recovery).
 - They can be modified by using a baseball or weighted balls.
- **Upper Body Flexibility**
 - In and outs, arm saws, hand and finger presses, pulls and pushes, behind the back presses, arm circles and others are shown in the app also.
 - All of these promote shoulder flexibility and stability.
 - These should be incorporated into your everyday pre-throw routine.
- **Short On Time?**
 - If you don't have time to do a full warm up, pick a few exercises from each category to get loose...
 - [Team MSTRD App](#) has a daily warm up plan you can use.
 - You may have seen some of these crazy looking warm ups in the NFL this year with Quarterbacks in which the TV Analysts are making fun of them...

Where do you really begin teaching throwing?

- **Point the glove at the target, shuffle their feet and throw.**
 - It is that simple... Don't complicate things and talk about what they should be doing with their arms or feet.
 - Even the most uncoordinated kids, when asked to shuffle, will come up with a crow hop or step behind. And it doesn't matter which one; it's just to get the body moving.
- **How do his/her hands break?**
 - If your kids' hands go palm-up when they break, they probably don't have the functional strength to throw yet.
 - If they do that, have him or her break their hands with the thumb down.
 - This will be a harder position to hold, so be mindful that they have to make fewer throws.
- **Grip Matters**
 - 2, 3 or 4 fingers?
 - As tempting as it is to teach young kids to hold the baseball with two fingers, like they're throwing a big-league splitter, let them hold the ball with three or four fingers to start.
 - They may need that extra strength to hold the ball,
 - It doesn't make a difference how many fingers they use as long as the thumb and middle finger cut the ball in half.
 - As they grow and get stronger, they always figure out on their own when to move those extra fingers off the ball.

Starting To Pitch?

- Tom House doesn't believe that pre-adolescents and Little Leaguers should be competitive pitchers - **regularly throwing off of a mound** - until they are at least 11 or 12 years old. "It's not until then that their functional strength is adequate enough to support and stabilize their bodies against the extra forces created by throwing off of a mound."
- When they are strong enough, keep things simple for them
 - You don't have to use big words... And you really shouldn't with young athletes...
 - When coaching kids, Coach House breaks pitching down to four main ideas:
 - **Go fast**
 - **Keep the glove in front**
 - **Keep the eyes level**
 - **Keep the back toe down**
 - **NOTE:** These are all concepts he uses for big league pitchers, too!

Go Fast!!!

- “I can’t say it enough: GFF! That’s “Go Forward Fast.”
 - Move as quickly as possible down the mound.
 - Doesn’t matter how weird it feels for them...
 - It’s better to be too fast into foot strike than too slow.
 - If you want to read more about GFF, check out Team Mustard’s blogs on [timing and stride length](#) and [lift and thrust](#).”

Glove in Front

- Keeping a firm front side is essential in the pitching delivery
 - Squeeze your glove as hard as you can.
 - [Roger Clemens was the best example of this \(click here to see\).](#)
 - Clemens squeezes the glove so hard it seems like he'd crush it.
 - That muscular activation serves to stabilize the front side.
- Keeping the glove in front will ALSO keep kids ready to field balls that come right back at them
- If you want to read more about how to use the glove, check out Team Mustard's blog on the mechanical variable [swivel and stabilize](#).

Eyes Level

- Very hard concept during pitching delivery
 - Have them practice it when they're walking around.
 - Tilt their heads any way they want - to look down for pennies, to look up at the sky, anything that gets the eyes off of level.
 - They learn quickly that if the eyes aren't level, even something as simple as walking is difficult.
 - **Understanding** the concept of how a tilted head messes up balance will carry over to the pitching delivery.
 - Ask them, "Do you want to look for pennies or dollars?"
 - If they're looking down, they're looking for pennies.
 - If their eyes are up and they're looking at the target, they're looking for dollars.
 - **NOTE:** If the head moves inappropriately before foot strike, it's usually due to an issue with functional strength, which is yet another reason why kids shouldn't be pitching regularly until they're 11 or 12 according to Coach House.
 - If you want to read more about keeping the eyes level, check out his blog on [head position](#).

Back Toe Down

- Keep the back foot on ground until the ball leaves the hand.
- Go as fast as you can and throw as hard as you can, but don't let the foot leave the ground.
- It will get to a point when the front foot hits that they no longer can keep the foot on the ground, but trying to keep it down will help perfect the timing of the delivery.
- If you want to read more about keeping the back foot down, check out the TeamMSTRD blog on [drag lines](#).

