



Council Rock **High School North** **Baseball Manual**

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THE FOUR AGREEMENTS

Tom Brady recently read the book by Don Miguel Ruiz titled, "The Four Agreements." Here are Ruiz's four most important beliefs or "agreements" to live by. It's a great lesson for players and coaches who want to maximize their talent.

1. **Be Impeccable with Your Word:** "When you are impeccable, you take responsibility for your actions, but you do not judge or blame yourself.
2. **Don't Take Anything Personally:** "Taking things personally is the maximum expression of selfishness because we make the assumption that everything is about 'me.' Nothing other people do is because of you. It is because of themselves.
3. **Don't Make Assumptions:** "The problem about making assumptions is that we believe they are the truth. We also make assumptions about ourselves, and this creates a lot of inner conflict."
4. **Always Do Your Best:** "Your best is never going to be the same from one moment to the next. Everything is alive and changing...so your best will sometimes be high quality, and other times it will not be as good. When you always do your best, you take action because you love it, not because you're expecting a reward. Most only take action when they expect a reward, and they don't enjoy the action and that's why they won't do their best.

"BY DOING YOUR BEST, THE HABITS OF MISUSING YOUR WORD, TAKING THINGS PERSONALLY, AND MAKING ASSUMPTIONS WILL BECOME WEAKER AND LESS FREQUENT WITH TIME."



NORTH Baseball Playing Time Criteria

Playing time is based on the following considerations. They are in no specific order and are judged by the coaching staff and are continually re-evaluated.

- Commitment On and Off the field to the mission and standards of the program
- Attitude
- Work Ethic
- Productivity
- Influence on team chemistry
- Needs of the program
- Academic progress
- Physical health
- Opponent and game strategy

When analyzing these components of playing time don't compare yourself in these areas to you're teammates but instead honestly evaluate your own strengths and weaknesses in these areas (the man in the mirror). Put yourself in a position to get on the field.



COUNCIL ROCK NORTH BASEBALL



Player Tryout Evaluation

Name	Grade	Position(s)
EVALUATION SCALE (1 = lowest - 5 = highest)		
Infield	Score	Outfield
Range		Range
Hands		First Step
Foot Work		Foot Work
Angles		Angles
Arm Strength		Arm Strength
Total Points		Total Points
Pitching – Total Points		
Fastball (4 seam)	4 seam Control	4 seam Accuracy
Fastball (2 seam)	2 seam Control	2 seam Accuracy
Delivery/Mechanics	Change up	Curve
Catching – Total Points		
Framing	Blocking	Receiving
Footwork	Arm Strength	Time to 2 nd (Pop to Pop)
Speed		
Home to 1 st	1 st time:	2 nd time:
First to 2 nd – Lead	1 st time:	2 nd time:
Intangibles and overall scores:		
Attitude	Competitiveness	Offense
Work Ethic/Hustle	Poise/Focus	Speed
Instinct	Maturity	Arm
		Total points

Comments- To be completed by position coach. General comments completed by Coach Schram.	
Hitting	
Infield	
Outfield	
Pitching	
Catching	
Intangibles	
General Comments	

Definition to evaluation scale.

To score a 5 – The player must show perfection of skill in each position and category under various game like scenarios. The player must show 100% consistency throughout the week of tryouts.

To score a 4 – The player must show above average and 80%- 95% consistency and in skill set in all positions and areas in game like scenarios.

To score a 3 – The player above skills and consistency 55% - 75% in all positions under game like scenarios.

To score a 2 – The player shows average skill set and consistency of 50% in all positions under game like scenarios.

To score a 1 – The shows average skill set, but performs with less then 50% consistency under game like scenarios.



2011 NORTH BASEBALL BATTING PRACTICE SYSTEM

- I **2 SCREEN – w/ live defense**
 - a. Group 1 Home Side
 - b. Group 2 Away Side
 - c. Group 3 Fielding balls live off of bat

- II **SHORT FIELD BP**
 - A. ROUND 1 - Outfield in all three positions.
 - a. Infield hitting
 - i. Group 1 – Short toss from L screen on field to Outfield.
 - ii. Group 2 – Soft toss into Green monster screen (or cage).

 - B. ROUND 2 - Infield in position – **NOTE – Catcher in full gear in front of the mound blocking all balls hit up the middle!**
 - a. Outfield hitting:
 - i. Group 1- Soft toss on field to infielders.
 - ii. Group 2 – Short toss into backstop

- III **TRIPLE THREAT BP**
 - a. Group 1 – Hitting live on diamond.
 - b. Group 2 – Soft toss into cage
 - c. Group 3 – Short toss

- IV **BLUE vs GREY BP**
 - 1. Scrimmage off of live pitching
 - a. 7 second drill in between innings

- V **BUNT BP**
 - 1. 3.1 drill – Base 50 feet away from home plate, all bunts have to be fair and away from pitcher. Runner must make it 55 foot base in under 3.1 seconds.
 - 2. Bunts that are performed:
 - a. Sacrifice
 - b. Push
 - c. Slash
 - d. Suicide

All players who are NOT swinging are in the field, playing balls LIVE off of the bat.



North Baseball Indoor Hitting Drills

To start off, tee work has to be demonstrated as a hitter and as a feeder. It's equally important to have instruction for the player who is feeding the tee. Our rules for the feeder:

1. Your job is to feed the tee in a timely manner.
2. Feed the tee "2 seems up"
3. Always have 4 baseballs in your hands, and one on the tee. After your partner takes his 5th swing, you switch.

Hitter's rules:

1. Never swing until the feeder is cleared and behind (or next to the tee).
2. After each swing, you get right back into your stance and be ready for the next swing.
3. Communicating/talking during hitting is fine, but make sure you are getting your work done!

Tee Drills: NOTE – Every ball hit off of the tee should land same height as the tee on the screen/cage, and directly in front. We do not want you pulling pitches off of the tee EVER!! Work inside the baseball all the time.

Section #1 – Taking our vitamins:

Tee Drill #1 - Short bat bottom hand drill – In every one handed drill, you always use a short bat. Swing at 75%, but 100% effort.

Tee Drill #2 - Short bat top hand drill.

Tee Drill #3 - Short bat two handed swings – PERFECTION!

Section #2 - Contact Drills

Tee Drill #3 – Contact drill medium height tee.

Tee Drill #4 – Contact drill low tee (Knee height).

Tee Drill #5 – Contact drill high tee. Chest height.

Tee Drill #6 – Contact drill extended tee.

Section #3 – Lower Half Drills/Power Drills

Tee Drill #7 – Walk through drill

Tee Drill #8 – Tiger Woods drill

Tee Drill #9 – Jeter leg lift drill

Tee Drill #10 – Overload/under load – Take a heavy bat (and weighted balls if you have them) and swing five times. Then take the regular bat, and swing 5 times. Building hand/wrist strength.

Tee Drill #11 – Reverse Grip Drill – Reverse your grip, and swing 5 times. Forces the hitter to keep his hands inside the baseball.

Section #4 – Fun Team Drills

Tee Drill #12 – Set up a target and have the tee about 25 feet away. Batter takes 5 swings to hit the target. 5 or 6 players on each team.

SOFT TOSS DRILLS – First and foremost, we must teach the kids how to soft toss. It's essential for development, and it's important for them to understand the value of "feeding" a good soft toss.

Instructional Phase for the Feeder:

1. Feeder drops to one knee (or both knees).
2. Feeder shows the ball over his head first. At this point, the batter is in his stance.
3. Feeder then lowers the ball toward the floor. This movement warns the hitter to "load".
4. In one fluid movement, the Feeder then feeds the toss to the hitter aiming for his front side hip.

Hitter's Job:

1. As the feeder holds the ball over his head, the hitter is in his stance.
2. Feeder then drops the ball toward the ground, and the hitter gets into his loaded position.
3. In one fluid movement, the feeder then feeds the ball to the hitter, and the hitter focuses on hitting the inside part of the baseball to the "center screen". Focusing on POC (Point of Contact) and hitting a line drive to the screen.

Soft Toss Drills

Section #1 – Taking our vitamins

1. Short Bat Bottom hand drill
2. Short Bat Top hand drill
3. Short Bat Both hands (Perfection).

Section #2 – Regular stance, regular bat.

4. Reverse Grip Soft Toss
5. No stride Soft toss
6. Bounce soft toss – Difficult drill for kids to do!

Section #3 - Moving the feeder to different locations.

7. Feeding from directly behind the hitter – Hitter focuses on allowing the ball to travel to the strike zone.
8. Feeding from the hitters left shoulder – *Feeder must be adult. Great drill for hitting the ball to the opposite field.

Section #4 – Vision Soft Toss

9. Regular position and toss two balls in the air. Yell (Lower or Upper) and the hitter hits the ball that is lower or upper.
10. Different colored balls – Mix in yellow dimple balls or tennis balls. Again, yell the color of the ball out as it is tossed.
11. Eyes closed – Have hitter close his eyes, and just as the feeder tosses, feeder yells (open). Hitter finds the ball and hits it.

SHORT TOSS/FRONT TOSS DRILLS:

Hitters focus – Anytime you hit inside, your focus should be on getting better, making adjustments, and slight changes (or big changes) as needed. Every baseball that is hit in our cages, is hit with the “middle of the cage” as our focus.

1. L Screen BP – All balls off of the bat should be hitting the L screen.
2. Oppo BP – A great drill to focus on keeping hands back, allowing the ball to get deeper, and working on opposite field hitting. A tough drill for the younger players.
3. “yes, yes, yes...no no” BP – Applying the goal of hitting your pitch, but with the mind set that everything coming out of the coaches hand is a “yes” until you realize that it’s not a strike. Once

you realize it's not a strike, it's a "no". Having the mind set that "I am going to hit the next pitch".

4. NFBP – (No foul ball BP) – This is a fun session where if the player hits a foul ball, he is out and the next batter hits. The goal here is to hit every pitch through the middle of the cage.
5. "See Ya BP" – Coaches special! If a coach throws a pitch that he feels the batter didn't make a great swing, swings and misses, pops it up, or just doesn't like the hitters approach, the coach says "See ya". Again, it's a fun session for the coach and the hitters.
6. Dirty BP – Our two strike approach is called "Getting Dirty" aka "Dirty Dozen". We want our hitters to make an adjustment with two strikes. The dozen physical changes are:
 - a. Choke up 2 inches.
 - b. Widen stance 2 inches.
 - c. Move closer to the plate 2 inches.
 - d. Move up in the box 2 inches
 - e. Lower your body and your vision 2 inches.
 - f. Expand your visual zone 2 inches – aka "looking outside, and reacting inside".

