

TEAM FUNDAMENTALS PHILOSOPHY

The Coast to Coast Turf Baseball program will be built on a foundation of solid team fundamentals and routines. This section will highlight the fundamentals of our program and the routines we will emphasize through one's career in a C2C uniform. Routines eliminate the element of surprise and allow the body to perform with a clear mind. Combining the importance of routines with the imperative nature of being fundamentally sound will be a priority throughout our program in all phases.

TEAM FUNDAMENTALS OF C2C BASEBALL

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TEAM FUNDAMENTALS

• **EARLY WORK**

- Pitchers and position players have early work every day when at home.
- The daily early work should alternate from defense to offense or coach's choice.
- Both pitchers and position players will have a checklist to ensure that all important areas of concern are covered.

• **TEAM WARMUP**

- We must emphasize the importance of stretching to decrease injury.
- Players must be taught the significance of team stretch through staff action and articulation.
- We will use multiple styles of warmup to vary the program and to use specific routines on specific type of practice days. They will include a warmup for Arc Toss days, Pull Down days, and Recovery Days.

• **THROWING PROGRAMS**

- The Coast to Coast Turf throwing program is a daily program designed to maintain and develop arm strength and proper throwing mechanics for all position players.
- Each coach is responsible for ensuring that the throwing program is completed daily in a disciplined and structured manner.
- Each routine will be centered on the Jaeger Long Toss Program, where the athlete determines how far they go out and how long they play catch for, and where the athlete lobs the ball on the way out (Arc Toss) and he uses max effort on the way back in (Pull Down Toss) during pull down days.
- Our type of long toss include:
 - Arc Toss – the athlete lofts the ball 15-20' or higher in the air on the way out (every day) and on the way back in
 - Pull Down – the athlete does arc toss on the way out, and pulls down with max effort on the way back in keeping the ball on a line on the way in. Move up 10-15' each throw.
 - Modified Throw - the athlete does arc toss on the way out, and does a modified pull down, where they pull down every other throw on the way back in. Move up 10-15' each throw.
 - Light Toss – the athlete will lob the ball the entire time with minimal effort until they get to a distance of 60-120'. This day is a recovery day meant to get blood and oxygen flowing to the arm to repair the small tissue tears that take place on heavy throw days.
 - Once back at a distance where his position throw takes over, the athlete will work on position specific throwing routine
- Infielders work on receiving the ball with thumbs up, the exchange & footwork, and multiple arm angle throws.
- Catchers practice exchange and footwork.

- Outfielders stay at 120' and work on one hop with four-seam rotation that will give the ball the additional acceleration to the predetermined destination.
- Key points:
 - Use four seam grip creating 6-12 rotation.
 - Get arm up and on top with fingers on top of the ball through release.
 - Follow through and achieve full range of motion.
 - Infielders catch the ball with two hands, thumbs up and step through with right foot and throw.
 - Outfielders use correct footwork as instructed.
 - Catchers use proper footwork and arm action as instructed.

- **RUNDOWN FUNDAMENTALS**

- Execute correctly – make only one throw!!
- Get the ball out of the glove and get it up in the barehand.
- Attack the runner with the mindset of tagging the runner out. This forces the runner to commit to running full speed to avoid the tag.
- The player receiving the ball (when possible) should close the gap under control, and cut down the distance between fielders (leave enough space to catch, stride and tag).
- The player with the ball delivers the ball to his teammate on “Ball” call. The receiver makes the call when he feels the runner may be easily tagged out.
- The receiver should move to the same side as the infielder with the ball, clear the runner and should not stop moving forward when attempting to catch the throw.
- Both hands should be up when ready to receive ball.
- Player throwing the ball should not cross the path of the runner and throw the ball to his teammate in a dart like manner.
- After giving up the ball, stay to the side you are on and replace the other infielder.
- Tag the runner with ball in the bare hand inside the glove (if possible).
- Look for other runners rounding bases after the tag.
- No pump fakes unless you plan to tag the runner. If you need to make a throw do not pump fake.
- If not directly involved in the run down, all players should adjust to protect exposed areas of the defense in case of errant throws - cover bases!
- Between home and third base we follow the Rule of 50%, where if the runner is more than half way to home we throw the ball to the plate automatically and get the rundown redirected back to third base.

