



**WELCOME TO EASTVIEW
BASEBALL**



Typical Practice Timelines

- 5:30-5:40 Dynamic Warm-up
- 5:40-5:50 Lead ups
- 5:50-6:05 Specialty throwing (Flat pens, picks)
- 6:05-6:30 Position Groups (OF, MIF, Cor. INF)
- 6:30-7:00 Hitting Stations & BP
- 7:00-7:30 Offensive execution/Defensive Sit.
- 7:30-7:35 Baserunning/Conditioning



Dynamic Warm-up

- Jogging with forward arm circles.
- Jogging with backward arm circles.
- Karioka with arm swings.
- Shuffle with arm swings.
- High knees.
- Butt kicks.
- High knee crossovers.
- Backward long strides
- Frankensteins.
- High knee pulls.
- Lunges with a twist.
- Sprints



Hitting

- Stance
- Proper Grip
- Stride
- Bat Path
- Finish

-
- Drills



Hitting

- Stance:
 - Balanced and workable.
 - Feet wider than shoulders.
 - Bend at waist until back spikes come off ground.
 - Bat in launch position.
 - Hands relaxed.
 - Hands in motion.





Hitting

- Proper Grip
 - Knuckles aligned.
 - Bat in fingers.
 - Relaxed tension free hands.
 - Elbows are below hands and pointing down.





Hitting

- Stride
 - Short or no stride.
 - Separate the stride from the swing
 - Stride first getting the front foot on the ground then swing.
 - Shift weight from 60-40 to 50-50
 - Firm front side
 - Front knee should firm up on contact.





Hitting

- Bat path
 - Keep bat barrel up with initial movement.





Hitting

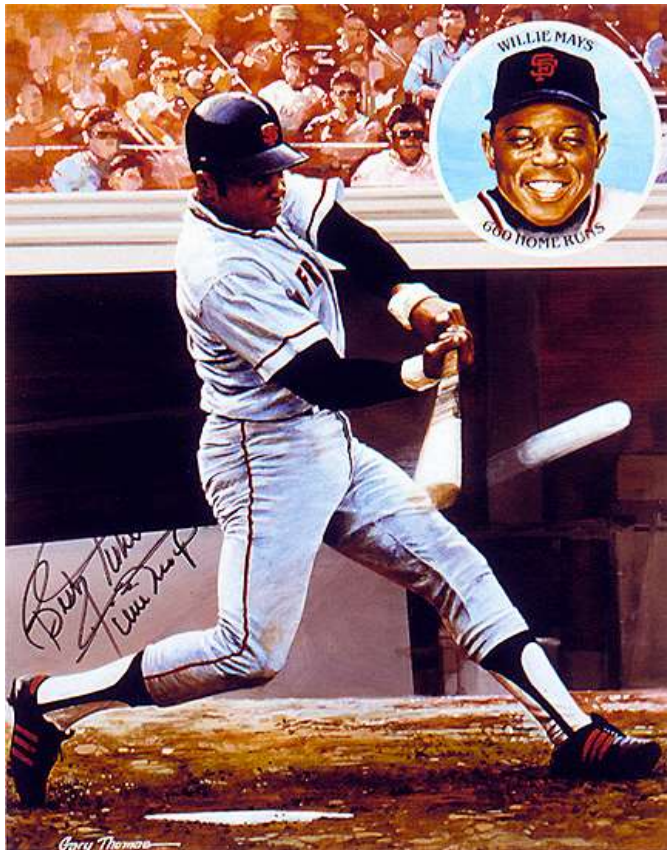
- Bat Path
 - Keep hands “inside the ball”.





Hitting

- Bat path
 - Flat hands on contact.





Hitting

- Bat Path
 - Lead –arm extension after contact (finish high).





Hitting

- T Drills
 - Hitting zones (middle, outside, inside)
 - Step behinds – firm front side.
 - High T drill – keep hands inside the ball.
 - One hand drills – choke up to trademark – barrel up.



