

Friday night classroom session team defenses which include cutoffs and relays, bunt defenses etc

Saturday indoor facility backhands, forhands, and double plays from all positions can use players to demonstrate

Saturday indoor facility hitting drills for inside and outside can use players to demonstrate

Sunday classroom session baserunning

Catchers Gaining Ground 2023- Todd Dulin

I. Throwing Warm Up

- A. Throwing Square - Catchers are working at throwing to bases while warming up. If you have 4 catchers you place one at each base, if you do not have four catchers you can use infielders to fill in. They can throw to any of the bases as they warm up...
 1. Start with feet in cement at a short distance (20-30 feet)... they need to be in that athletic linebacker stance. Their feet do not move, but they are moving their torso. The coach is looking for athleticism and quick hands.
 2. Then they move out to (60 feet) and they start moving their feet, they need to gain ground and use the proper footwork. In this part of the throwing we are looking for quick feet.
 3. Then go to (90 feet) and this is where we want to put it all together, and we want to work on all of the possible scenarios. They can work on their snap throw down to first base, a third strike that gets away, simulate bunts, someone stealing second, or someone stealing third base with a righty hitter at the plate.
 4. The catchers then move out to (120 feet). We want to work on arm strength, and really drive off of the lower half.
- B. Warm up throwing on the day before a game should be with the pitcher. Great catchers need to psychologically understand their pitchers.

II. Receiving Drills

- A. Three fingers- mini frisbees, tennis ball, or baseball, and they can hold a ball in their bottom fingers. Get that thumb under the ball.
- B. Barehand- We use tennis balls, baseballs and weighted balls. We exaggerate sticking that pitch right down the middle.
- C. Framing drill- We go around the steering wheel and will start this drill with a bare hand, then we will go to a wooden glove, and then a catcher's mitt. If the catcher is struggling with a certain pitch we will fire up the pitching machine and have them work that spot..
- D. Bullpens- Catchers are working on the psychological part of the game. They are creating a bond and connection with the pitcher. We want our catcher to be a coach on the field. We want them to give the pitchers confidence. They need to understand mechanics, and when they start to fall apart. Each pitcher has its reversion.

III. Receiving and Throwing - Gaining Ground Drill

- A. This is a two man drill and they work in a straight line gaining ground across the gym. The first round is from the linebacker stance. One catcher flips and the other catcher receives, and on each flip they are working on their feet by gaining ground and their hands by getting them into the throwing position. (The catcher's throwing loop is short and quick, get the hand to the ear.)

- B. The second round is from the catcher's stance. There is a straight line from the catcher's chin to the ground... that is where the front foot should land. (Catchers can use the step through or the jump pivot.)

IV. Bunts

- A. Three balls- the coach will point at one ball and they go and field that ball. The coach is checking for footwork around the ball. Make sure the shoulders and feet are in the proper position. Down the third baseline we get around, towards the pitcher and first base side the catcher needs to banana, and anything around the feet the catcher will have time to move the feet and create a throwing angle.
- B. Role outs- the catcher needs to dust pan, and get the feet and shoulders lined up.
- C. Third strike in the dirt- this is a good time to simulate that, and work on the throwing angles.

V. Blocking

- A. Down in position- check for an athletic stance. We will start with tennis balls and then move to hard balls.
- B. Starting in catcher stance- and then going into that down position... (gain some ground).
- C. Slides- driving that back knee into the lead foot. (gain some ground)

VI. Pop Ups

- A. Get depth around the umpire. Then find the ball.
- B. Priority- Home plate triangle to the on deck circles towards dugout entrances and then back to the fence.
- C. Hold the mask until the ball reaches the apex.

VII. Stances

- A. No one on base and less than two strikes- relaxed (keep the umpire clean).
- B. On base or two strikes- linebacker stance, square and athletic, balls of the feet with a slight stagger.

VIII. Stretching and Conditioning

- A. Quick feet- 1. Hand 2. Glove 3. Front 4. Back
- B. Mirror slides with partner
- C. Foam roller
- D. Static and movement stretch
- E. Stretch cords- slide under and hop over
- F. Medicine ball

Hitting Stations 2023 - Todd Dulin

I. Front flips (Station 1)

- A. First 8 swings we always try to hit the ball up middle to the other away. (If you want to beat good pitching you need to stay inside the ball.)
- B. On the second 8 swings we hit the ball where it is pitched.

II. Front flips (Station 2)

- A. Bottom hand- The swing should look like a backhand in tennis and then complete the follow through. This drill works better with a mini bat.
- B. Randomly bounce the feed in order to simulate an off speed pitch, it forces them keep their hands back.

III. T - Work (Station 3)

- A. Move around the T - Players can work on the pitch they have trouble with, and they can also get a feel for what they need to do with each pitch.
- B. High T- The high T forces proper hitting mechanics.

