**Bits & Pieces / Odds & Ends / What did I Forget**

**Jim Jones**

**I. A Caution on What you Teach & How you Train**

A. Know your fundamentals

B. Teach Motions & Sequences

**II. Conditioning**

A. Different Sports require Different Conditioning

B. Train Baseball Players to Match Up with their Physical Demands

C. Long Distance Running?

**III. Targets**

A. Develop Control / Command Every Time you Throw

**IV.** **Communication & Coaching Suggestions**

A. Every Drill has a Purpose – along with Strengths & Weaknesses

B. Make sure the player knows the Purpose/Intent/Goal of the Drill

C. Make sure you look for those objectives and base your feedback on the goal of the drill

D. Be aware of the Results but analyze the Process

**V.** **Drill Considerations -** If all you have is a Hammer, everything looks like a Nail

A. Challenge the Players but put them in a Position to Succeed – Desirable Difficulties

B. Teach Motion

C. Stand Alone Drills

D. Blending

E. Random / Variety

F. Chaos Training

**VI.** **Throwing Tools for Drill Instruction**

A. If all you have is a Saw, everything looks like a Board

B. Each Tool has a specific/definite objective

C. Players will adopt drills and tools that help them succeed

**VII. Players’ Evaluations –** Guidelines for Instruction

A. Determines your Instruction Approach and the Player’s Areas of Practice Plan

**VIII.** **Key Statistics –** What do you think are the important Pitching Statistics for Game Success?

**IX. The Vision of a Champion** – Time on Task

**X. Long Toss -** an Important Part of any Throwing Program

**Two Parts >** 1) Stretch-Out Phase – Transition warm up for the Pull-Down Phase

2) Pull-Down Phase – The Over Load / Power Phase of the drill

XI. **Twin Brothers and Beyond**