Hitting

- Toss Drill
 - Clemente drill – one knee – barrel up
 - Back toss – hands inside the ball
 - Reverse toss – use whiffle balls
 - Bounce toss – off-speed pitches.
 - Delay toss – off-speed pitches.
 - High toss – shoulder height – hands inside
 - Rock step – feel the weight transfer at contact
 - Happy Gilmore – feel the hip explosion



Throwing

- Lead-ups
 - One knee wrist flicks
 - Final arc
 - Torques
 - Separators
 - Step behinds
 - Long toss



Pitching

- Two Keys
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- Stance
 - Balance Point
 - Stride
 - Hip Rotation
 - Follow Through



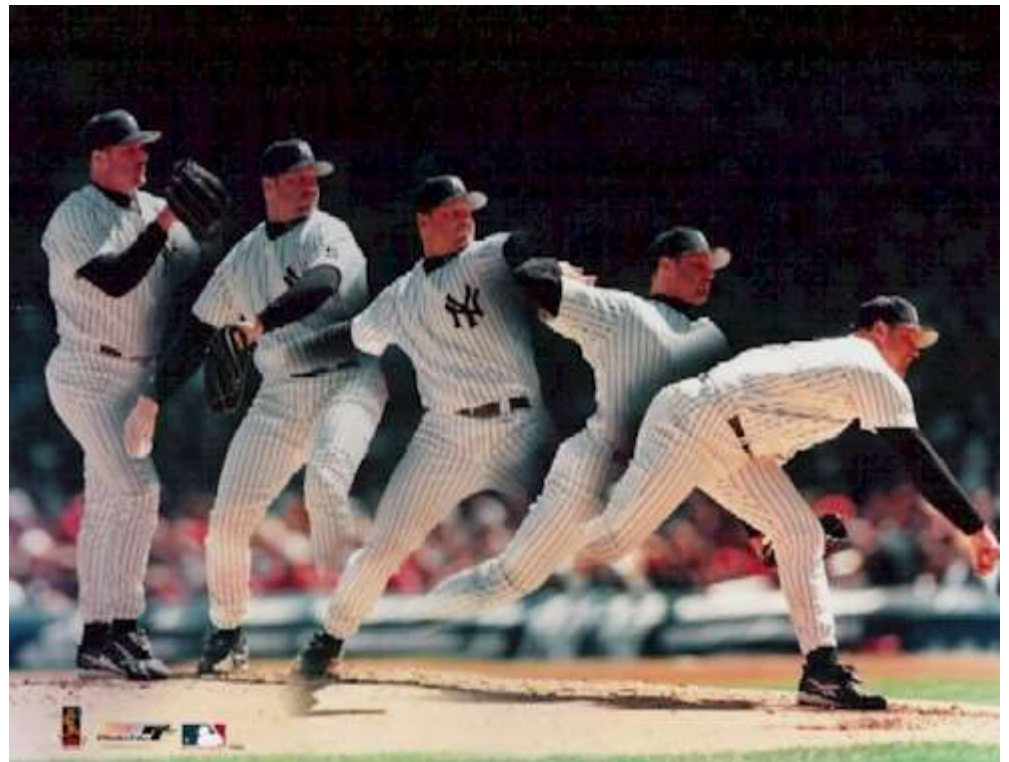
Pitching

- Two keys
 - 1. Hang onto the ball as long as possible
 - 2. Firm front side – loose back side



Pitching

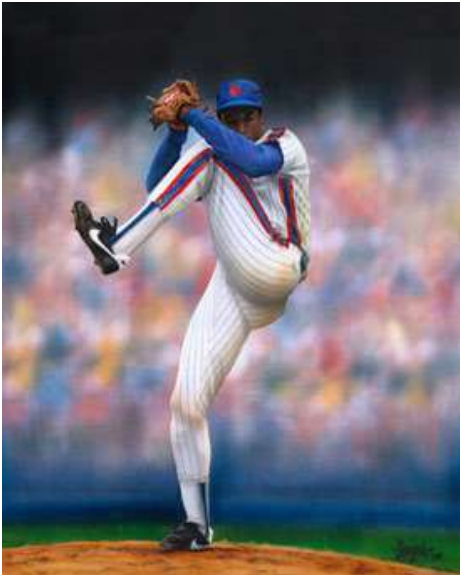
- Stance
 - Elbows relaxed and close the body.
 - Weight over pivot foot.
 - Ball hidden from batter and base coach
 - Small rocker step.
 - Proper pivot.
 - **Lift** to balance.
(Don't swing your leg)





Pitching

- Balance Point
 - Weight over back leg.
 - Eyes focus on target.
 - Knee at highest point.
 - **Break hands early** thumbs under.