- **C2C RUNDOWN DRILL**

- **FUNGO SERIES**

- Runner at First Base
 - Groundball to 1st Base
 - Touch bag and throw to 2nd base
 - Runner stops and gets in a run down

- Groundball to Left Field
 - Left fielder throws to home through cutoff guy
 - Thirdbaseman redirects ball to 2nd base
 - Runner gets in a rundown
- Groundball to Right Field
 - Right fielder throws to home through cutoff guy
 - Firstbaseman redirects to 2nd base
 - Runner gets in a rundown
- Runner at 2nd Base
 - Comebacker to the pitcher
 - Runner gets in a rundown
- Runner at 3rd Base
 - Infielders play in
 - Groundball to infielder who throws ball to the plate
 - Runner is green going in looking so he gets in a rundown
- **PICK – RUNDOWN SERIES**
 - Runner at 1st Base
 - RHP 31 Move with throw to 2nd base
 - Runner at 1st gets in a rundown
 - Make the out quickly to avoid the runner at 3rd from scoring
 - Runner at 2nd Base
 - Pitcher does inside move to 2nd base and chases runner, ideally cutting him off and getting him going towards 2nd base.
 - Runner gets in a rundown
 - Runner at 3rd Base
 - 31 Defense Play 3
 - Pitcher throws home to the catcher
 - Catcher full arm fakes to 2nd and throws to 3rd base
 - Runner gets in a rundown
 - Squeeze Play
 - Pitcher throws pitchout to the plate
 - Runner breaks for home as in a squeeze play
 - Catcher starts rundown back to third base
- **PICK – LONG THROW SERIES**
 - Runner at 1st Base
 - LHP good move to 1st base
 - Runner goes on first movement
 - 1st baseman makes long throw to 2nd base for out
 - Runner at 2nd Base
 - Pitcher executes inside move to 2nd base with shortstop or 2nd baseman and throws the ball to 2nd, forcing the middle infielder to make a long throw to third.

- Runner takes off like he is stealing, stops on inside move, then takes off to 3rd once pitcher throws the ball to 2nd base.
 - Runner at 3rd Base
 - 31 Defense Play 3
 - Pitcher throws to catcher at home plate
 - Catcher makes a snap throw to 3rd base
- **POP FLY PRIORITY**
 - The Coast to Coast Turf terminology will be "I Got It, I Got It, I Got It!" when you are able to catch the ball easily.
 - Use "You! You! You!" when indicating you cannot get to the ball and allow the other player to take over or dive for the ball.
 - These are the only two terminologies we will use for a pop-up or fly ball.
 - Additionally there will be no verbal reply.
 - Infielders will use hand gestures when settling under a pop-up in the outfield.
 - Key notes:
 - Do not make the call until the ball has reached its highest point.
 - Make the calls loudly.
 - Centerfielder has priority over everyone.
 - Outfielders have priority over infielders.
 - Outfielders stay low (slide), infielders stay high on any in-between pop-up.
 - Infielders have priority over the pitcher and catcher.
 - Infielders must go hard to outfield area on every fly ball until called off.
 - Shortstop has priority over 3rd baseman and 2nd baseman.
 - 2nd baseman has priority over 1st baseman.
 - The corner infielders have priority over the catcher.
 - Pitcher should point to the ball and direct traffic - be the point guard.
 - Pitcher must not give up on low pop ups in center of infield.
- **BUNT DEFENSE**
 - Players must be able to successfully execute our bunt defenses in a game setting.
 - Additionally, it is important to teach the players the correct way to relay the bunt signs to the defenders on the field.
 - The regular bunt defense "Out" is on until the coach calls another bunt defense.
 - Bunt defense plays:
 - Out – 99% of all bunt plays will be Out. Get the out at first base. Take the out given.
 - Lead Out – when needed, lead out will be called. This will be given by which base we want the out at. 2 means get the out at 2nd base. 3 means get the out at 3rd base. 4 means get the out at home (if needed for safety or suicide game winning run).
- **31 DEFENSE**