Mental Approach to the "Dirty Drill" – We will not go down without making contact!



CR North Hitting Notes

We should never confuse batting average with execution. *Batting averages are overrated, and hitting is a process.* Hitters need to understand the importance of:

QUALITY AT BATS

- Having a (PLAN). Most important
- Sticking to that (PLAN)
- Seeing the ball (BIG)
- Hitting the ball (HARD)—doesn't mean swinging hard!!!

The statistics that are the most valuable is having a PLAN and sticking to it when you get tot the plate.

- **REDUCE THE LOOK**
- **REDUCE THE ZONE**
- **LOOK TO THE POWER ZONE**

The walk has always been and will always be important, but there is a good way to walk and a bad way to walk. A lot of people get confused about going to the plate and taking a bunch of pitches. The reality is you must value **being disciplined at the plate.**

Making the hitter more aggressive in a smaller area will allow him to be a better hitter. This is how good power hitters are developed. Notice the word power not **HOME RUN.**

Swing mechanics dictate who and who won't hit the better fastballs and breaking balls. The worse the hitter the smaller the hitting zone has to be because the he has less of ability to cover and area.

The greatest hitting situation a hitter can be in is ball 1, ball 2, ball 3. We know statistically that the percentages go up as balls (not pitches) are taken. When you are not swinging at balls out of the strike zone, confidence, focus, concentration, attitude, and belief elevate. The worst thing that can happen is see a hitter **chase the zone.**

The North hitting philosophy is for us to **WIN THE NEXT PITCH!** Offensively and defensively you must be able to refocus in 20 seconds and win the next pitch. We will control the strike zone on both sides of the ball!

CR North Baseball

INFIELD DRILLS

I – Progression Drills

- Partner rolls – Both knees down, and no glove
- Partner rolls – Both knees w/ glove – Field ball out in front of your nose.
- Partner rolls – Standing, but in down position.
- Partner rolls – Right Left Ready, Right Left Throw – Coming through the ball.
- Partner rolls – Same as “d” but adding angles to your target.
- Partner rolls – Short hops
- Partner rolls – Back hand drills

II – Defensive Drills

1. Third Base Drills

- Cutting off balls toward SS and angles to first base – Footwork.
- Balls hit directly to 3B, shuffle, shuffle, throw to first base. Taking momentum to first base, especially after the throw.
- Deep balls – Have player real deep, and every ball fielded to the backhand side... Shuffle, shuffle, throw!
- Slow roller – fielding ball off of right foot, and throwing off of left foot!
- Bunt rotation and communication

2. Short Stop – First base

- Balls directly at SS - Attacking balls and angles to first base (2 shuffles).
- Balls to glove side (up middle) – proper foot work predicated on when you field the ball.
- Balls to backhand side – Plant and throw.
- Jeter throws to 1B

3. Second Base – First base.

- Balls directly at 2B
- Balls to glove side
- Balls to backhand side
- Jeter Throws

4. SS/2B –Feeds for double plays. Focus on “Feeding his chest”.

SS

- Feed #1 – Glove side underhand “pitch”
- Feed #2 – Bent knee, drop stop toss
- Feed #3 – Back hand plant and throw
- Feed #4 – Back hand Jeter

2B

- Feed #1 – Throwing side underhand
- Feed #2 – Bent knee toss
- Feed #3 – Glove side rev. arm toss
- Feed #4 – Pop feet toss

5. SS/2B Pivots (receiving feeds) – “Feed his chest”
SS

Receiving the feed from 2B is with 10 fingers up, and focusing on grabbing the back corner of the bag w/ your right foot. Make sure you are “hovering” the bag, and not standing directly on the bag. Make sure of the lead out before you attempt to get that DP.

2B

Receiving the feed from SS requires quickness, and concentration on “hovering” the bag, and being ready for a throw in 3 different directions. 2B always does a left foot tag and pivot.

1. Ball fed by SS is directly over the bag. While receiving the ball, the left foot carries over the bag, and then plant the right foot and throw a strike to first base.
 2. Ball fed by SS is heading in the line of the incoming runner. Receive the throw w/ left foot on the bag, and then step back w/ right foot, plant and throw.
 3. Ball fed by SS is heading to CF direction. Receive the ball, and step toward outfield w/ right foot, plant and throw.
6. First Base – Digs, swipes, jump tags. We start our first basemen w/ both heels on the bag, and 10 toes facing the fielder who is throwing across the diamond.
- a. Digs - Throwing all balls in dirt, and have first basement stride to the side of the ball, and dig. They have to see the ball in the glove! Try not to dig a thrown directly at them. Get to the side of the ball.
 - b. Swipes – Have coach throw balls up the line (toward runner). First baseman comes off of the bag to receive the ball, and then swipes a tag on the runner.
 - c. Jump tags – Throwing balls over 1B head, and focusing on catching the ball and then landing on the bag.
7. First Base – PFP’s
- a. Balls hit to a deep first basement requires practice on fielding the ball, moving his feet to the first base bag, and leading the pitcher who is covering on PFP (Pitcher Fielding their Position).

Outfield Drills

Drill #1: Stance/ Drop Step

- **Player faces coach in good athletic position**
- **Coach points in direction of drop step.**

Drill #2: Dry run fly ball (no baseball)

- **Player faces coach in good athletic stance(ready position)**
- **Coach points in direction of drop step.**
- **Player breaks to pointed direction (five steps), stops, pitter patters feet (staying behind baseball), glove position up (shoulder height), players keeps his momentum back, crow hops (cover ground), player comes through the baseball.**

Drill #3: Getting to the SPOT! (No drifting to baseball)

- **Coach sets up three cones: one center, one left and one right**
- **Player in front of coach, good ready position**
- **Coach holds ball in direction of cone and yells “go”**
- **Player drop steps and breaks toward cone. When player gets to cone he stops and faces coach.**
- **Coach throws fly ball; player pitter patters (stay behind baseball) glove position up, players’ catches baseball, crow hops and comes through baseball and throws it to coach.**

Drill #4: Progression Drills (Quarterback Drills)

- **All of these drills start with player in good ready position.**
- **Player breaks straight back**
 - **Footwork: player breaks straight back, makes catch, hard chop step, crow hop (inside step and throw).**
- **Player breaks to his left**
 - **Footwork: Player makes catch, lets his momentum take him one more step (hard chop step), pivots (turns), inside step and throws.**
- **Player breaks to his right**
 - **Footwork: same as straight back**

Drill #5: Progression Drills (Short Fly Balls)

- Coach sets up three cones (same as before)
- Coach points, player breaks, gets around cone, coach throws short fly ball, player comes in on ball and makes catch.
- ****Important note: player must have correct body position in this drill. His shoulders square and chest must be facing towards the coach.**

Drill#6: Ground Balls (Break down to baseball)

- Charge all ground balls. Player must stay under control when charging ground ball. Aggressive start, then break down to baseball (pitter patter approach)

- Make body big; field ball off inside of foot on glove side.
- Do or Dies: Field ball off outside foot, glove side
- Ground ball to players left
 - o Take good angle to baseball
 - o Field ball palm open
 - o Let momentum take player one more step
 - o Chop step
 - o Pivot
 - o Inside step and throw (this is the crow hop)
- Ground ball to player right
 - o Take good angle to baseball
 - o Field groundball backhand, hard chop step, inside step and throw.

Drill #7: Outfield Games

- Hit the cone
 - o Set up a cone (certain distance away) and player must hit cone on a bounce or fly.
- Baseball football
- Relay drills (Hit the cut!!)
- 500

Drill #8: Make it FUN!!!!!!



Catching – Blocking and Recovery Drills

Stance

We must create the ability to block out of both the primary (no runners on base) and the secondary (runners on base) stances. We have to put ourselves in a position to be able to get our feet out from under us, allowing gravity to help us get our knees to the ground. The only thing that can slow us down is our feet, but let's not allow that to happen. Get into a stance that allows you to move your feet when necessary. This stance, again, should be balanced with a flexed lower-half and a relaxed upper-half. What this means is your legs should be in a flexed position (strong, but mobile) and the upper-half of your body (chest, shoulders, arms, wrists, hands) should be in a relaxed state to be able to react. Let's think like a hitter for a minute. How should you feel in your stance? It is very similar. Flexed lower – Relaxed Upper. Create a rhythm to stay loose, just like in your batting stance.

Blocking Positions

We are getting our feet out of the way so the knees can get to the ground in a position where the ball will be centered on our chest. When the ball hits our body, we want it to re-direct back down to the ground, so our chest angle forward and over the ball. The glove is on the ground and the bare hand is behind the glove. The reason for this position is that it keeps us square to the ball. We want to create a trap for the ball so we roll the shoulders slightly forward. This will also create a gap between the chest and the chest protector so that the ball will deaden on the chest protector when it hits. We must follow the flight of the ball all the way to the chest so that we can see the bounce it takes off the dirt. This bounce will tend to be different every time so we have to track the ball. Tracking the ball will also help us find the ball after we block it. Blocking the ball is only half the battle. The other half is to know where the ball kicks off the chest and getting to it quickly so that if the runner tries to advance, we have a better chance of throwing him out.

Blocking To the Right: We have to combat the direction the ball is traveling by creating an angle around the ball. We want every ball we block to land as close to the plate as possible so, again, we roll the shoulders forward to create the space between the chest and the chest protector. One of the biggest problems we see when blocking to the right and left is that catchers get their lead leg caught underneath their butt. Make sure your lead leg is getting to that kicked-out position so that you have balance to control the ball

off your chest. If the lead leg gets caught underneath, the balance is affected and you will lose control and consistency.

Blocking To the Left: The same applies to the left as it does to the right, oppositely. The left direction seems to be a little more difficult for some reason, but either way, work on your weak side more, just like any weakness in your game.

Recover and PICK

After we block the ball, we have to get up and get it as quickly as possible so if the runner tries to run, we have a chance to throw him out. There are a couple different ways to get to your feet from the blocking stance. One is by using your hands to post on the ground and working your way up to your feet. This is what most young catchers must do. The other requires you to shift the weight backwards on to your feet, swivel your body weight from left to right - then to the up position, without using your hands. This one requires a lot of practice and athletic ability. If done correctly though, it is much quicker. In our program, I want my catchers to think “block and pick” when there is a runner on base, and there is a ball that is picked! Every pick should be followed with a back door.