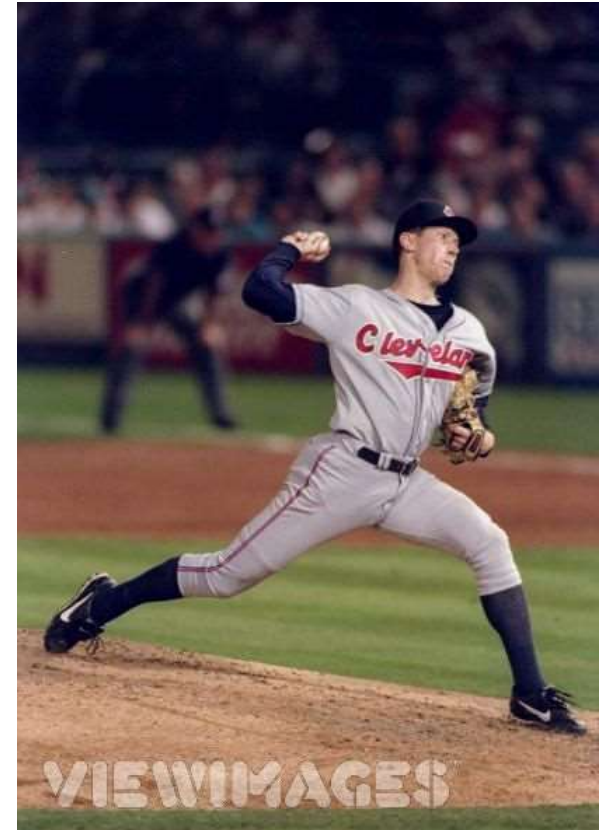


Pitching

- Stride
 - Glove to target, throwing hand back (fingers on top of ball).
 - Postural stabilization (eyes/head stay at consistent level).
 - Stride – **foot down and out**. No leg swing!
 - Stride with the foot slightly closed – shoulders aligned with target.
 - Flex T position at foot strike.



Pitching Stride





Pitching

- Rotation
 - Transfer weight from ball of the pivot foot to the ball of the stride foot.
 - **Rotate late.** (Stride – glide – rotate late)
 - Keep shoulder closed as long as possible before rotating.



Pitching Rotation



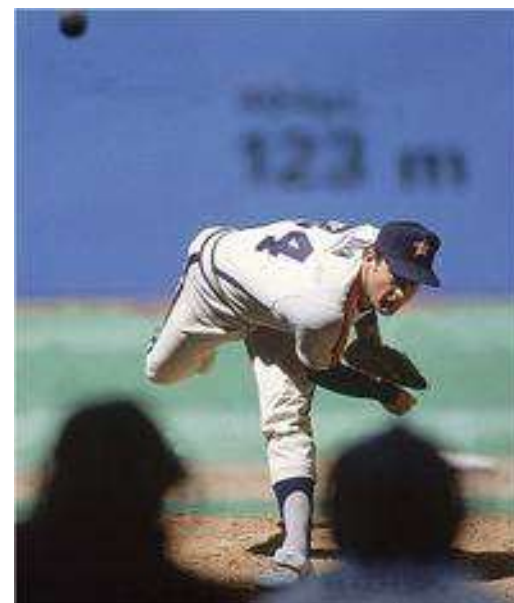


Pitching

- Follow Through
 - **Firm front side.**
 - Head to target
 - **Hang on to the ball** as long as possible (Aggressive finish).
 - Chest over stride knee.
 - Bend back forward – think parallel.