- With runners on first and third the coach will flash the sign to the team.
 - Be sure to get fielder's attention before giving the sign.
- It is imperative to understand the objective of each play.
- First and third defense plays:
 - Play 1 - priority is the runner at first base. We don't care what the runner at 3rd base does. Sole purpose is to get the runner at 1st base out. Once he is out, then we can look for a second out with the runner at 3rd base.
 - Play 3 - priority is the runner at third base. We don't care what the runner at 1st base does. He can crawl on his hands and knees to second base and we still keep our focus on the runner at 3rd base.
- **DOUBLE STEAL**
 - With runners on first and second, and the threat of a double steal, the coach will step out front and give signs that indicate which runner is the hot runner and which one is the irrelevant runner.
 - Based on the hot runner, the defense will react accordingly if the other team double steals.
 - If it's the runner at 1b, then we will not spend a lot of time on the runner at 2b.
 - This allows the middle infield to stay big and play defense without much concern of holding the runner at 2nd base.
 - This also allows the third baseman to hold his ground and not cover 3rd base.
- **PICK OFFS**
 - Backdoor pick at first base.
 - First baseman gives sign - pick anywhere on uniform.
 - Pitcher responds with a pick to the shirt or pant.
 - Pitcher comes set looking over right shoulder at second base.
 - When first baseman breaks to the bag the pitcher picks to first base.
 - With left-handed pitcher, first baseman breaks when pitcher lifts his leg.
 - Pop pick at second with second baseman.
 - Pitcher comes set looking at catcher and checks runner at second base.
 - As pitcher picks up catcher after a brief pause, the second baseman breaks to the bag.
 - Catcher drops his glove on infielder's move to second.
 - Pitcher spin moves to second base on pick.
 - Play is called by catcher through sign series - middle infielder must know and pay attention to sign series.
 - Pick at second with shortstop or second baseman.
 - Pitcher comes set and checks runner at second base, then turns head to plate.
 - When shortstop or second baseman sees back of pitcher's hand he breaks to the bag.
 - Pitcher will spin move to second base for pick.
 - Pick is given by middle infielder through sign series.
 - Pick is ran on either a two-look system or a two-rhythm count.
 - Daylight

- It is highly discouraged to run daylight.
- If a middle infielder feels a daylight play is there, they are to call a pick and run daylight through a sign, and not through an instantaneous reaction to runner's lead.
- Daylight may cause a balk which defeats the purpose of holding runners.
- Catchers to Infielders
 - Right ankle = back pick to first base.
 - Right knee = back pick to second base with second baseman.
 - Left knee = back pick to second base with shortstop.
 - Left ankle = back pick to third base.
 - Verbal commands are also available and vary, with a name given to each bag as an indicator where the pick will go.
 - Eye contact is the key to all these picks.
 - Infielders can initiate picks with catchers through eye contact.
 - Respond to sign with a knock of the cup.
 - Never pick to third base with two outs!
- **RELAY FUNDAMENTALS**
 - Sure double, possible triple.
 - Infielders
 - Nobody on base - line up to third base.
 - Runner on first base - line up to home.
 - Constantly know the opponents foot speed!
 - As ball is hit move quickly to line yourself with the outfielder and the probable base in which play will be made.
 - Communicate visually and verbally with the outfielder.
 - Infielders must know the outfielder's arm strength.
 - When in doubt the infielder should make the longer throw.
 - As throw approaches infield, infielder must position self in line with targeted base.
 - Anticipate play and begin to rotate the body to glove side.
 - Catch the ball, get a four seam grip, stay on top of the ball and make an accurate throw.
 - Relay infielder must go get a dying throw.
 - **Never short hop excessively low throw or jump for high throw - let the trail defender get the ball.**
 - Trailer is the lead man's eyes - he must check runners to determine what base to throw to.
 - Lead man gets out quickly and lines himself up with proper base keeping his head on a swivel to check runners.
 - Give outfielders some hand movement so he can see you.
 - Trailer is approximately 30 feet behind the lead man and offset behind his glove and hand shoulder.