Block and Recover Drills

6 Ball Warm-Up

This is a basic blocking warm-up drill to get your catchers loose, while keep their focus on direction and body control. We set 6 baseballs in a pattern like you see in the picture. This pattern can be set up with any combination of directions, as long as there is a change of direction. We focus on gaining a little ground with each block and focusing on body position and control. 3 times through the sequence should give you the warm-up you need to move on to your next drill.

Stick Drill

The stick drill is another basic warm-up drill that forces the catcher to react to a moving object. We will block to all three positions (middle, right and left). We will start out, telling the catcher the pattern – then we will create a random pattern. It basically trains the brain to begin to see a moving object and interpret which direction to go to get to his blocking stance. You can also use your finger and point to the direction, like the next drill.

Pointing Drill

As we said above, we can also use this drill to learn to react to a visual and get to our blocking stance. The coach or partner simply points in a direction for the catcher to block and the catcher gets there as quickly as possible. 2-3 sets of 6-8 reps for either the Stick Drill or the Point Drill are great for quickness and movement.

Already Down

In this drill, we place the catcher in the blocking position to start with. We get about 25 feet away and throw balls in the dirt for him to focus on the upper body only. We want the catcher to get used to seeing the ball all the way to the chest and where it bounces afterwards. We want the catcher to get a feel for adjusting with the upper-body if the ball is going to hit on the left or right side of the chest. This adjustment must come from the shoulders to re-direct the ball back down to the middle. At the same time, we want him to figure out how to keep the ball off his arms, which hurts and can affect the catcher, mentally. For younger catchers, tennis balls can be used to eliminate the fear of getting hit by a baseball. We use a small glove in this drill so that our catchers aren't tempted to catch the ball in the dirt. Catching the ball in the dirt creates bad habits and is very inconsistent.

Wall Drill

For the wall drill, find any wall that you aren't going to ruin by throwing balls against. The coach or partner is behind the catcher and throws the ball so it hits the wall and bounces once on the ground before the catcher has to block it. It takes a while, but the catcher starts to figure out what to look for to get a good read and focuses more and more. This drill helps with quickness and agility because of the limited reaction time.

Isolation

The isolation drill is when the coach or partner tells the player which direction he is trying to throw the ball. We will throw 4-5 to the middle, then the next catcher goes. When everyone has gone, the first catcher will get 4-5 to the left. Everyone goes through this one and then we will do 4-5 to the right. We usually start slow and increase speed with reps. *Don't forget that we catchers like to compete so create competitions out of these drills.

Exaggerated Angles

We will exaggerate the angles when blocking to isolate the right and left. The catcher knows which way he is going to turn when the ball is thrown in this drill. The only question is how much distance he has to cover to get to the ball. Try to exaggerate the distance you make the catcher travel. Make him work in this drill. If the catcher blocks every ball perfectly, the partner didn't make it difficult enough on them. We usually keep these reps around 5-6 for 2-3 sets each way.

Random

Random Blocking is simply the catcher knowing the ball is going to be in the dirt, but not knowing which direction. The coach or partner will mix it up and come up with different combinations each time. We usually keep these sets at 4-6 for 3 sets and we let the catcher have time in between reps to get set in his stance.

Rapid Fire

In the rapid fire drill, we have 4 baseballs and try to speed the catcher up past his comfort zone. Once the first ball is blocked the catcher must get back up to his stance as quickly as possible because the next ball will be on its way. If the catcher is able to block every one without trouble, we are not working him hard enough. Make your catchers work!

Block, Recover and Scoop

This is where we put it all together. The coach or partner throws the ball anywhere in the blocking range and the catcher must block the ball, get to his feet, get to the ball and scoop it. The catcher finishes this drill in the throwing stance. Or, you can even incorporate throwing the ball to the bases with another player at that base. Make it a team drill and have your base runners get reads in the dirt while your catchers work on completing this play.

Reaction

For the reaction drill, the coach or partner does not tell the catcher if he is throwing the ball in the dirt or throwing a strike. This is the most game like drill we have for blocking. The catcher should “think middle, react left and right.” If the catcher thinks block, he is already beat on the strike. So think catch, react to block. That is why the drill is called Reaction!

Machine Block

Using a Machine to block is very effective, especially for curve balls and sliders. Don't move the machine for changing location – let the catcher move his starting position to change location. Mix up speeds and pitches by tweaking the machine.

Passed Balls and Wild Pitches

Although we don't want to let the ball get by us, sometimes it happens. And sometimes it happens when there is a runner on third base. So how do we handle this? First, we find the ball quickly, while peeling the mask off and tossing it aside. Then we sprint to the ball, slide into it, scoop it and throw from one knee to the pitcher, who should be covering the plate



Catching – Receiving Drills

The Target / Pre-Pitch

The target is one of the most crucial aspects to receiving. To receive the ball well, we have to think about what our hand, wrist and forearm are doing before the pitch. We want to start by giving a nice open-glove target to the pitcher. We want to get him locked in. But when he starts his motion, we want to relax our hand and wrist so that we can adjust to the pitch. This relaxing of the hand and wrist should cause the glove to slightly drop or turn (quarter-turn).

Lower-Middle

The pitch that is down in the zone has to be caught out in front of the body for a couple of reasons. We want the umpire to be able to see the pitch from his position and we also want to be able to catch and hold the ball. If we catch the ball more towards our body, the ball will have a tendency to continue its path and force the glove down more than we want. So the ball, in this case, looks lower to the umpire. As we get older and pitchers are throwing harder, with more break on their off-speed pitches, the umpire's job becomes much more difficult. Our job is to make it easier on the umpire and make the pitcher look better.

Lower-Right

This pitch is down in the zone and to the right of where we originally set up in our stance. To make it look more like a strike, we want to make a slight sway with our weight in that direction. We want to remember to beat the ball to the spot – don't continue swaying after the ball is caught. This will make the ball appear more outside than it really is. Track the flight of the ball and anticipate the end location. We want the front of the glove to be further from us than the heel of the glove (extend the wrist slightly). Stay away from snapping the wrist too much when catching this ball. Keep your balance, using your right leg to hold your weight from collapsing. Try not to cave the left leg inward during this sway (stay balanced).

Lower-Left

This is perhaps, the toughest pitch to catch, but the most important if you ask your thumb. We have to get from our relaxed, pre-pitch position and rotate our glove upward. We still want to catch the outside of the ball so the web

of the glove is facing upward and the heel is obviously underneath the ball. If we catch the ball with the same glove angle as the previous two locations, we risk thumb injury and we can't present the ball as well to the umpire.

Upper-Middle

Because the height of the ball decreases as it travels, we must catch the high pitch deeper in the zone. We need to let it travel to appear as low as possible to the umpire. Here, the elbow must bend as you catch the ball to allow the ball to get deep in the zone and appear lower. This is especially important on off-speed pitches because they tend to have a steeper slope.

Upper-Right

Just as we talked about with the Upper-Middle pitch, this pitch must be caught deep in the zone. There is a slight sway, just as we talked about in the Lower-Right pitch. The only difference is we don't hold the ball as long in one spot like the Lower pitches. We need to catch the ball deep and gradually move the glove to our throwing hand, transfer and throw it back to the pitcher. It is kind of like a mind game with the umpire.

Upper-Left

All the same applies to the Upper-Left pitch as the previous two, except the glove angle and the direction of the sway. Just like the Lower-Left pitch, the glove turns upward to catch the outside of the ball. Again, we catch the ball deep and gradually move it to the throwing hand, as not to alarm the umpire that there was any question whether it was a strike or not. This movement should be one of assumption that it was a strike.

Receiving Drills

Around the Zone

Here, the coach or teammate has a ball and moves it around the strike zone for the catcher to check his hand positioning on each pitch location. If there is a correction to be made, we stop, make the correction, and continue.

Shadow

In this drill, the catcher gets with a partner, a coach or even a mirror. If you have a partner, one catcher has to be the leader and one is the follower. Sway back and forth, checking your balance and positioning for all locations. The follower mirrors the leader, moving slow to check all balance points. Pretend you are catching the ball by closing the hand. Make sure your eyes are following the hand to each location. (Also good for conditioning legs)

Tennis Ball Under-hand Toss

The Tennis Ball Under-hand toss is great for a couple of reasons. It promotes soft hands because the ball is light and takes some coordination to catch. It also promotes a good stance, if done correctly. The key is to be able to toss the ball, passing the outside of the

knee with the throwing hand. This will cause you to make sure your knees aren't too wide in your stance. If your knees are too wide here, you will either have to throw the ball around the knee (very wide) or you will have to throw in from the inside.

Catch and Hold

This drill is fairly simple. The coach (or a partner) throws the ball to different locations and the catcher basically catches the ball and holds it, as if he were presenting it to the umpire. Now, we've talked about the high pitch – don't "hold" that one. Your goal is to be the best receiver on the team, in the league, in the area, in the state! Make every drill, every pitch count...be the best drill-guy out there...it's the only way to become the best!

Mix it Up: Mix in curve balls and change-ups so you can work on receiving these pitches the right way too. Gradually, make it harder on your partner - make him work!

From Angles

With the coach or partner down the base-line, the catcher is squared up toward the pitcher's mound. The only thing facing the coach (thrower) is the head/eyes. When the thrower is down the third-base line, we are working on the pitch to the catcher's right. When the thrower is down the first-base line, the catcher is working on the pitch to his left.

Chair Drill

The chair drill is used to make the low pitch tougher to catch. It is a different look that can also be used instead of actually throwing curve balls. We mix this in to keep it fun for our guys – to give a different look to receiving. You can use anything that gets you off the ground – preferably something sturdy.

Getting Closer

The coach starts back around 45 ft. and moves closer with each throw to make it tougher on the catcher. Coach has 4-6 baseballs and the catcher works on staying relaxed to be able to react quickly. The idea is, the closer the coach gets (or the harder a pitcher is throwing) the more the catcher has to relax, but focus to be quick.

Rapid Fire

This drill has the same general idea in mind as the *Getting Closer* drill. But here, we are working on our fast-twitch reaction, one after another. The coach (or partner) has 6-8 baseballs and stands about 20 ft. away from the catcher. Once the first ball hits the catcher's glove, the second is thrown, then the third, and so-on. We try to get 3-4 sets in during a receiving workout.

Machine Work

Use a pitching machine as another way to work on receiving. Since it is harder to move the location of the pitch, the catcher sets up in a different location each time.



