

PREGAME PLAN

Time	Amt	Progression/Drill
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0:00	5m	Throwing Progression (pair up)
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(wrist snap, follow-thru, rotation, stride only)

(no glove for the 1st two, similar to the BIG

BALL drill, so the player uses two hands)

(Fingers to the sky or 12 o'clock)

(Fingers to the ground or 6 o'clock)

0:10	5m	Fielding "progression"
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- Stance

- Charge and Field (no glove with "cones")

- Charge and Field with glove

0:15	5m	Walk Thru (decision making process)
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0:20	5m	Hitting Progression
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(ALL elements)

HITTING PROGRESSSION

(PL = Power Line, a straight line to target/pitcher)

1. GRIP

- bat in fingers, away from palms
- knocking knuckles lined up
- firm fingers, loose relaxed wrists

2. Bat Placement

- rest on back shoulder at 45 degree angle
- hands up, elbows down and relaxed
- push hands/bat six inches away from shoulder

3. WRIST SNAP (on back knee)

- back knee on ground, front foot on PL at 45 degree angle(body also)
- push and drive hands inside ball
- snap wrists and point bat down PL to pitcher

4. FOLLOW THROUGH (on back knee)

- chin on front shoulder pointing down PL to pitcher
- snap wrists, follow thru with chin on back shoulder pointing down PL
(called IKE to MIKE)

5. ROTATION (review bat placement)

- front foot at 45 degree angle on PL
(wider than shoulders as stride complete)
- back foot at 90 degree angle on PL
- weight in balls of feet with knees bent
- rotate body by squishing the bug with the back foot
(so the belly button is facing the pitcher)

6. STRIDE

- both feet on PL at 90 degree angle less than shoulder width
- weight on balls of feet with knees bent
- step with front foot to create a straight, soft, short stride down PL

CATCHING PROGRESSION

give target with
hands away from body, elbows
slightly bent, hands with thumbs together
and fingers bent(as to hold a basketball)

- a. Body facing thrower - Hi, Low, L/R (quiet w/ "C"
- b. Body Sideway - Hi and Low
- c. Back facing thrower - Over shoulder

- (Fingers to the sky or 12 o'clock)
- (Fingers to the ground or 6 o'clock)
- Big Ball Drill (no glove)
- Regular Ball (no glove)
- Regular Ball (with glove)

FIELDING PROGRESSION

STANCE

1. FEET

- feet/body point to batter wider than shoulders
- weight on balls of feet (piece of paper under heels)

2. KNEES

- stand straight, bend knees til palms cover kneecaps
- keep back straight
- the closer to the batter/ball, the deeper the knees bend
(jump to help find the correct position)

3. HANDS

- position depends on ability (making the clock circle)
 - 6 inches off ground (hands at 5 & 7)
 - palms facing each other reaching to batter(3 & 9)
 - chin level to protect face (11 & 1)
- extend elbows until slightly bent
 - elbows give(hands to body) when ball arrives in glove

FIELDING

1. CHARGE and FIELD

- charge ball with "RIGHT foot" step, then "LEFT foot" step
- "EXTEND" glove to ground (fingers on ground)
- wrist to wrist to create the "ALLIGATOR"
- when ball arrives in glove, "MOUTH CLOSES" shut

2. CRADLE and PIVOT

- field ball and "CRADLE" to belly
- "STEP AND PIVOT" (with throwing hand foot)

THROWING PROGRESSION/BASEBALL PITCHING PROGRESS

(PL= Power Line is a straight line to target)

1. GRIP (canary)
 - fingers (2-4) across "C" on ball (finger pads on seams)
 - thumb cuts ball in half (thumb pad on seam)
 - firm enough not to "fly away", soft not to "squeeze"
2. WRIST SNAP (glove knee on ground, body faces target)
 - knees at 90 degree angles and body as straight as possible
 - throwing arm elbow placed on top of knee
 - hold forearm with non throwing hand (to keep from moving)
 - cock wrist and snap, (stay loose and relaxed)
3. FOLLOW_THROUGH (glove knee on ground, body faces target)
 - knees at 90 degree angles and body as straight as possible
 - elbow/arm at L (90 degree angle) pointing out to side
 - throw so throwing hand ends up slapping knee on ground
4. ROTATION
 - front foot parallel and 3-4 inches off PL (as stride complete)
 - back foot at 90 degree angle touching PL
 - glove/arm aimed down PL to target, throwing arm at L
 - "squish the bug" with back foot to rotate hips/shoulders
(as the player throws the ball)
5. ARM CIRCLE (BOW & ARROW)
 - front foot parallel and 3-4 inches off PL (as stride complete)
 - back foot at 90 degree angle touching PL
 - hands/glove in front of chin
 - CIRCLE = glove aims down PL as ball makes circle to "L"
(pitcher or outfielder)
 - ARROW = glove aims down PL as ball moves straight to "L"
(pitcher in stretch, infielders and catcher)
6. STRIDE
 - feet at 90 degree angle touching PL within shoulder width
 - arm circle, step to left side of target parallel to PL
7. PIVOT
 - body facing target "ball" foot at 45 angle touching PL
 - glove/ball at belly
 - lift "glove" knee (pitcher to 90 degree angle)
 - lift hands to chin while
 - turn body so "glove" shoulder faces target down PL
8. PRESENTATION (pitcher only)
 - glove/ball at belly with body facing target/catcher
 - both feet on rubber, rock weight back with stride foot
 - turn pivot foot to 45 degree angle