- **Trailer do not vacate second base early and leave it uncovered on a long single - make certain it's a sure double before you leave base uncovered.**
- Trailer will be final word on which base to throw, but catcher will echo calls from the middle of the field or change calls as necessary.
- Verbal commands:
 - Nothing is said = let it go.
 - Simply say one, two, three or four when wanting the ball relayed to a certain base.
 - Cut = hold the ball and get it to the middle of the diamond.
- Outfielders
 - Communicate early and loud at the fence or batted ball.
 - **Responsibility is to get an accurate throw to the lead relay man as quickly as possible.**
 - Non-throwing outfielder communicates throwing tract and receiving teammate.
 - Make it a practice every day to identify batter/runner as well as base runner's foot speed.
- **BASERUNNING**
 - Baserunning during batting practice provides the player with the most realistic practice setting for learning and developing his base running skills and decision making process.
 - It is important that the base running program is implemented with instruction and discipline.
 - Situational rounds during batting practice include:
 - Runners at first base work (as a group/station).
 - Sacrifice bunts - work on secondary leads and reads.
 - Hit and run - runner breaks toward second base peaking in to find the baseball and reacting to where it is hit.
 - Base hit reads - work on angle to third base.
 - Runners at second base work (as a group/station).
 - Sacrifice bunts - work on secondary leads and reads.
 - Move runner - runner extends to secondary lead and reacts to batted ball.
 - Base hit reads - work on angle to score.
 - Fly ball reads - zero and one out reads at second base.
 - Runners at third base work (as a group/station).
 - Squeeze and safety squeeze - work on secondary lead and reaction to ball.
 - Infield in - make ball be in air before going home. Tag and go.
 - Infield back - make ball be on ground and away from pitcher before going home.
 - Green going in looking - go on contact and react to ball accordingly.
 - Rotations during rounds (hitters as base runners).
 - Round 1

- At first base - hit and run read
 - At second base - sacrifice bunt read
 - At third base - green going in looking read
- Round 2
 - At first base - sacrifice bunt read
 - At second base - move him read
 - At third base - infield back read
- Round 3
 - At first base - base hit to third base
 - At second base - fly ball reads - zero and one out
 - At third base - infield in read - tag and go
- Round 4
 - At first base - straight steal jumps
 - At second base - base hit reads - score
 - At third base - squeeze or safety squeeze read
- **DEFENSIVE STATION**
 - Balls off the bat.
 - Batting practice provides the defender with the most realistic non-game setting for learning and developing his defensive mechanics while simultaneously allowing the defender the chance to challenge himself to take chances and to learn his defensive capabilities.
 - It is important that the ball off the bat program is implemented with instruction and discipline.
 - Fungos
 - Batting practice time allows the defender the chance to work on his defensive mechanics (fielding and throwing) in a controlled environment.
 - The quality repetition allows a player to develop muscle memory and to improve his defensive abilities.
 - Fungos should be hit either by a coach (if a specific mechanic is being worked on) or by a pitcher.
 - Again the emphasis is quality of repetition not quantity.

PRACTICE EXPECTATIONS

ABSOLUTES FOR PRACTICE

- Coaches Attitude
- The Three E's – Energy, Enthusiasm, Excitement
- Make it Competitive and Fun
- Pace – Game Like
- Coaches & Players Must Teach
- Repetition is Our Friend

- Lifestyle – Who We Are is Why We Win

THINGS TO CONSIDER

- Our Facilities – Equipment
- What Type of Team Do We Want
- Our Philosophy Should Dictate Our Practice Agenda
- Our Team will be a Direct Reflection of How We Practice
- Plan With Assistants – What Do We Want to Accomplish?
- Practice Plan – Post It Up – Stick To It

PRACTICE PLAN

- Early Work – Routines
- Attire – we look like a team
- Everyday Practice Procedures
 - Mental Skills / Life Skills Moment
 - Dynamic Warmup Series
 - Baserunning
 - Long Toss Catch Play
 - Individual Position Play
 - Batting Practice / Team Activity
- 2-3 Times a Week
 - Scrimmage
 - Live Defense
 - Team Defense
 - Square Drill & Groundball 18
- 1-2 Times a Week
 - Bunt Defense & Offense
 - 31 Defense & Offense
 - Pop Ups, Cutoffs & Relays
 - Rundown Series
 - Pick Series
- Other Things We Do
 - Groundball Scrimmage
 - Bunt Scrimmage / Little Game
 - Running Game
 - Inside Game
 - 21 Outs
 - Process Based Scrimmage
 - Signs Review