INFIELD THROWING SEQUENCE

Sequence #1	Sequence #2	Sequence #3	Sequence #4	Sequence #5
C – 3B	C – 1B	C – 2B (bag)	C – SS (cut play)	C – 3B
3B – 2B	1B – SS (bag)	2B – 1B	SS – C	3B – 1B
2B – 1B	SS – 3B	1B – C	C – 3B	1B – SS (bag)
1B – C	3B – C	C – SS (bag)	3B – 2B	SS – C
C – SS (@ bag)	C – 2B (bag)	SS – 3B	2B – 1B	C – 1B
SS – 3B	2B – 1B	3B – C	1B – C	1B – C
3B – C	1B – C	C – 2B (bag)	C – 2B (cut play)	C – SS (bag)
HOME	HOME	HOME	HOME	HOME

1. All throws are live action.
2. All throws to bags are completed with a swipe tag, sweep tag, quick tag.
3. Cut off – AKA Read plays are always followed by a play at the plate.
4. All infielders work from their position (not the bag or plate).
5. Catchers in full gear working from a squat position.



INDIVIDUAL/POSITION PLAY SERIES

DRILL #1

INF/C - Throwing Sequence
OF - Progression Drills
P - Pen routine

DRILL #2

3B/SS/2B/1B - DP drill
C - Block/throw
OF - Fungo Drills
P - Pen Routine

DRILL #3

INF - Deep balls all w/ backhand.
OF - Gap Communication
P - Pen routine

DRILL #4 - Individuals

SS/2B - Pivots and feeds
1B - Digs/swipes/tags
3B/C - Slow roll/bunt w/ catcher
OF - Progression Drills
P - Pen Routine

DRILL #5

C/SS/3B/2B - 1st and 3rd read plays
P/1B/2B/SS - PFP's and plays to 2B
OF - Angles to the plate drill

DRILL #6 - Pitchers fielding bunts

P/C/SS/2B - Bunts back to mound plays at 2B
P/C/1B/3B - Bunts back - plays at 1B/3B

TEAM DRILLS

DRILL #6 - Texas Drill

OF - Balls to wall - Sure double
SS/2B - Piggyback relay
C/3B - Communicate for cuts
1B - Trail runner watching for touch of 1B!

DRILL #7 - Down the Line

OF - Plays to the plate
3B - Cuts to the plate
1B - Cuts to the plate (CF/RF)
C - Cut Calls

DRILL #7 - Viking Drill #1

Station #1 - Group hitting off of tee and running Tennessee Base Running to first.
Station #2 - Group at 1b - Reading balls off of the bat running 180 feet.
Station #3 - Group at 2b - Reading balls off of bat and running 180 feet.
Station #4 - Group in outfield working on footwork, receiving balls, angles.

DRILL #8 - Viking Drill #2 - Offense is conducted with coach 15 feet away, front tossing.

Station #1 - Infielders in position working w/ balls off of bat
Station #2 - Outfielders hitting off of coach "front toss"
Station #3 - Group on 1B and 2B - 180 foot base running drill



Sequential Practice

Batted Ball →	Thrown Ball →	Position Movement →
Base Runner Movement ----->	C=Coach	R=Runner

SHORT GAME SEQUENCE:

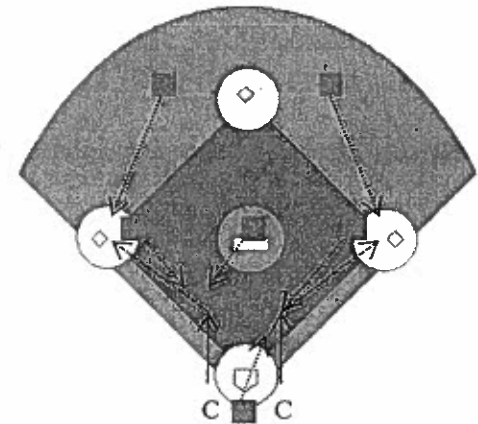
#1

INFIELD BUNTS:

- C/2B/1B- throws to 1b, 2B cover
- P/ SS/ 3B- throws to 3b, SS or 3b cover

OUTFIELD:

- Perfect fly ball catching technique



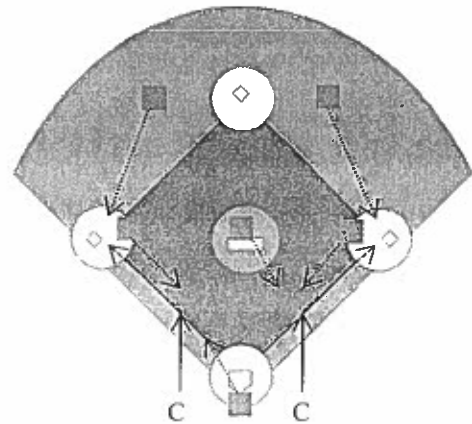
#2

INFIELD BUNTS:

- P/ 2B/1B- throws to 1B - 2B covers
- C/3B/SS- throws to 3b or SS cover

OUTFIELD:

- Drop steps going back on fly balls / routine catch





SHORT GAME SEQUENCE: Cont.

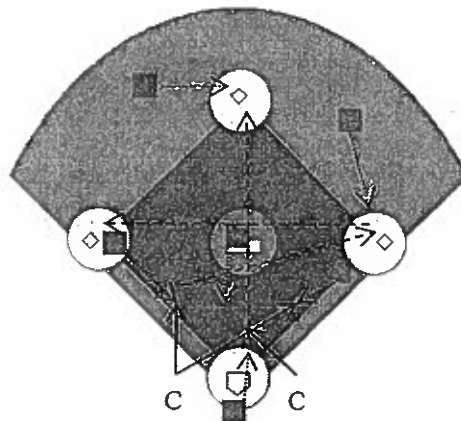
#3

INFIELD BUNTS:

- P/C/SS- throws to 2B - SS cover
- 3B/1B/2B-throws to 1B - 2B cover (return throw to 3B)

OUTFIELD:

- Drop step, running over the shoulder catches



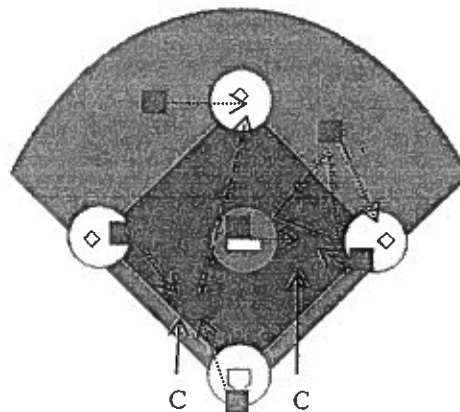
#4

INFIELD BUNTS: pitchers protect alley on 1B side

- P/2B/1B- Alley work at 1B, communication and coverage
- C/3B/SS- throws to 2B, SS cover

OUTFIELD:

- Drop step lateral catches



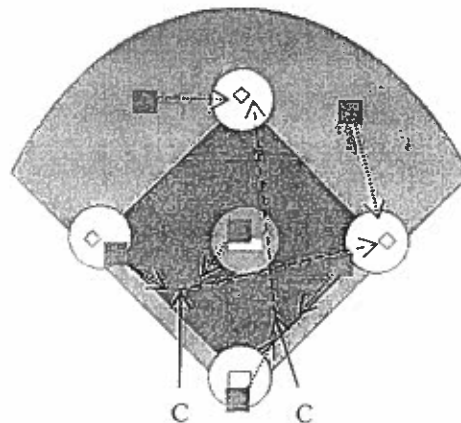
#5

INFIELD BUNTS: pitchers protect alley on 3B side

- P/3B/2B- Alley work at 3B, communication, 2B covers 1B, throws to 1B.
- C/1B/SS- throws to 2B- SS cover (certain D situations)

OUTFIELD:

- Running in for fly balls, sliding catches





Batted Ball →	Thrown Ball →	Position Movement →
Base Runner Movement →	C=Coach	R=Runner

INFIELD/OUTFIELD SEQUENCE:

1#

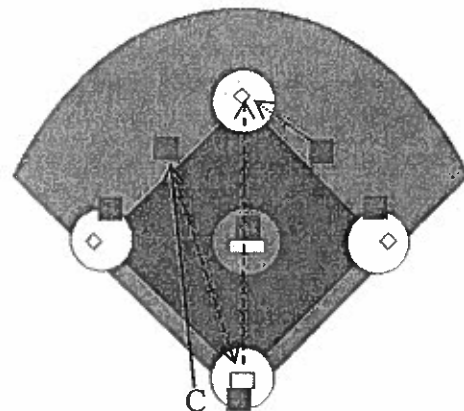
RUNNER ON 3B OR BASES LOADED:

All bases need to be covered for secondary throw.

- Tag plays at home, 5-2, 6-2, 4-2, 3-2, 1-2, secondary throws to 2B & 3B
- Middle pinched – turn DP feeds. P/3B/1B goes 1-2-3, 5-2-3, 3-2-3 DP
- Bunt flips to 4 for squeeze play
- Fake throw rundowns – balls hit to 3B baseman

OUTFIELD:

- Progression Drills



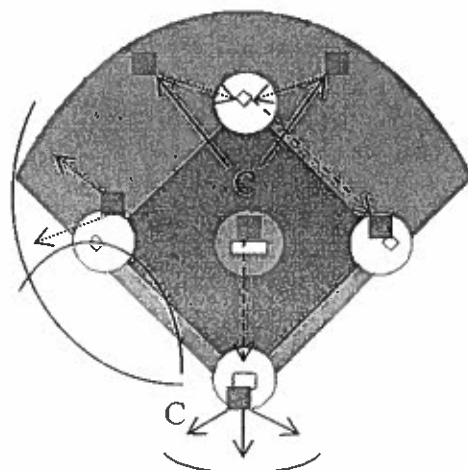
#2

INFIELD:

- Double plays- feeds and pivots, 6-4-3, 4-6-3
- 3B- pop flies near fence & short left field
- P/C - Wild Pitch- catcher slides after ball, pitcher covers home (balls of brick)

OUTFIELD:

- Routine ground balls with infield technique



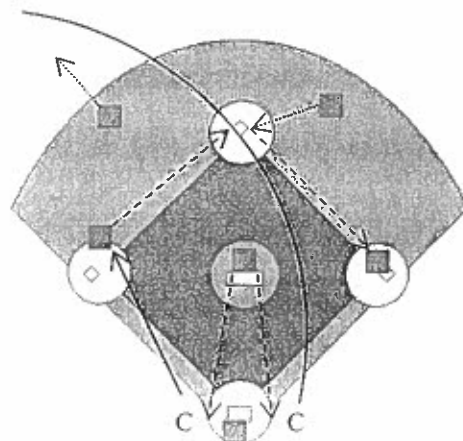
#3

INFIELD:

- Double plays, 5-4-3
- P/C- intentional walks R & L
- SS- drops step to LF & CF pop ups and fence work

OUTFIELD:

- Line Drive balls.