3 Efficient Arm Positions

1. At foot strike, the forearm should be inside 90 degrees with arm.
2. At foot strike, the elbow should be slightly below the shoulder
3. As the pitcher/thrower rotates toward the plate and begins to square up his chest with the target, his glove side should firm up to provide something stable to rotate into.

NOTE: These key positions were identified by Ron Wolforth of the Texas Baseball Ranch after looking at thousands of pictures of MLB pitchers - both those who stayed healthy throughout their careers and those who constantly battled injuries.



How Do We Teach These 3 Positions?

- Can't just be talked about....
- Athletes need to "FEEL" it.
- Connection Ball
 - 12 inch, inflatable that has a rough and sticky feeling which helps athletes keep it in place no matter the conditions.
 - Gives immediate feedback to athlete and coach
 - Purpose is to link up the body to become more efficient and achieve "Late Launch." (Visualize or practice throwing motion through doorframe)



Position # 1

At foot strike, the forearm should be inside 90 degrees with arm.

The Connection Ball is put between the bicep and forearm so that the forearm is at a less than 90 degree angle (See Diagram Below).



Position # 2

At foot strike the elbow should be slightly below the shoulder

The ball is put under the armpit area and held by the athlete to ensure that his elbow is slightly below the shoulder

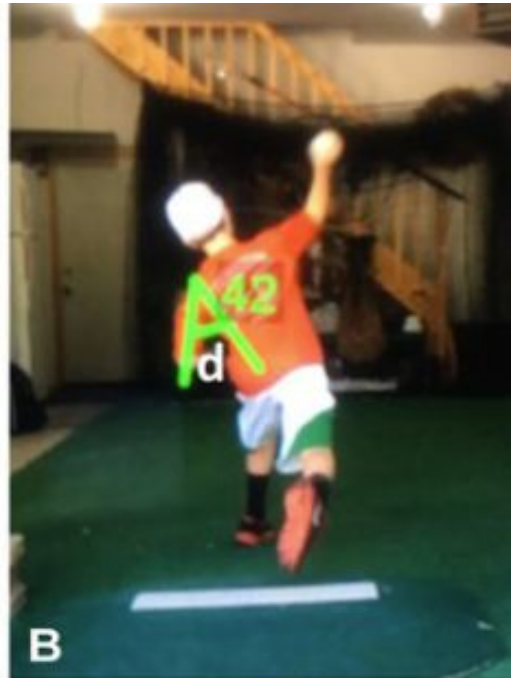
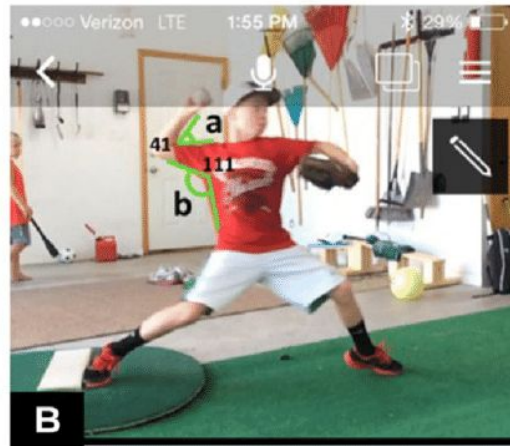
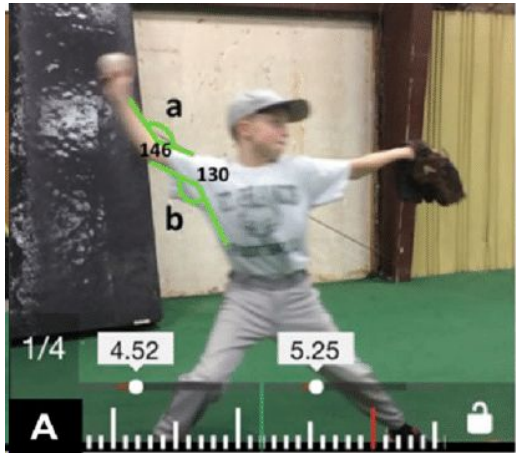


Position # 3

As the pitcher/thrower rotates toward the plate and begins to square up his chest with the target, his glove side should firm up to provide something stable to rotate into.