IV. T- Work (Station 4) The batters will choose two of the options depending on what they need to work on.

- A. Happy Gilmore- This drill creates rhythm for hitters that are too mechanical.
- B. Open drill- The hitter is fully open and this allows him to get two eyes to the ball, and they work to stay inside the ball and bring their hands to the pitcher.
- C. Back foot turned with a stiff front side- bring hands palm up palm down to contact point.
- D. Cement feet- The feet are in cement and the hitter just brings his hands to the ball, palm up/ palm down.
- E. Big ball- Hit a volleyball or a partially deflated basketball off of the T and check the rotation of the ball. If the ball should have that backspin, if it is spinning like a curve ball into the gutter then the swing needs correction..
- F. Heavy ball- We will hit a heavy ball off of the T in order to get the hitter to extend his hands through the ball and finish the swing.

V. Mirror (Station 5) At this station the hitter will get in front of the mirror and look at his dry swings. They can check all parts of their swing.

VI. Hitting Tools- (Station 6) At this station we have a snap bat, an ax handle, and a pvc pipe, and they will take swings with these tools.

- VII. Pitching machine- (Station 7)** At this station we will dial up the velocity and work on squaring up fastballs.
- VIII. Pitching machine- (Station 8)** We have a bunting station set up with one of the pitching machines, and during the first round they work on bunting for a hit, and in the second round they sacrifice bunt. They work on bunting with their legs.
- IX. BP- (Station 9)**
- A. The coaches will throw a straight BP so they are getting live swings from home plate and can see what the ball is doing. If things are not going right for the hitter the swings will be filmed and analyzed.
 - B. Some days we will set up 2 L screens, and feed the hitters from the foul lines. We go four pitches away (let the ball get deep), and then four pitches inside (don't get beat). Don't let the hitter cheat.
 - C. We will also play a home run derby version of BP where we will set up so they have a short porch to their opposite side, and we turn it into a competition. They are then forced to stay inside the ball.
 - D. Sometimes the team will compete in a line drive BP. They pick teams, and then match up head to head. Each player gets 3 outs and anything that is not a linedrive is an out. The losing team has to clean up the gym or field at the end of practice, and they are allowed to trash talk when their opponent is hitting.
- X. Hits Game (Every practice ends with the hits game)** It is a live game at a quick pace where we work on all aspects of the game. The coach grooves strikes and the kids play. It is everyone's favorite part of practice. The coaches will stop the game and correct any errors and teach different situations that come up.

POLISH BASEBALL COACHES CLINIC JANUARY 27-29 2023

INFIELD PLAY SKILLS AND DRILLS

Quality Repetition, quality repetition, quality repetition. It's not how many it's how many good ones

Pitching and defense win games-baseball is the only game where the defense has the ball

You must be able to play catch. If you can't play catch you can't play the game

Good infielders have good feet

Think of it as this way when fielding a groundball feet, field, funnel, footwork, fire, follow

Progress your drills to full groundballs

Pre pitch ready stance, creep or jump, time it with pitch crossing plate, stay low, find the right base to keep you low

3 ball on knee drill, go thru ball, proceed to fungo if possible 10 feet apart head behind ball

Field ball out front- 2 knees short hops with glove and no glove

Short hops with partner glove, no glove, bare hand move your feet when fielding the ball the harder hit quicker you have to move your feet

Field ball to either side as you move with one hand roll, bounce, fungo, point shoulder follow throw

Four corner drill with bounce put change and corner call in it makes feet move

Back hand off right foot, head behind ball, let ball hit right foot, no step when you throw carry or one hop looking for quickness

Ball to left field one hand point shoulder on throw

Short fungo drills we like a lot Football?

Force play picks/1b ball in dirt picks

Double play feeds and turn drills use a role or short fungo to learn mechanics

Outfield Play- Todd Dulin

I. Mental Approach

- A. How can I make myself a part of every play?
- B. Visualize making great plays.
- C. Back each other up.
- D. If you know your teammate is backing you up, you can go and get dirty, you can dive for that ball and make a great play.
- E. Hustle- run on and off of the field, umpires, scouts, coaches, parents love it.

II. Communication

- A. The Center Fielder is in charge of the outfield.
- B. Call it, "I got it", and never never never say "you".
- C. Before the next AB- they should communicate the number of outs.
- D. Before the next AB- where are we playing this batter? What do the charts say? Who is on the mound?
- E. If there is a base hit with a runner on base the backup outfielder is giving a number call- 2, 3, or 4.

III. Movement

- A. Do runoffs as a part of your warmups. An outfielder should know how many steps it takes to get to the fence? What is the wind doing? How thick is the grass? Are there any hazards in foul territory?
- B. Always move with the count- (0-0) check my scouting report, then if the count goes (0-1) move in a step, (0-2) move in another step, and if the count goes to a hitters count (2-0) move back two steps.
- C. Move on the swing of the bat... great outfielders intuitively know where the ball is going because they can read the swing.
- D. If the ball is hit right at you, always open up glove side...
- E. If the ball is hit right at you above the brim of the cap turn and go, below the rim come in.