INFIELD/OUTFIELD SEQUENCE: Cont.

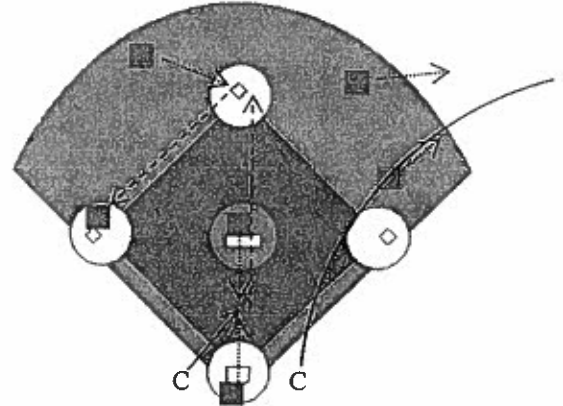
#4

INFIELD:

- P/C/SS- double play throws to 2B, SS fake 1, throw 3rd (2B baseman point)
- 1B/2B - pop flies near fence and short right field and fence work
- 3B- cover 3B for SS throws on secondary runner

OUTFIELD:

- Crow hops, do or die ground balls



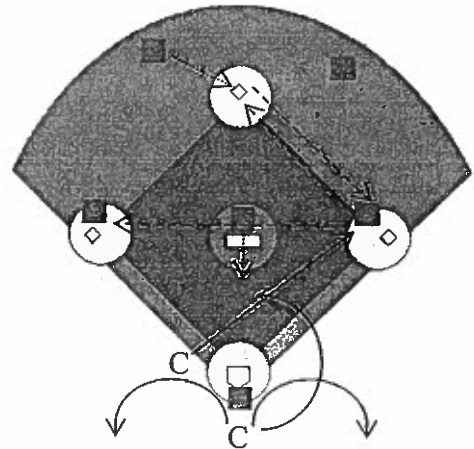
#5

INFIELD

- 1B/SS/2B- double play throws to 2B to 1B, return throw to 3B
- P/C – short pop ups/foul ball communication
- 3B- taking throw from 1B base, tag play

OUTFIELD:

- Mine yours alley ground balls



#6

INFIELD:

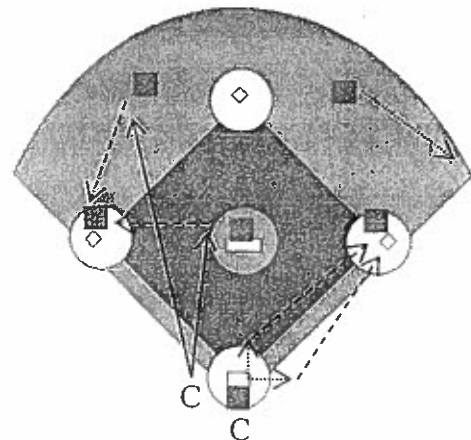
- P/ SS/3B- ground balls force at 3rd. Runner on 2B, who has coverage.
- 2B/1B/ C- pass balls- dropped third strike, outside-inside, 1B covers, 2B backs up.

OUTFIELD:

- High/low communication

High/Low: (where you catch the ball)

low
7 → 8
← high



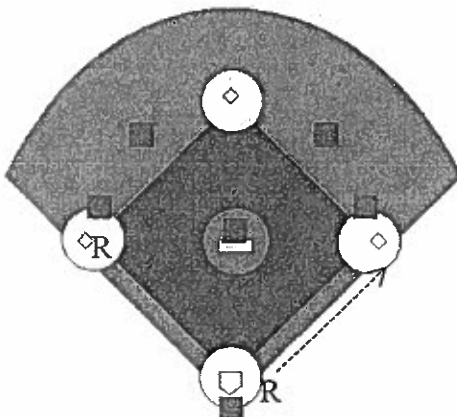


SPECIAL SITUATIONS:

#1

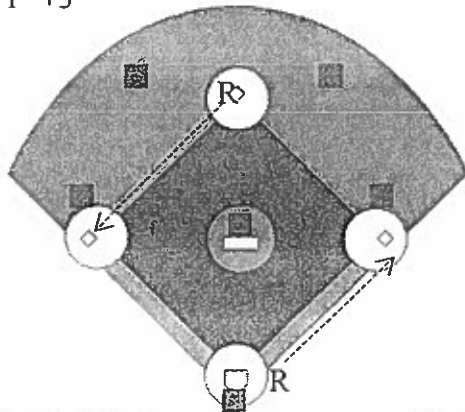
RUNNER ON 3:

- Ball 4 on batter/ball 4 drill
- Drop 3rd strike on batter – check 3 before going to 1st
- Missed Squeeze Play-SS tuck in behind
- Option throws for infielders on ground balls/ Speed of ball 4 or 1
- OF - Foul fly balls



#2 - RUNNER ON 2:

- Base hit creating a 1st and 3rd
 - Ball hit to OF must hit cut (keep lead runner from scoring and trail runner off second)
 - Base hit to INF, do not give up on lead runner
- Hard hit ball to 3B, pump fake to 1st look to 2nd, try catch runner off guard
- Ball gets by catcher, ball 4 – can create a 1st and 3rd
- Ball gets by catcher, strike 3 – option throw 3rd or 1st
- Steal 3rd on ball 4 – creates 1st+3rd



#3 - BASES LOADED:

- Ball gets by catcher, strike 3 – catcher step on home plate
- Pop fly to infield, Infield Fly Rule, NOT CAUGHT. Runners advance, tag runners

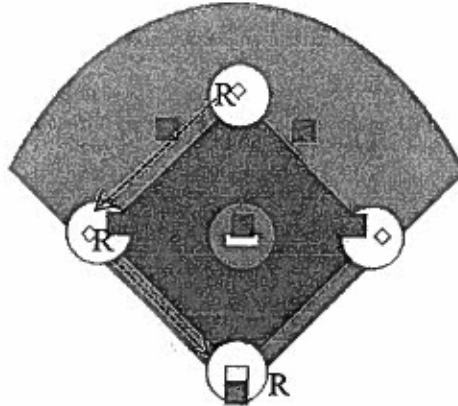


SPECIAL SITUATIONS: Cont.

#4

RUNNERS ON 2 AND 3

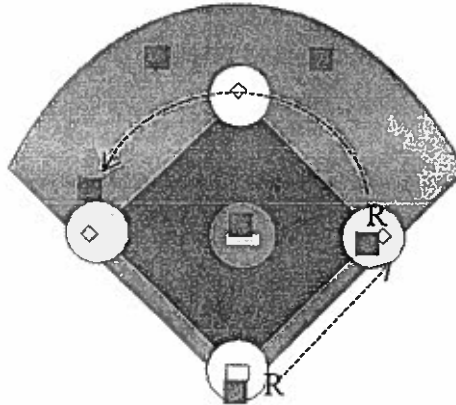
- Play at the plate creating 1+3



#5

RUNNER ON 1 HIT AND RUN

- Get out at 1st because you have no play at 2nd
- Creates 1+3 situation defense on a base hit
- SS or 2nd base decoys



#6

OVERTHROW DRILL FOR BACKUPS (Everyone Involved)

- Ground Balls to Infield
- Fly Balls – base hit to outfield



POP UPS & FLY BALL COMMUNICATION:

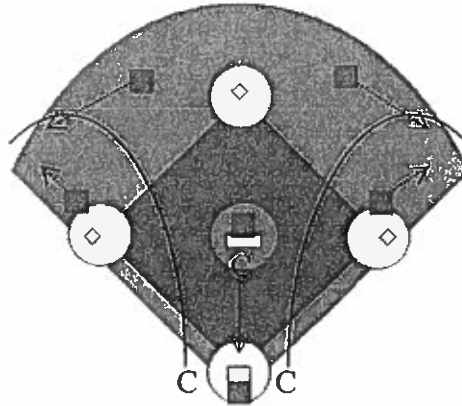
#1

INFIELD POP FLYS:

- C- drop blocking
- 1ST & 2ND- infield pop ups - mine/ yours, priority
- SS & 3RD- in field pop ups - mine/ yours, priority
- P – covers open base

OUTFIELD:

- Mine / yours, routine fly balls in position



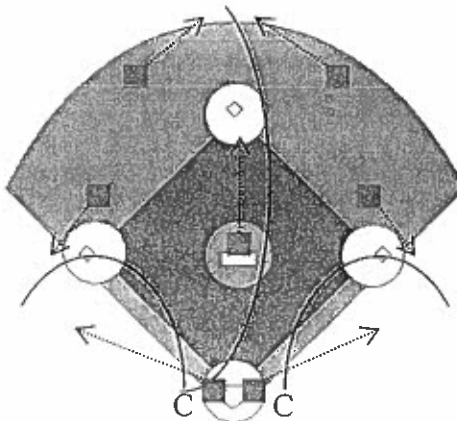
#2

INFIELD POP FLYS:

- C/1ST /3RD -pop ups- communication and priority/fence work
- SS/ 2ND - pop ups – pitcher covers open base

OUTFIELD:

- CF/LF/RF - mine /yours, fly ball & ground balls- stress back-up/gap control



#3

FULL DEFENSE:

- TEAM FLY BALLS – communication/priority/backups



SPECIAL SITUATIONS:

Situations Created:

- Hit and run, 1st and 3rd
 - Bunt and run, 1st and 3rd
 - Slap and run, 1st and 3rd
 - Protect steals during swing and miss
 - Fakes
 - Runner on 1 or 2: Fake bunt and run
 - Runner on 2nd and 3rd
 - Angle Down
 - Squeeze Play
 - Suicide Play
 - Option Squeeze – batter and runner
-

Game Winning Defensive Situations – PRESSURE

- Runner on 2 – Base hit to outfield
 - Runner on 3 – Fly ball to outfield
 - Runner on 2 – Infield ground ball / Knock it down and keep in the infield
 - Runner on 1 – Gapper to fence – SS/2B relay to home
 - Runner on 3 – Ground ball to infield, runner breaks home on infield release.
- 1B/2B pops off to throw home
-

TANDEM RELAY (PIGGY BACK)

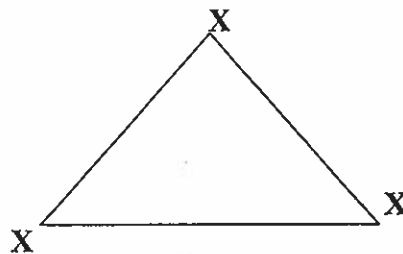
- RF / 2B SS / 3rd · RF / 2B SS / 4
- LF / SS 2nd / 4 · LF / SS 2nd / 3



Ready Position “Hit it to Me Attitude”

1. Maintain a balanced, comfortable defensive position:

- Feet are shoulder width apart, slightly staggered, knees bent, weight on the balls of you feet



- Lean slightly forward
- Glove open, hands relaxed

2. Focus on the ball as it enters into the hitter’s strike zone

- Know pitch location
- Know hitters position in the box
- Know hitters strengths and weakness
- Know the situation (count-baserunners etc.)