The Connection Ball is put between the bicep and forearm or held in the glove side hand so that when the athlete rotates he squeezes the ball which helps to firm up his front side.





Pitching/Throwing Summary

- **These concepts are just the beginning and ones that are very important for our athletes to learn at ALL ages, especially early on.**
 - Go Forward Fast when pitching
 - Glove stays in front - As the pitcher/thrower rotates toward the plate and begins to square up his chest with the target, his glove side should firm up to provide something stable to rotate into.
 - Eyes Stay Level
 - Back toe down
 - At front foot strike, the forearm should be inside 90 degrees with arm.
 - At front foot strike, the elbow should be slightly below the shoulder.

According to Ron Wolforth at TBR, it takes 21 consecutive days of correct movement patterns to re-teach the body a new way of moving (based on stroke victim research). It will be weird at first... Change comes with practice.

Links

- Products and Services
 - [Team Mustard](#) - Website and Free App
 - Follow Team Mustard on Twitter - [@TeamMSTRD](#)
 - Follow Tom House on Twitter - [@TomHouse](#)
 - [Texas Baseball Ranch](#)
 - [Florida Baseball Ranch](#)
 - [Oates Specialties](#) - Great training products, videos and informational blog posts!
- News Articles and Videos
 - [Getting Started: Kids Have to Learn to Catch & Throw Before They Pitch](#)

Questions

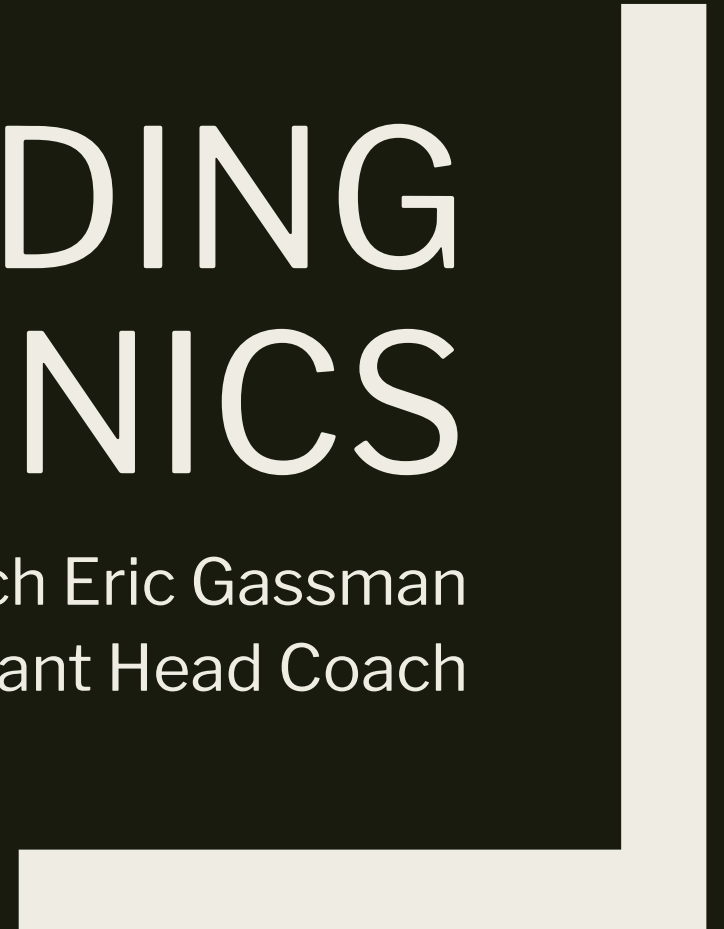
- Brent Henze
- Email: brhenze@gmail.com



- @CoachHenze

FIELDING MECHANICS

Coach Eric Gassman
LNHS Panthers Assistant Head Coach



Fielding is Simple

Catch the Ball

- Fielding a batted ball is simply **catching it** -before or after it bounces.
- Because catching the ball is key, we start practice with the hand/glove work.
- While we start with the hands, we definitely want players to develop rhythm and momentum when fielding with their lower half, but ***one thing at a time...***



Catching the Ball

Repetition is Key



*At youngest levels- try tennis ball underhand with no glove (pinch sideways between thumb & forefinger), then with glove.



*At younger levels- repeat, repeat, repeat. Play Catch, Lines, Relays, Contests.