IV. Priorities

- A. The Center Fielder has priority.
 - 1. Exceptions- If the left fielder, right fielder or infielder is camped under the ball do not come flying in and call them off. That is when disasters happen.
 - 2. On certain plays- especially on a tag up play the right fielder may have a better angle to come onto the ball and throw the runner out that is tagging up.
- B. Coming in on balls, outfielders have priority over infielders.

V. Approaching the Ball

- A. Surround the ball and come onto it in rhythm.

- B. Catch fly balls on your throwing shoulder with the glove foot out front.
- C. Catch ground balls on your glove side with the glove foot out front.
- D. Speed up or throttle down to get the good hop.
- E. Angles are everything to an outfielder.

VI. Outfield Throwing

- A. Before the play the outfielder should have an idea of where they want to throw the ball.
- B. Come onto the ball with momentum, rhythm, and direction and then work that crow hop.
- C. Throw through the cutoff man.
- D. We want four seam fastballs.
- E. Wherever the glove goes that is probably where the throw will go...
- F. On an extra base hit off of the wall, screw it in, and then find your cut so you don't airmale it.

VII. Outfield Drills

- A. On their own-
 1. During warm up throwing, outfielders should work on catching the ball with their glove foot and work also on their crow hop.
 2. Then they partner up and feed each other ground balls and catch them on their glove foot side.
 3. Next they do "runners" and open to the ball glove side.
 4. Then they do "runners" and open to the ball non- glove side.
 5. Then they open up the wrong way and make a recovery turn.
- B. Then the coach hits them at least two buckets a day.
 1. We always start with sun balls.
 2. Then we move them in and hit line drives right at them.
 3. Then fly balls over their head.
 4. And then I push them deep and have them run in.
 5. I will also hit a myriad of ground balls that they need to field.
 6. We also occasionally do the sprinkler drill. They start jogging from the right field line and I hit them five balls in a row on the jog and they end up on the left field line. We turn it into a competition.
- C. Then we will put the entire team on the field.
 1. We will work on priorities. (Communication and backing up)
 2. Situations with live baserunners.
 3. On a windy day we will play (21 outs Big Sky). Everyball that hits the ground before they make 21 outs is a lap around the bases. They are forced to be aggressive and communicate.
 4. Outfielders should be tracking swings and catching fly balls during BP.

Hitting Outline 2023 (Stay Balanced) - Todd Dulin

I. Athletic Balance

- A. Linebacker stance/ goalie stance
- B. Check for balance
- C. Bat @ 45 degrees
- D. Check hands and fingers

II. Mental Balance - Starts with Routine

- A. On the bench
- B. In the hole
- C. On deck
- D. At the plate
 - 1. Yes hitting
 - 2. Quiet Brain

III. Mental Balance - Fluid Motion Factor

- A. Quiet the brain - quick twitch v. big muscles
- B. Visualization
- C. Positive self talk
- D. Inverse relationship and the no "shit" rule
- E. Less action - subtraction
- F. Have a flush or a reset
- G. Soft focus
- H. Breath and go

IV. Yes Hitting (stay balanced)

- A. Trigger (back calf)
- B. Hands back (45 degrees)
- C. Footlanding (soft front foot)

V. The Swing (stay balanced)

- A. Stay down the line
- B. Stay inside the ball
- C. Front leg stiffens (fulcrum pt.)
- D. Head and eyes on the ball (discipline)

VI. Contact - (stay balanced)

- A. Palm up/ palm down
- B. Back foot
- C. Belly button

VII. Finish - (stay balanced)

- A. Bring hands to pitcher
- B. Eyes and head stay disciplined
- C. Hands finish at back shoulder

VIII. Two strike approach - (mental adjustment)

IX. Bunt for hit - (momentum changer)

POLISH BASEBALL COACHES CLINIC JANUARY 27-29 2023

BASERUNNING THE LOST PART OF A PRACTICE

We use 15-30 minutes of each practice session on baserunning

You do not have to be fast to be a good baserunner. You have to be smart and see what is happening

Run with head up

Home to first: infield hit, base hit to LF and RF

Straight and delayed steal: leads and dirt ball reads

1st to 3rd

2 out lead at 2nd: toeing the inside part of bag throw head to next base so body goes that way

Tagging at 3rd on flyball

COACHES RESPONSIBILITIES

Body language

What to say and when to say it. repeat it every time

Give out signs and get it back

Position in coaches' box

POLISH BASEBALL COACHES CLINIC JANUARY 27-29 2023

TEAM DEFENSE-CUTOFFS & RELAYS-BUNT DEFENSES & MORE

Nine players involved at all time on every player including pitcher

No runners on base

Runner on first base

Runners on first and second base

Double cut situations

Terminology used

Bases loaded situations

Bunt defenses

Priorities and make a call

Pop up priorities if time allows