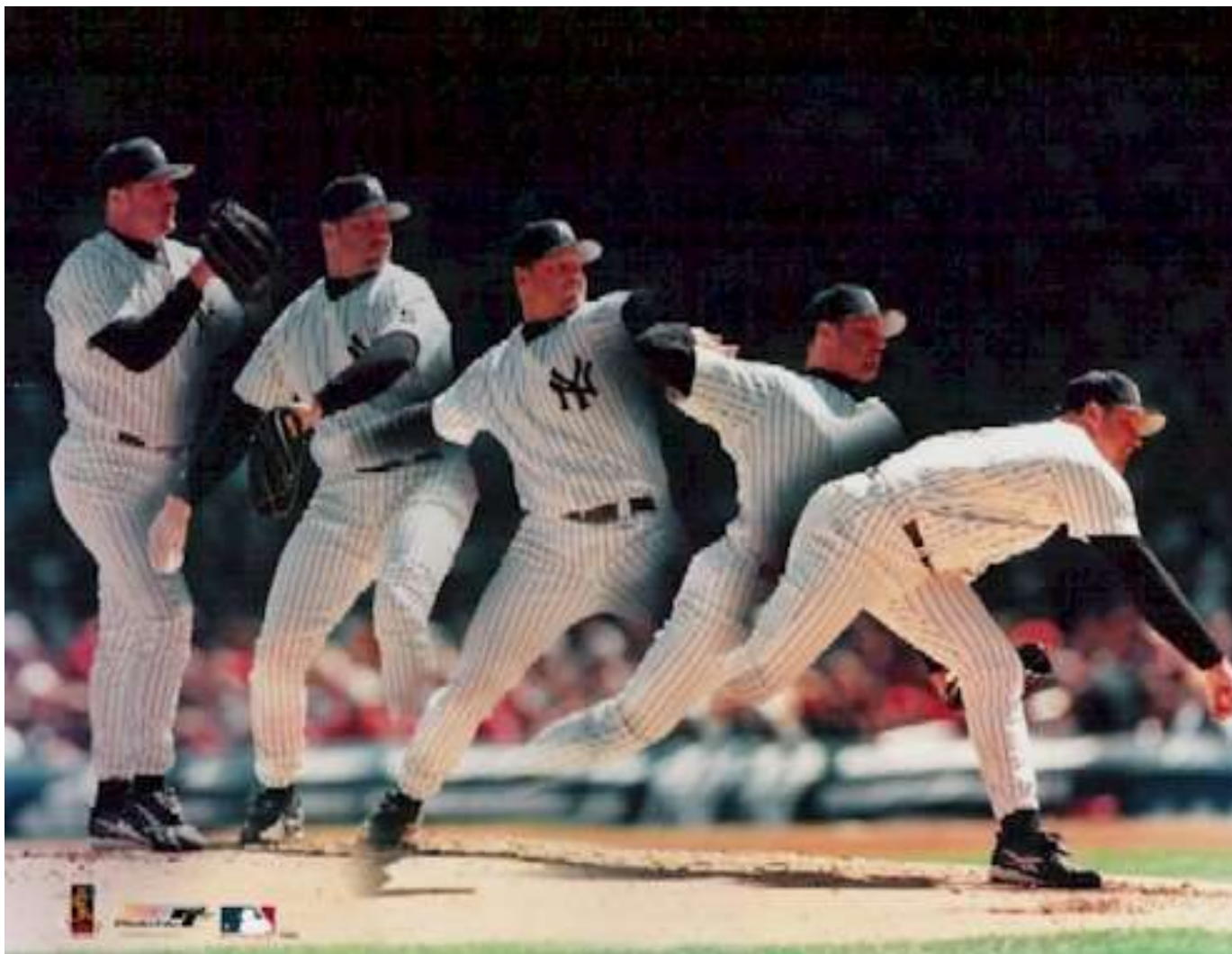


Pitching Follow Through





Pitching Follow Through





Pitching Drills

- Lead-ups
- Balance point – lift to balance and hold
- Glove side down drill
- One knee target
- One knee off-speed
- Towel drills
- Flat pen
- Bull pen



Fielding Fundamentals

- Stance
 - Feet wide
 - Toes out
 - Butt down
 - Table top back
 - Thumb out – elbow in
 - Glove between eyes and ball
 - Show button of cap
 - Secure the catch



Fielding Form





Fielding Fundamentals

- Approach
 - Approach ball on your left side
 - The hardest you'll work is before you get the ball. Try to be moving in the direction you're throwing before the ball hits your glove
 - Last Two Steps Right - Left – Field
 - **GET YOUR LEFT FOOT DOWN BEFORE THE BALL HITS YOUR GLOVE!**





Fielding Drills

- **Infielder Sequence**

- Groundballs - glove only 8 – 10 reps each
- Field to skateboard
- 45's – glove only (turn glove over to backhand)
- 45's (turn glove over to backhand) to skateboard
- Backhand – glove only
- Backhand to skateboard
- Forehand – glove only
- Forehand to skateboard
- Tags
- Shorthop tags



Fielding Drills

- Four corners
 - Underhand flips – clockwise
 - Underhand flips – counterclockwise
 - Double plays
 - Tags
 - Groundball rhythm – Right-left-field – right-left-throw



Outfield Fundamentals

- Ready position – right-left when ball is in the hitting zone
- First movement – straight forward or straight back then adjust.
- Run on the balls of your feet not you heels.
- Pump your arms until the last two steps then reach for the ball.



Outfield Fundamentals

- Ready Position





Outfield Fundamentals

- Catch the ball over the throwing shoulder.





Outfield Fundamentals

- Field the ball off of the glove side foot.





Outfield Fundamentals

- Crow hop





Outfield Drills

- Drop step drill – 180° drop then react to the ball
- Reverse angle drill - (coach points in one direction and throws the ball in the other direction)
- Communication drill – 2 outfielders
- Runthroughs – ground ball and hit the cutoff
- Sit downs drill - catch sinking liners





Other Drill Possibilities

- Double Fungos- get a ton of groundball reps.
- Picks to Rundowns – close the gaps
- PFP's – 2 lines of pitchers doing different things.
- Minnesota Drill – Combination of BP, base running, and fielding.
- 21 outs
- Off Set BP