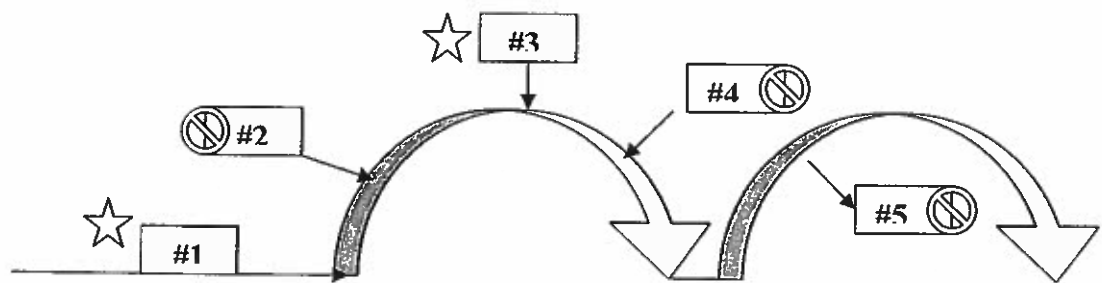
3. Watch hitters swing

- Note hands and barrel of bat

4. Move to the ball – ALWAYS THINK “CLOSE THE GAP”

- Be aggressive but under control
- Be quick and anticipate
- Get a good hop # 1 or #3 –**ALL GROUND BALLS HAVE A GOOD HOP YOU HAVE TO FIND THEM.**
- Avoid in between hops

Anatomy of a Hop



#1. This is the most desirable- We have gotten to the ball before it has taken a bounce. **YOU MUST CLOSE THE GAP ON ALL GROUND BALL---BE AGGRESSIVE!**

#2. This is the ball that gets you in the forearm or chest depending how you played it.

#3. This is the second most desirable part of the hop, because the ball is at the top of it's bounce and just sitting there for you to play through.

#4. This can be a tough play because the ball is moving down and away from you. If you haven't played the ball from the “ground up” this ball will go under you glove.

#5. This is the dreaded “tweener”. Only bad things will happen if this ball you are left to field. We want to avoid these at all costs!!



"NORTH BASEBALL come From Behind Strategy"

This is a strategy that we will use when we find ourselves behind 3 or more runs in the 3-7th innings. We will be attempting to put offensive pressure on the pitcher to command the strike zone while protecting his lead. Our approach is as follows:

0-0 count will be approached like any other at bat. If the pitch is a ball or in your **COLD ZONE** then you will take until the pitcher throws you a strike. If the ball is in your **HOT ZONE** then you have the green light to offer at the pitch.

1-0 count you will take until you get a strike.

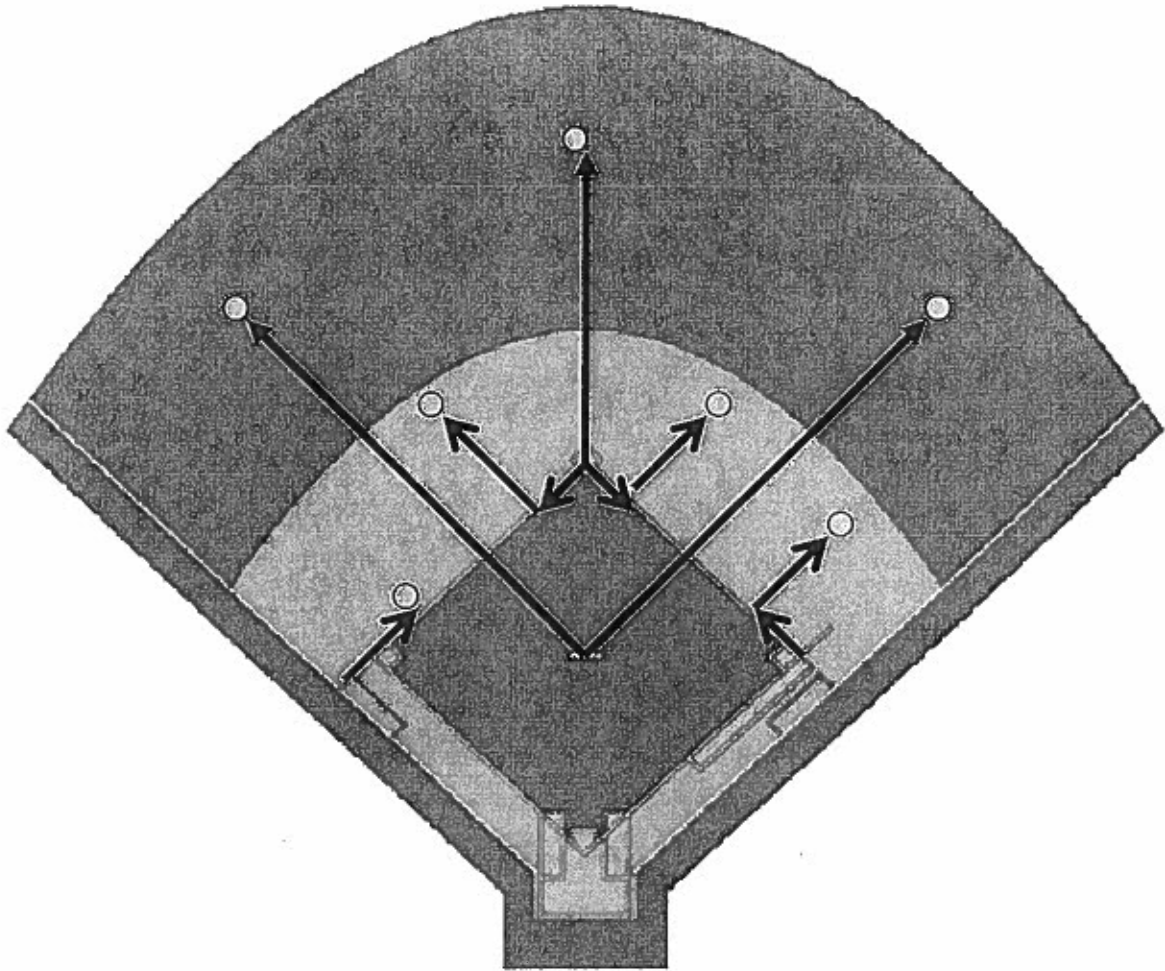
0-1 count you will approach this like any other at bat.

3-1 count you will take unless you are given the green light.

When we score a run and the deficit is less than 3 we go back to straight baseball. There are several reasons why we incorporate this philosophy.

1. Pressure of pitching with a lead
2. The fifth inning when a pitcher grows anxious about getting the win.
3. The seventh inning when the pitcher begins to sense his job is done and it's time for the bullpen.
4. When the pitcher begins nearing his pitch count maximum and knows it's his last inning.
5. Pitching from the stretch puts pressure on the pitcher and can alter his mechanics.
6. 60+% of 3-2 pitches are foul balls. Using this stat we are forcing the pitcher to throw at least 2 consecutive pitches for strikes; increasing your chances of getting a pitch you can drive.

NORTH BASEBALL COORDINATED DEFENSE



***All defensive alignments will work off of "REGULAR"-----"REGULAR" is shown above.**

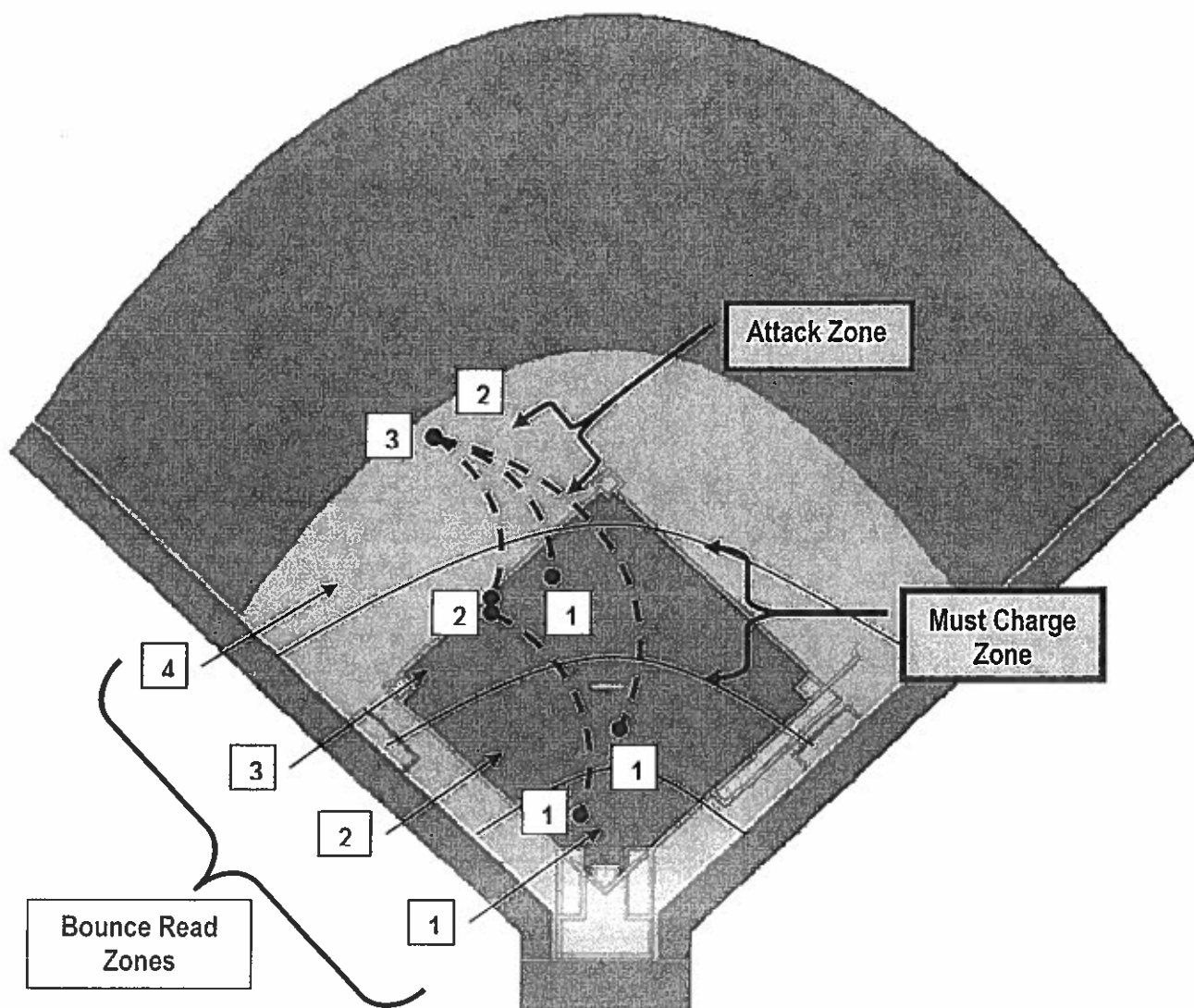
Situation	3B	Across	Back	SS	Across	Back	2B	Across	Back	1B	Across	Back	OF	Plus	Minus
Regular		5	Even		5	13		5	13		6	8		IN LINE W/BASE	
Oppo/Pull		5	5		7	13		7	13		5-6	10		12 STEPS to Oppo/Pull side	
Infield In		5	Grass		10	X		11	X		6	X		X	X
Bunt		5	Grass		X	X		5	6		6	5		X	X
DP		7	Even		10	5		10	5		X	X		X	X
No Doubles		3	7-8		X	X		X	X		2	10		12 STEPS to Either Line	