THE BEST THINGS WE DO IN PRACTICE

- Tempo – Keep Everyone Moving

- Compete – Points
- Use Stopwatch
- Play Catch With A Purpose
- Individual Defense
- Individual Pitching Work
- Live Defense
- Square Drill / Groundball 18
- OF Fly Ball Live Reads
- Baserunning
- Batting Practice
- Scrimmages
 - Games
 - Groundball
 - Bunt
 - Coach Pitch with Scenarios
 - Process Based

PRACTICE STAPLES

LIVE DEFENSE

Live Defense is designed to be a 20-30 minute drill that allows the defense to execute several facets of the game.

- This is a defensive drill.
- The offense's job is to execute a ground ball (hit & run) to give the defense the opportunity to turn double plays or make reads on the speed of the ball and make plays at the plate.
- If the ball is hit into the outfield then it is played live, allowing the defense to throw to the proper base on balls hit to the outfield, and to work on double relays on balls in the gap or down the lines.
- If the ball is hit off the L-Screen, the pitcher will have a ball placed on the ground in front of the mound and pick it up and start the double play turn.
- As an offense, hitters are executing a hit & run on all pitches, with two pitch max per hitter.
- If the hitter takes a pitch or swings and misses all players move up.
- The runner at first base starts his secondary on front foot strike by the BP thrower, and plays the ball live off the bat.
- The runner at third base is green going in looking, watching the ground ball the whole way and if the fielders turn a double play, go in to the plate hard.
- But if the infielders throw the ball to home, stay in the rundown with the chance to move up the other runners.
- Live Defense is a competitive drill with scoring based on each team's priorities. A simple scoring system is as follows:
 - Defense Scoring
 - +5 Any Double Play
 - -5 Any Error
 - -10 Throw to the wrong base in the outfield

- Offense Scoring
 - +1 One Point for Each Base Gained by the Base Runner
 - +1 Hard Hit Ground Ball
 - -10 Fly Ball
 - -10 Swing & Miss
- Both Teams Scoring
 - -20 Any Bonehead Play (Doubled up on line drive, take a pitch on hit & run, etc)

LOUISVILLE BASERUNNING DRILL

A drill done right after our stretch routine, emphasizing baserunning at all four bases. Coach stands in center of the field with two bats. When coach starts to separate the bats, runners start their secondary leads. When coach bangs the bats together, players will run on the sound. Multiple players at each base to start. Go through 2-3 times.

- Home Plate – Left Handed Box
 - Start swing when coach pulls bats apart
 - Groundball to the infield
 - Beat it out
 - Hit the front or top of the bag
 - Break down and pivot turn after the bag
 - Stay at First Base
- Home Plate – Right Handed Box
 - Start swing when coach pulls bats apart
 - Ball in the air
 - Double out of the box
 - Create straight line to second base with good turn at first base
 - Hit inside corner of the bag
 - Stop on bag – slow down a bit before or slide
 - Stay at Second Base
- First Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going first to third base
 - Find baseball while creating route between first and second to get straight between second and third
 - Hit inside corner of bag
 - Stop on bag – slow down a bit before or slide
 - Stay at third base
- Second Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going second to home
 - Find coach while creating route between second and third to get straight between third and home

- Hit inside corner of bag
- Run hard through home plate
- Go to left-handed batter's box
- Third Base
 - Secondary lead on coach pulling bats apart
 - Return to bag on bat clang
 - Find the baseball – left center field
 - Tag up and take off to home when runner at second base gets 2/3 (use cone) of the way to 3rd base
 - Run hard through home plate
 - Go to right-handed batter's box

GROUNDBALL 18'S

Groundball 18's is an infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
 - First Spot – Straight Up
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side
 - Second Spot – Pull Side
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side
 - Third Spot – Opposite Side
 - 2 Groundballs to glove side
 - 2 Groundballs between the feet
 - 2 Groundballs to backhand side
- Days of Week Focus
 - Day One – All throws to first base
 - Day Two – All throws double plays
 - Day Three – Slow Rollers – decide if play at second or play at first base based on pace of ball
 - Day Four – All throws to home plate