*As they age- Catchers need receiving drills. Outfielders need practice catching the ball where they can see both their glove and the ball (glove side and backhand).





For Infielders... Simplify

Take away the lower half to focus on hands
Recommend:

- Short hops (thrown)
 - One-handed
 - Forehand/Backhand
 - Glove coming forward
- In between hops (thrown)
 - Two-handed
 - Funnel toward throwing shoulder
- Batted balls (if inside or turf)

Infielders **Glove Position:** In front, but relaxed



After hands, incorporate the lower half

Right Left Field...Right Left Throw

- Offset the ball to the **glove side**
- Use feet to get the **big hop or short hop**
- Break down your footwork (**small steps**)
 - Circle or V-Cut
- Fielding
 - *Right* = **Long**
 - *Left* = **Wide**
- Throwing
 - *Right* = **In Front toward target**
 - *Left* = **Throw**

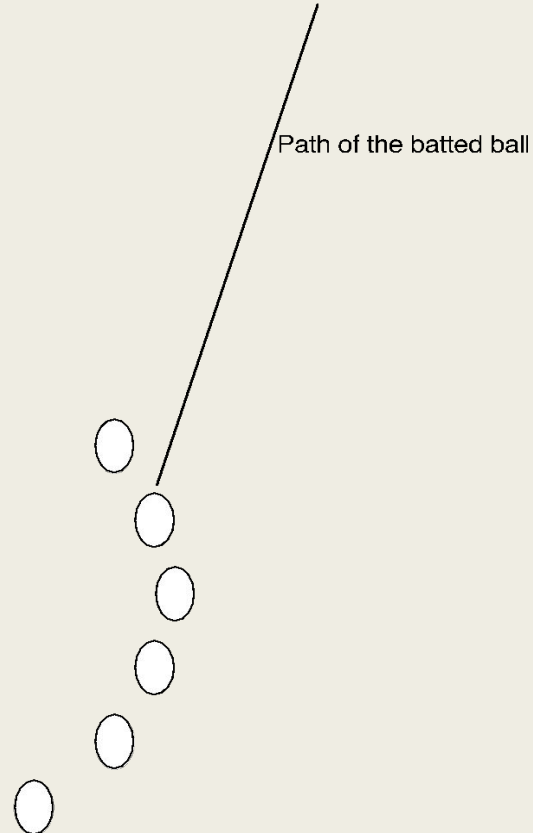


Offsetting the Ball or V-Cutting the Ball

LANGUAGE: TEACH KIDS TO “FIELD THROUGH IT” OVER “GET IN FRONT OF IT”

Off Setting the Ball to the Glove Side

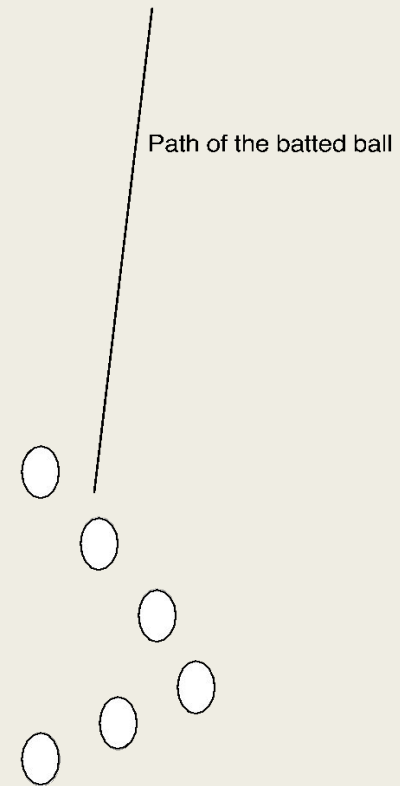
Target



V-Cutting the Ball to the Glove Side

Typically the player uses the V-Cut on Hard hit ground balls that are right at them or slightly to the backhand.

Target



Getting the Good Hop

One strategy is to count the hops

Speed of batted ball and trajectory off bat are the keys in the infielder creating his hop. If it is SMASHED at you – you don't get to choose.