NORTH BASEBALL DEFENSIVE REMINDERS AND CUES

- Infielders:
 - Must be in “hop”, ready position on every pitch.
 - Know bunt coverages and cut plays.
 - Know our depths and when to use them
 - Use C.L.S. Coordinated Look System
- Outfielders:
 - Use “V” coverage and move with the count.
 - Always know what you are doing and who your cut man is.
 - Get rid of ball under one second to cut man.
 - Know your coverage responsibilities.
 - No your positioning on “No doubles”
 - Back up every play
- Catchers:
 - “Vocal Leader, quiet receiver”
 - Be able to call all coverages and direct the infield.
 - Back up first base when needed.
 - Cover third base when needed.
 - Pop times at 2.0 or below.
 - Zero balls hit backstop during games

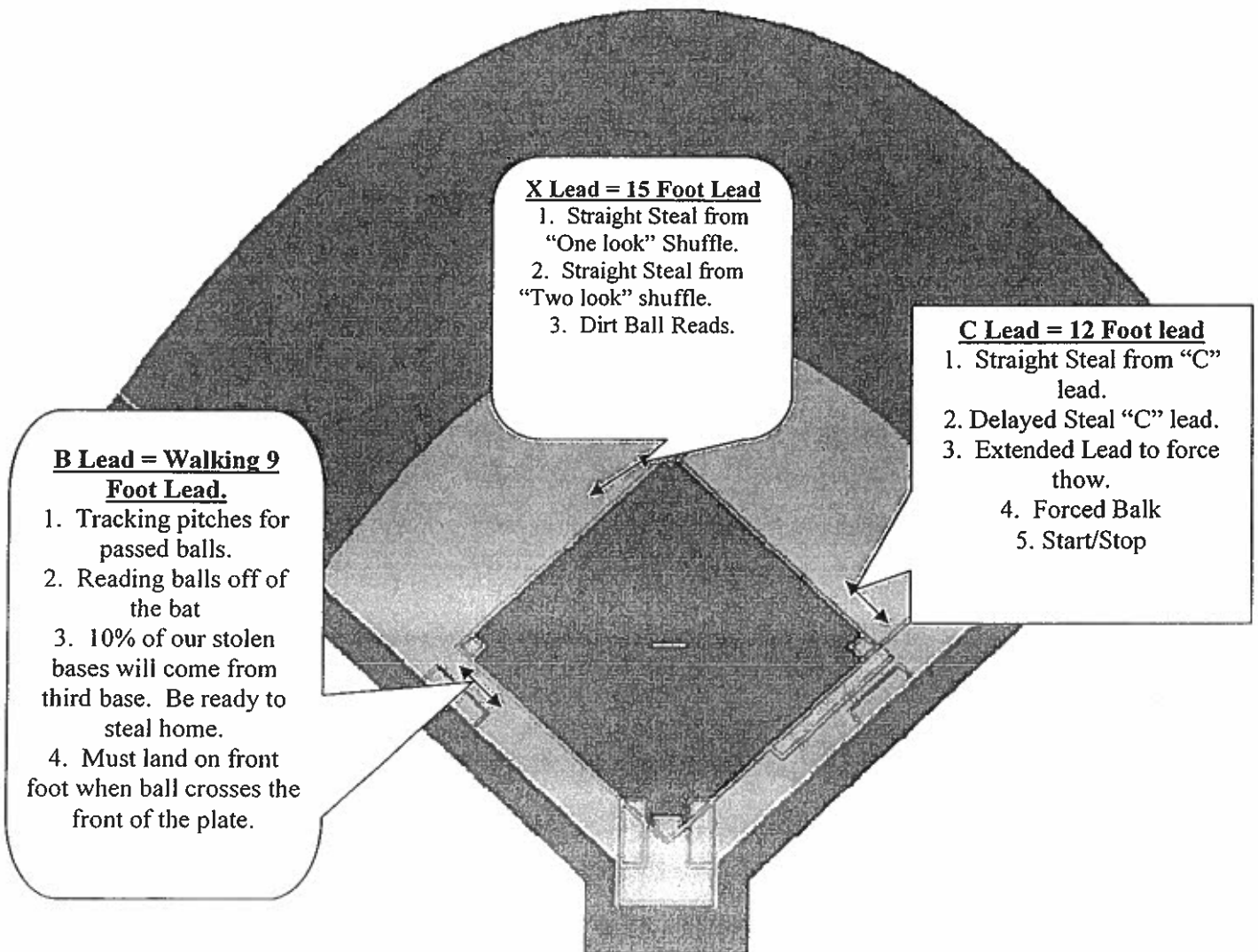
CR North Baseball
Reading a Ground Ball Hop



- If ball bounces above the batters front knee on first bounce hard charge.
- If ball hits in Zone # 1 on first bounce-----Charge must occur in attack zone
- If ball hits in Zone # 2 on first bounce-----Not as aggressive charge as Zone #1 ball
- If ball hits in Zone # 3 on first bounce-----No attack-keep ball outside left shoulder
- If ball hits in Zone # 4 on first bounce-----Pick as if it was a short hop

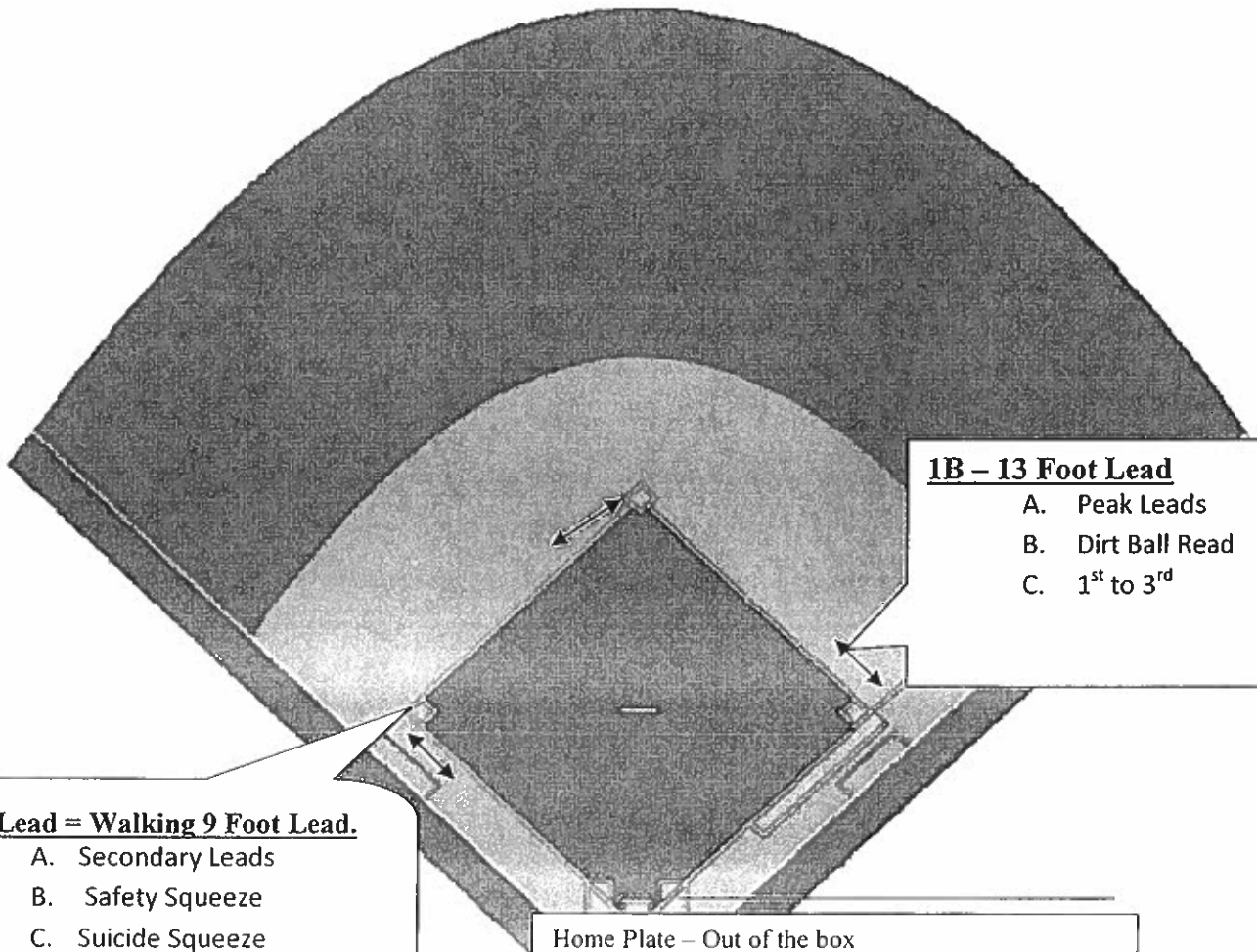


DAY 1
NORTH BASE RUNNING





DAY 2
NORTH BASE RUNNING



B Lead = Walking 9 Foot Lead.