SQUARE DRILL

Square Drill is another infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
 - Round 1 – Infield In
 - All throws to the plate unless bobbled, then throw to first base or at least full arm fake throw

- Round 2 – Straight Up
 - Third Baseman throws to Second
 - Shortstop returns to Fungo
 - Second Baseman throws to First
 - First Baseman throws to First
- Round 3 – Straight Up
 - Third Baseman throws to First
 - Shortstop returns to Second
 - Second Baseman throws to Fungo
 - First Baseman throws to Second
- Round 4 – Straight Up
 - Third Baseman throws to Fungo
 - Shortstop returns to First
 - Second Baseman throws to Second
 - First Baseman throws to Fungo
- Round 5 – Double Plays
 - 5-4-3 Double Plays
 - 6-4-3 Double Plays
- Round 6 – Double Plays
 - 4-6-3 Double Plays
 - 3-6-3 Double Plays
- Round 7 – Bunts
 - First Baseman and Third Baseman bunts to First
 - First Baseman and Third Baseman bunts to Second
 - First Baseman and Third Baseman bunts to Third
- Round 8 – Slow Rollers
- Round 9 – Bobble Ground Balls

OTHER THINGS WE DO

- **SMALL BALL SCRIMMAGE** – a scrimmage where the players are only allowed to bunt to reach base and score points
 - Start every inning with runner at 1b
 - First base is 80' away from home
 - All other bases, and runner taking lead, are on the 90' bases
 - Runners and fielders must start in an area designated
 - Machine is located behind the mound
 - Defense can't charge until the bunt is shown
 - Pitcher is in normal landing area on natural side of mound
 - Outfielders can play shallow and back up all plays
 - Point System:
 - 2 Foul Balls and You Are Out = +2 (Other Team)
 - Base Hit Bunt, Safe = +2
 - Ball Bunted In Triangle = +1

- Popped Up Bunt = +2 (Other Team)
 - Move Runner = +1
 - Run Scores = +3
 - Defense Gets Lead Runner = +3
 - Error on Defense = +2 (OT)
 - Mental Error = +2 (OT)
 - Non-Hustle = +2 (OT)
- **LITTLE GAME** – Little Game is a team defense drill we do to get the hitters to bunt the ball and the infielders to play defense against the bunt. It is done with a pitcher. Pitchers switch after one full round of bunts. Usually 10-15 minutes with 2-3 pitchers.
- Drag – Nobody On
 - Bunter stays at 1b
 - Push – Nobody On
 - Bunter stays at 1b
 - Sac Bunt – Runner @1b - Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
 - Sac Bunt – Runner @1b – Lead Out
 - Bunter moves to 2nd base
 - Runner at 1st base moves to 3rd base
 - Sac Bunt – Runner @2b - Out
 - Bunter stays at 1st base
 - Runner moves to Home
 - Sac Bunt – Runner @1b & 2b – Lead Out
 - Bunter stays at 1st base
 - Runner at 1st base moves to 3rd
 - Runner at 2nd base moves to Home
 - Safety – Runner @1b & 3b
 - Bunter comes back to Home
 - Runner at 3rd base moves to Home
 - Runner at 1st base moves moves to Home
 - Suicide – Runner @3b
 - All come home after play
 - Suicide – Runner @3b – Valentine Play
 - All come home after play