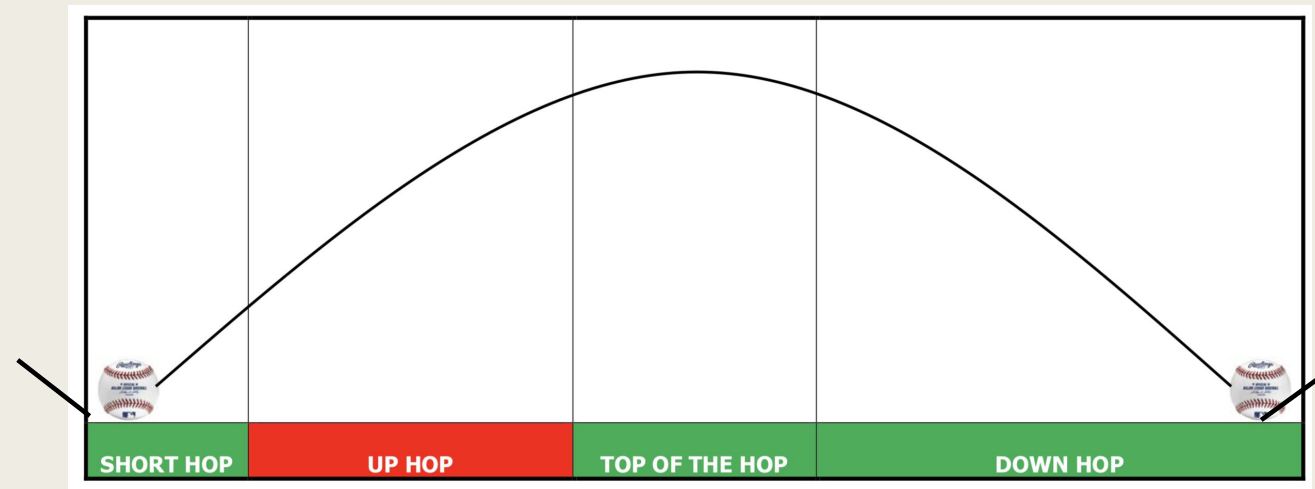
Three of the four are “fielders hops”

1. top hop
2. downward hop
3. short hop
4. up hop (in between)

Three out of the four possible hops are “fielder hops.”

But if you have time to offset (which gives you a better angle to see the hops) you can count hops and Catch it ON THE COUNT (short hop) or on the HALF COUNT (top).

Just don't field it right AFTER a count!



Preparation to Field

Develop a Routine

- Between pitches, encourage players to
 - *Think about the situation*
 - *Know where to go with the ball (on the ground/in the air)*
- As pitcher readies, say “Hit me the ball!”
- And step into the Circle of Readiness or “Ring of Fire”



Outside the Circle

Communicate Situations With Team

Outs, runners, coverage, plays

Communicate with Dugout

Infield Positioning

1-2-3-4

Outfield Positioning

90's/Shade left/shade right



Rhythm to the Circle

Positive Active Movement

Timing with the pitcher's delivery

Peripheral Vision-Baserunners



Circle of Readiness

Weight on the balls of your feet

Present/See your glove

Track Pitches to the hit zone

Anticipate swings and direction

This is when you are most focused



Fielding Drills

- Ball in Glove Drills
- Remove the lower half
- 1 handed fielding
- Cone Work
- Ladder Work
- Shorten the Distance
- All About the Reps
- Make opportunities for meaningful touches

Fielding Videos

Knees

<https://www.youtube.com/watch?v=xbJIQE9bnYU>

Ladder Warm Up

https://www.youtube.com/watch?v=DNth9_HdJRk

3 Cone

<https://www.youtube.com/watch?v=QaXiNUOzJ2k>

Hands Routine

<https://www.youtube.com/watch?v=SHA1orN7eHE>

Shorten the Distance

<https://www.youtube.com/watch?v=XDwFdR4gluQ>

HITTING MECHANICS

Coach Tony Market
LNHS Panthers Head Coach

Phases

Everyone gets through the same phases of the swing



Hitting-Foundation

■ Foundation Basics

- **Stance-** (*Stance Check Glasses*)
- **90's Concept-** *Front Elbow, Front Forearm and hands/bat, Elbow to Elbow*
- **Load**
- **Stride and Separation-** *Hitting Sticks*
- **Bat Lag**
- **Palm Up Palm Down-** *Contact to extension*
- **Bat Path Angle = Pitch Angle**
- **Letting the Ball Travel and Staying Behind It**
 - **Bat Lag**
- **Freeze Frame-** *Freeze follow through of swing to check for balance*