- A. Secondary Leads
- B. Safety Squeeze
- C. Suicide Squeeze

1B - 13 Foot Lead

- A. Peak Leads
- B. Dirt Ball Read
- C. 1st to 3rd

Home Plate - Out of the box

- A. Bunt off of machine - out of the box
40 feet (3.1 seconds)
 - a. Sacrifice Bunt
 - b. Bunt for hit
 - c. Push
 - d. Suicide squeeze
 - e. Safety squeeze
- B. Side Home Plate - Tennessee Turn at First Base



NORTH BASEBALL

Base Running Sequence

AGGRESSIVE base running is an ATTITUDE! You must have the ATTITUDE and DESIRE to want to score a run each inning. You are responsible for the INTENSITY that you bring to the baseball field!

EVERY PITCH IS AN OPPORTUNITY TO ADVANCE A BASE!!!

HOME to FIRST – Out of the box, running 25 feet and then return.

- a. Exploding out of the box on a swing/hand clap.
- b. Exploding out of the box on a bunt/bunt for a hit.
- c. Exploding out of the box, and finding the ball after three steps (coach drill).
- d. On the last run... All runners from home will practice the Tennessee Turn drill to first base.
- e. Read the body movement of the first basemen. This would be the only time to slide if you need to avoid a tag.

FIRST to SECOND – Everything is from a “C” lead.

- a. Primary Leads – Practicing “peak” leads by shuffling eyes back and forth.
- b. Secondary Leads
- c. Straight Steals
- d. Delayed Steal
- e. False Starts
- f. The last steal before going to 2B is the Picked off steal. Runner will take the inside path to second base.

SECOND to THIRD – Everything is off of an “X” lead.

- a. Primary Leads
- b. Secondary Leads
- c. Dirt Ball Reads
- d. Steal on ONE look sign
- e. Steal on TWO look sign
 - i. NOTE – ONE or TWO look steals are completed after ONE shuffle. This occurs as soon as the pitcher turns his head to the

plate, and you do not see his eye closest to the plate. Remember, we are assuming that the pitcher is going to stick with his looks. If he is on to you, he will look again, or try to pick you off. Therefore, you must shuffle first so you have time to get back in case of a pick off.

THIRD to HOME

- a. Quiet walking lead landing on front foot when ball crosses the plate.
- b. Secondary lead and return to the bag. Staying in foul territory, and not removing your eyes off of the catcher.
- c. Focus on dirt area in front of plate.
- d. Squeeze Play Release – when pitchers lead knee heads home!
- e. Stealing home. Taking the inside path to the plate and performing the appropriate slide (back door or hook).
- f. Work on the 3, 5, 7, 9 Step rule! If you are on steps 7-9 by the time the ball is reaching the plate, prepare to steal home the next pitch.
- g. The last pitch of the sequence is your steal home with your inside, hook slide!

NOTE:

Live BP is conducted everyday. During live BP, you will be assigned a Live Base running group responsible for practicing these drills.



NORTH BASEBALL HITTING PHILOSOPHY AND OFFENSIVE REMINDERS AND CUES

DEAD RED APPROACH:

Our style of hitting is a simple one. We want our hitters to be athletic, aggressive, and have an attitude at the plate. We will be very aggressive on pitches up in the strike zone. If we can lay off pitches down in the zone (Yes, yes, yes.... No..No approach), we will take away many pitchers strengths.

DEAD RED – Means you are hitting your pitch in your zone. Your sites are set, and you are focused. You are looking for your pitch, and when you get it, you get after it! You must know what your pitch is? If you swing at a pitch out of your zone, then you are not focused. The count will dictate when you are “DEAD RED”.

GET DIRTY AT THE PLATE W/ TWO STRIKES!! Our two strike approach is aggressive and unselfish. We will re-enter the box w/ two strikes and challenge the pitcher and our goal is to make the opposing team play defense! With two strikes, we will look middle away but will fight off middle-in pitches. Our goal is to work the pitcher and extend our at-bats, and force him into making a mistake. Learn the pitchers strengths and his “out pitch” while on deck!

Two Strike Approach – “DIRTY DOZEN” – AKA – Getting dirty w/ two!

- Choke up on the bat 2”
- Move toward plate 2”
- Move up in box 2”
- Widen stance 2”
- Crouch body 2”
- Expand strike zone 2”

CRIPPLE ZONE:

High school baseball cripple zone for the pitcher is pitch counts 15 and 90. If we can get the pitcher to throw more than 15 pitches an inning and more than 90 pitches an outing, we have extended our AB, and put the pitcher in the cripple zone.



ROCK DRILLS – AKA Arena Drills

Offensive Drills

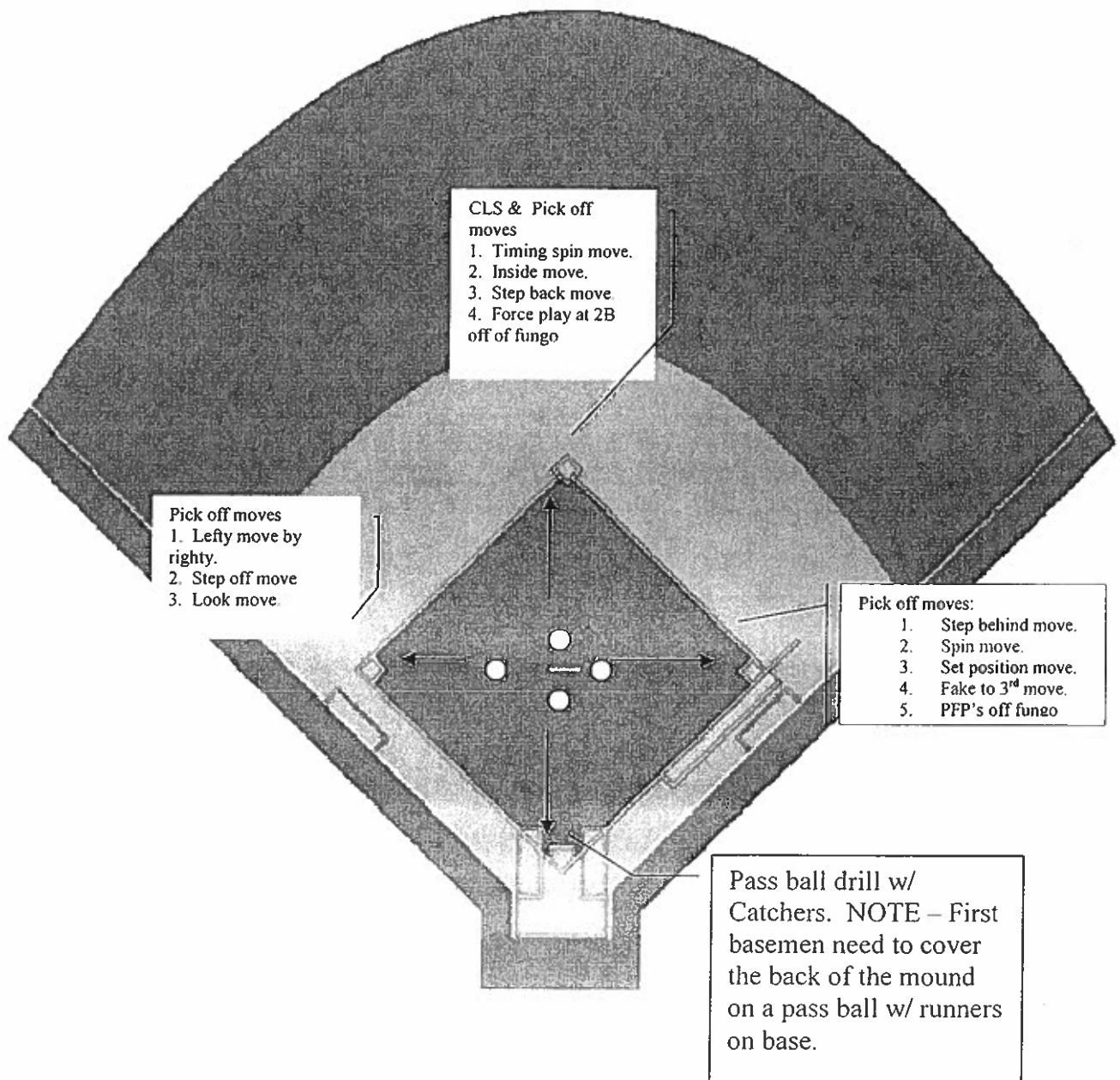
1. Tee Ball off of L screen in front of mound.
2. Soft toss off of coach hitting off of L screen front of mound.
3. 3.1 Bunt Drill – Balls landing in kill zone

Defensive Drills – Infield

1. 1B Fungo balls in dirt.
2. 2B/SS – Balls thrown from catcher
3. 3B – slow rollers
4. Catcher – Dropped 3rd strike – Melvyn
5. Pitcher – Picks to 1B, 2B, and 3B – Fielder positions himself at receiving spqt. If ball doesn't hit the spot, ROCK DRILL ON!
6. Pitcher – Gauntlet – Players purposely try to take pitcher out of his game while throwing strikes in the pen.
7. OF – Gap to gap balls – Balls cannot get through
8. OF – Texas timed drill. Balls to the wall. Clock starts and fielder has to get to ball, throw strike to cut man, and cut man has to throw strike to position player. All against the clock.
9. OF – 2 second drill – Routine base hit to OF, fielder has to get ball in to infield in 2 second.

NORTH BASEBALL PITCHERS PICK WHEEL

Pitchers/Infielders Pick Off Drill Series – 3 Pitchers working and rotating at all three bases simultaneously. Each pitcher will have 10 minutes per base, and then they rotate. This drill will have a coach at each base working w/ the defense.



CR NORTH Pitching Chart

Pitcher: _____

Date: _____

Draw a line under pitch indicating last out!	Pitch	Result	Pitch	Result	Pitch	Result	Pitch	Result	Pitch	Result
	1		13		25		37		49	
	2		14		26		38		50	
	3		15		27		39		51	
	4		16		28		40		52	
	5		17		29		41		53	
	6		18		30		42		54	
	7		19		31		43		55	
	8		20		32		44		56	
	9		21		33		45		57	
	10		22		34		46		58	
	11		23		35		47		59	
	12		24		36		48		60	
	Total						Total			
	61		73		85		97		109	
	62		74		86		98		110	
	63		75		87		99		111	
	64		76		88		100		112	
	65		77		89		101		113	
	66		78		90		102		114	
	67		79		91		103		115	
	68		80		92		104		116	
	69		81		93		105		117	
	70		82		94		106		118	
	71		83		95		107		119	
	72		84		96		108		120	
	Total						Total			