- **RUNNING GAME** – We will use running game during team defense period to allow pitchers to work on their picks and holds with the defense, the catchers can work on their receiving and throwing to bases, and the base runners can work on their leads and steal techniques. Typically a new arm every stolen base attempt. Pitchers will pick 2-5 times before going to the plate. 3-5 arms per period makes this a 10-15 minute drill.
 - Hot runner on first base
 - Pitcher will do a specific number of skills that we use to defend the running game (pick, slide step, pitch out, hold, etc.).
 - Pitcher will follow the script.
 - Pitcher will pitch until the script is complete.
 - Runner steals on every pitch to pick up the pace of the drill.
 - Runners at 2b practice stealing 3b.
 - Runners at 3b practice 31 offensive plays.
 - Hot runner at second base
 - Establish a max look to baserunner.
 - Pitcher can use an inside move, daylight pick, or a timing/predetermined pick.
 - Pitcher throws two strikes to the plate then rotate to next situation.
 - Baserunner tries to steal 3b on every pitch following technique guidelines.
 - Baserunner must try to get back safely on pick play.
 - Runner at 1b can straight steal as if they are the only runner, or they can base their decision on the guy in front of them.
 - Runner at 3b practices 31 offense.
 - Hot runner at third base
 - Runners at 1st and 3rd practice 31 offense against 31 defense
 - Runners at 1st will a) straight steal, b) delay steal, and c) leave early.
 - Runners at 2b practice stealing 3b using technique taught.
 - Pitcher throws two strikes then is done. Next pitcher comes in and starts with hot runner at 1b.
- **TWENTY-ONE OUTS** – Position players will be tasked with making plays for 21 straight outs. Whenever a mistake is made, either a physical error or a mental error, then we will re-set at 0 outs and start over. Coach will hit fungo to the players and make the plays as routine as possible as making the routine plays consistently is our goal.
- **PROCESSED BASE SCRIMMAGE** – Process Based Scrimmage uses an alternate scoring system to reward teams for playing the game the right way instead of simply keeping track of the score. The point system is as follows:
 - Pace of Game
 - Non hustle play by either team (-2)
 - Slow pace by catcher and pitcher (-2)
 - Team energy and involvement (+2)
 - Off the field in 10 seconds (OF) and or 6 seconds (INF) (+2)

- Ready for first pitch in 75 seconds or less (+5)
- Pitchers
 - 0-1 to 0-2 count (+2)
 - 123 inning (+2)
 - 9 pitches or less in an inning (+2)
 - Inducing double play (+2)
 - Leadoff or 2 out walk (-2)
 - 123 innings in a row by same pitcher (+4)
 - Out in 4 pitches or less (+2)
 - Lead off hitter out (+2)
- Defense
 - Web gem (+2)
 - Error or mental mistake as determined by coach (-2)
 - Incorrect execution of play (-2)
 - 2.10 by catcher in between innings on throw to second base (stopwatch) (+2)
 - Throw out lead runner with tag (+3)
 - Mental mistake (-2)
 - Around infield after strikeout or out at first in 5 seconds or less (+2)
- Offense
 - RBI (+2)
 - Bunt base hit (+2)
 - Hit by pitch (+2)
 - Stolen base (+2)
 - Aggressive baserunning
 - 1st to 3rd (+2)
 - Ball in Dirt attempt safe or out (+2)
 - Double (+2)
 - Triple (+3)
 - Home Run (+4)
 - 2 out RBI (+4)
- Team Battles
 - Winner of the 3-2 War (+2)
 - Winner of the 8 Pitch at bat (+2)

PRE-GAME ROUTINES

Our pre-game routine will follow this set of standards as close as possible. Modifications will be made based on game location.

- Pre-Game Policy
 - All players out of the clubhouse 20 minutes prior to the National Anthem.
 - Position players meet the appropriate coaches down the outfield foul line 30 minutes

prior to the National Anthem.

- Mini-Stretch
 - Coach or captains run position player mini-stretch.
- Leads and Breaks
 - Two delay steals – one vs. LHP and one vs. RHP
 - Two hit and run – one each.
 - Two straight steals – one each.
 - One squeeze.
- Focus and Mental Preparation Segment
 - Load and timing work
 - All position players bring bats down the lines with Hitting Coach.
 - View and time opposing pitcher if possible.
 - Highly recommended to watch opponent's infield before first game of every series and to check the field before the first game of every road series.

INFIELD OUTFIELD ROUTINE

We will take infield outfield before every game. Inclement weather or special events are the only justification for not taking infield outfield. The coaching staff must emphasize to the players that infield outfield is a beneficial work period. Every time we step onto a baseball field we want to improve!