Stance

Balanced- “K” Position

Vision- Eyes square and level

Relaxed with some rhythm

Grip is in in the fingers



90's Concept

Front Elbow

Front Forearm and Hands/Bat

Elbow to Elbow

Some refer to it as the “box”

Kids should understand 90's



Load

Load into the backside anchor

Back knee stays inside the back foot

Keep head still

Scap-Loading- Knob at the Catcher



Stride and Separation

Biggest issue with young hitters is getting from stance to the launch



- Weight transfers to midline
- Back Shoulder Scap Loads
- Front Shoulder Aims at Contact
- Front foot landing
 - *Closed or Open*
 - *Flat vs Ball of foot*
- Energy is still in the backside

Bat Lag vs Bat Drag

Back Elbow in the Slot

Barrel Relationship to Hands

Inside the Ball

Stay behind the ball

“Knob of the bat to the ball”

“Hands on the Tracks”

Hips are doing the work... Hands on a ride



Palm Up

Palm Down

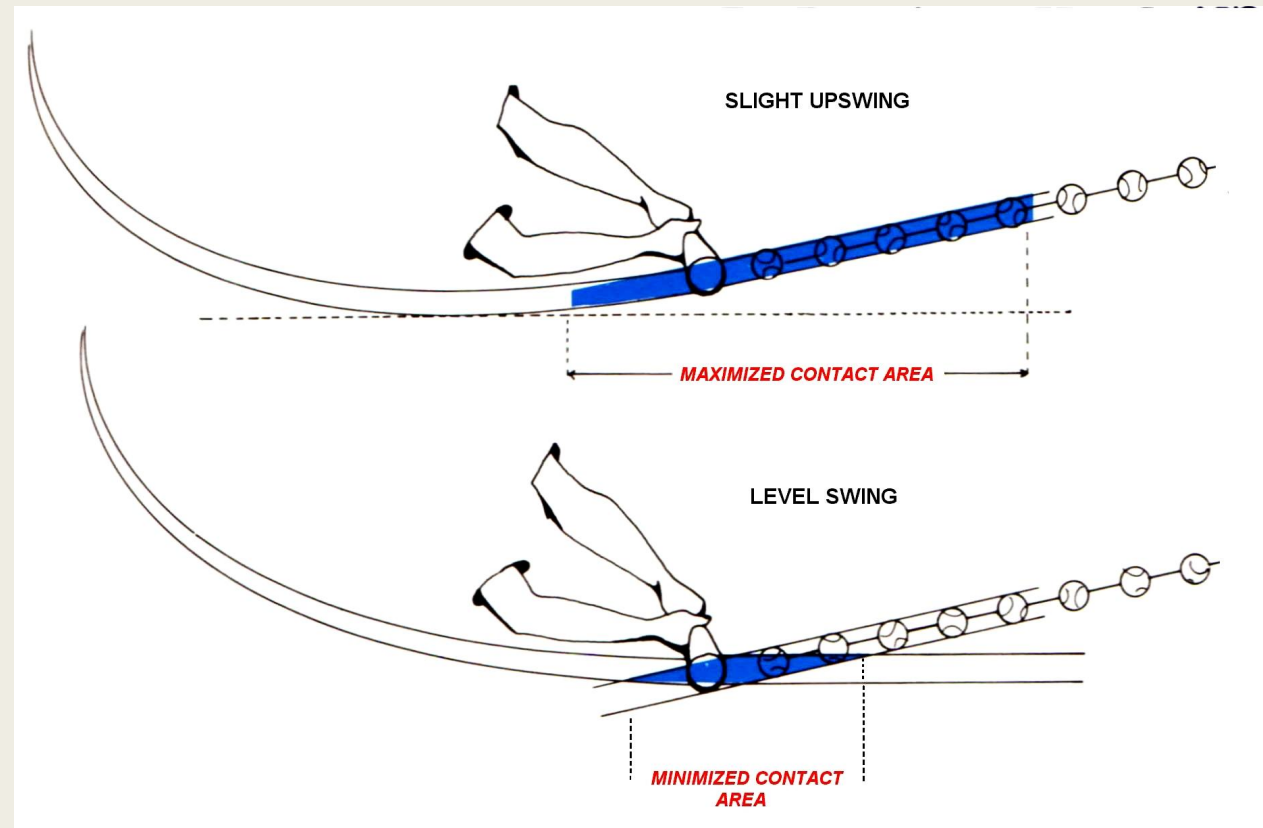
Top Hand.....Skips a Rock

Bottom Hand ...Wipes a table



Launch Angle and Pitch Angle



















- Goal is to get these angles to match up to give your self the best possible results.



Lag, Contact and Extension



The Absolutes of Hitting

 The Absolutes of Hitting							
Phase 1: Athletic Stance	Phase 2: Balanced Stride	Phase 3: Launch Position	Phase 4: Rotation	Phase 5: Connection	Phase 6: Level / Up Swing	Phase 7: Hinge / Extension	Phase 8: Follow Through
							
Athletic Stance Maintain a Rhythm	Comfortable Leg Lift Head Over Center	Knob Toward Catcher Front Heel Down	Front Foot Pushes / Stops Back Knee Torques	Passive Hands Trail Body Get on Swing Plane Early	Swing Level / Upward Back Toe Gets Dragged	Front Leg Locks / Extends Back Knee Hinges	Hands Fully Follow Through Preference: 1 vs. 2 Hands
							
 ATLET ATHLETE ENHANCEMENT TRAINING							
Strength Inspired. Sport Applied							

Hitting Drills

■ Drill Work

- *Hitting Sticks*
- *Tee Work*
- *Soft Toss*
- *Front Toss*
- *3 Plate Hitting*
- *Boards and Blocks*
- *Hitting Weighted Objects*

Hitting Videos

PVC Sticks

<https://www.youtube.com/watch?v=L8JyXpyo3cw>

Blocks Drill

<https://www.youtube.com/watch?v=iXQkiIKmiaU>

3 Plate Hitting

<https://www.youtube.com/watch?v=6Q5BWNFTYJs>

Weighted Balls

<https://www.youtube.com/watch?v=Z09CYzsDsl8>

Tee Drill

<https://www.youtube.com/watch?v=hcNGT6ZcH1s>

Feet Together Tee Drill

https://www.youtube.com/watch?v=vLbpAoG_dgQ

Hitting-Mental Training

- Quality at Bat Averages
- Base Advance Average
- Setting Goals

Quality At Bats

Positive at Bat

H	Hit
BB	Base on balls
ADV	Advance a runner
HBP	Hit by Pitch
ERR	Reach on an error
5/6 AB	Line drive or Hard Ground ball
DeepAB	that lasts 7 pitches
Sac B	Sacrifice Bunt
Sac F	Sacrifice Fly
B4H	Bunt for a Hit

Scoring System

Line Drive	6
Hard Ground ball	5
Routine Ground ball	4
Flyball or Slow Ground ball	3
Flyball in the infield	2
Ground ball that is charged	2
Slow Roller or Pop Up in Foul	1
Swing and Miss Out	0
Failure to ADV	-1
Caught Looking	-3

Base Advance Average

Essentially Get Em On, Get Em Over, Get Em In

<https://www.retrosheet.org/Research/HardegreeG/Base-Advance-Average.pdf>

Score a “Base” for every base a runner advances including the hitter.

Stealing a base is counted as a “Base”

One can also achieve negative bases-advanced, which happens when base-runners are erased.

In particular, erasing a base-runner on first / second / third is scored as -1 / -2 / -3 bases, respectively.

Divide the “Bases” earned by the opportunities to calculate the Base Advance Average.

Examples

No one on the hitter has 4 opportunities.

Bases Loaded would be 10 opportunities.

Can be used in games or scrimmages

Setting Goals

- Realistic
- Achievable
- Measurable
- Defined by an element of time
- Accountability

CLOSING REMARKS

Coach Market



Developing Young Athletes

- USA Baseball Development- Great resource for development perspective

<https://cloud.3dissue.com/144263/144436/168880/LongTermAthleteDevelopmentPlan/offline/download.pdf>

- Concept of Filing Emotions
- Rules of Engagement
- Addicted to immediate feedback

Filing Emotions

- Have to create folders
 - *File away the good*
 - *File away the bad*
- Have to make time during practice for your athletes to organize and clean out their folders
- Comes a time during the season that you just have to shred.



Rules of Engagement



- Coaching in the Car
- Get Permission before correcting
- Set Boundaries Together
- Set Expectations Together

- Don't care how much you know until they know how much you care.

Questions/Comments

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THANK YOU

For Taking the Time to be here.
For Taking your Time with your Players.