- Outfield
 - Ball hit to left field corner, gaps and right field corner for relay purposes.
 - Left fielder - two throws to second base and two throws home.
 - Center fielder - two throws to third base and two throws home.
 - Right fielder - one throw to second, two throws to third and two throws home.
 - All outfielders to center field for pregame ground balls and fly balls - emphasis should be put on fielding the ground ball.
 - The number of throws to each base can be adjusted as needed.
 - Hit all balls to the outfield in a realistic manner.
 - Emphasis must be placed on quality, accurate throws through the relay man.
 - Throw the ball in the air or long hop your target.
- Infield
 - Round 1 - infield in.
 - Third baseman - home to first double play.
 - Shortstop - check runner go to first.
 - Second baseman - arm fake to first, snap throw to third.
 - First baseman - tag play at the plate.
 - Round 2 - routine play to first.
 - Third baseman - at him ground ball with throw to first base and throw from catcher.
 - Shortstop - at him ground ball with throw to first base and throw from catcher.
 - Second baseman - at him ground ball with throw to first base and throw from catcher.
 - First baseman - at him ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.

- Round 3 - routine play to first.
 - Third baseman - to his left ground ball with throw to first base.
 - Shortstop - to his left ground ball with throw to first base.
 - Second baseman - to his left ground ball with throw to first base.
 - First baseman - to his right ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.
- Round 4 - double plays.
 - Third baseman - at him ground ball with throw to second base and double play turn.
 - Shortstop - at him ground ball with throw to second base and double play turn.
 - Second baseman - at him ground ball with throw to second base and double play turn.
 - First baseman - at him ground ball with throw to second base and double play turn with first baseman returning to the bag.
- Round 5 - double plays.
 - Third baseman - to his left ground ball with throw to second base and double play turn.
 - Shortstop - to his right ground ball with throw to second base and double play turn.
 - Second baseman - to his left ground ball with throw to second base and double play turn.
 - First baseman - to his left ground ball with throw to second base and double play turn with first baseman returning to the bag.
- Round 6 - long round.
 - Third baseman - to his right ground ball with throw to first base.
 - Shortstop - to his right ground ball with throw to first base.
 - Second baseman - to his right ground ball with throw to first base.
 - First baseman - to his left ground ball with run to first base to cover base.
- Round 7 - slow roller round.
 - Third baseman - slow roller with throw to first base.
 - Shortstop - slow roller with throw to first base.
 - Second baseman - slow roller with throw to first base.
 - First baseman - slow roller with throw to third base
- Notes
 - Catchers are to wear full gear during infield outfield.
 - Incorporate pitchers to cover first base if needed on days first baseman doesn't need to make as many throws.
- Modified Infield
 - At manager's discretion, abbreviated infields will be used when time does not permit a full one.
 - Examples include Inside Game, Daily 18, Mass Groundballs, etc.

INSIDE GAME ROUTINE

Inside Game is a staple of our PFP program, combining many aspects of the work between the infielders and pitchers in a quick paced drill that can be done during a team defense period or as a pre-game infield/outfield routine. It is done as follows:

- 3-1 Cover – ground ball to the first baseman who flips it to the pitcher covering first base.

- 6 Hole – ball hit to the six hole. If the third baseman fields it then we turn the 5-4-3 double play. If the shortstop fields it then we make the 6-5 force play at third base.
- 4 Hole – ball hit to the four hole. If the first baseman fields it then we turn the 3-6-1 double play. If the second baseman fields it then we make the 4-1 force at first base.
- 1-6-3 Double Play – ball hit to the pitcher who starts the 1-6-3 double play.
- 1-4-3 Double Play – ball hit to the pitcher who starts the 1-4-3 double play.
- 1-2-3 Double Play – ball hit to the pitcher who starts the 1-2-3 double play.
- 2-6-3 Double Play – bunt in front of the plate and the catcher goes lead out to second base and starts the 2-6-3 double play.
- 3-6-1 Double Play – ball hit to first baseman that carries him away from the bag and he starts the 3-6-1 double play.
- Jam It – Infield shifts heavily to the pull side of the hitter, with the middle infielder off set of second base. Ball hit to the pull side and the infield works to turn the 5-6-3 double play, the or the 3-4-1 double play.
- Drag – pitcher and third baseman communicate on the drag bunt and make the play 1-3 or 5-3
- Push – pitcher and first baseman communicate on the push bunt and make the play 1-3, 1-4, or 3-4