

# PREPARING AN EFFECTIVE PRACTICE

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Prepare with a purpose

Practice with a Purpose

# The Basic Foundation

- Good practice plans leave nothing to chance-everything designed and intentional. There is no question of how, when and why drills will be done. There isn't a vote during practice on what favorite drill to do next. Fill each minute with efficient, useful, productive activity-the training session itself becomes both the motivation and the reward. Excellence is never an accident.
- -Author unknown

# Coach: “Know Thy Self”

- TAKE A PERSONAL INVENTORY
- How much time can you commit?
- Your personality
- You don't need to know it all
- Can you be a continual learner?
  
- Do you want to be a thermometer or do you want to be a thermostat?
- Measure the temperature OR change it?

# Effective Coaches = Effective Practice

- Hold Parent meetings – share their philosophy, goals and expectations
- Set standards – create a horizontal leadership model
- Emphasize self discovery – ask rather than tell –Talk less
- Control their emotions – fill the emotional tank of their players
- Value effort over outcome – redefine winning
- Choose their words wisely – Teachable moments
- Be prepared for Age appropriate teaching , coaching AND Behavior
- Emphasize and teach FUNdamentals

# Important Thoughts

- “ Remember, we don’t rise to the occasion in games, we sink to the level of our training.” -Dave Turgeon
- “You can’t know everything but you must give your players everything you know.” -Pat Doyle
- It seems we want our players to perform in games yet we don’t practice at that level...we have to have stressful reps or we can’t hope for performance with consistency.
- Slow and thoughtful – speed up – then speed it up to unreasonable ( stretch ) speed – then back to game speed with competition with a clear winner.

# General Guidelines for an Effective Practice

- 1. Write the plan and share it
- 2. Develop age appropriate goals for each player
- 3. Keep the players busy/active/interested –Have fun!
- 4. Emphasize FUNdamentals – every practice
- 5. “That which you allow – You promote”
- 6. **Make Drills: Game like, competitive, promote athleticism and have a purpose.**
- 7. **Age appropriate time frame –stick to it.**
- 8. **Wake up-warm up – athletic movement – Throw&catch**
- 9. **Encourage a growth mind set – Mistakes are OK -take a risk - resiliency**

# How to develop a practice plan

- Components of a practice
  - TEAM DEFENSE
  - TEAM OFFENSE
  - IND. DEFENSE
  - IND. OFFENSE
  - BASERUNNING
  - PITCHING
  - MENTAL GAME
- Every practice – Wakeup/warmup/throw-catch/athleticism

# TEAM DEFENSE

- Cut offs and relays
- Bunt defense
- Run downs
- 1<sup>st</sup> and 3<sup>rd</sup> defense
- Back ups and coordinated movements
- Disaster drill
- Communication – pre pitch, during the play, next play
- P.U.P
- PPP



# TEAM OFFENSE

- Live baserunning – game speed
- 2 – Ball – a combo drill
- Game execution – hitting – H&R – Bunts – tag ups&reads
- Competitive – alley to alley – opp. Field – no pop up – score drill – 2K drill – Get on/ get over / get in
- 3-6-12 outs Keep score
- YOUR CHOICE

# Defensive checklist - CATCHERS

- Stance/set-up
- Receiving/Framing/Catching bull pens
- Catch – Exchange
- Footwork
- Blocking
- Directing the defense
- Pop – ups/P.U.P
- Tags at HP/Blocking the plate/Force outs
- Bunt defense/footwork and throwing
- Communication/PPP
- Disaster drill

# Defensive Checklist – 3B

- GB Fundies – form/glove drills
- Glove drills
- 4 Corner catch – other throwing drills
- Slow rollers
- Bunt defense
- Tags at 3B
- Cut/relay – alignment of plays
- DP feeds/5U-3 DP
- P.U.P
- PPP

# Defensive Checklist – 1B

- GB fundies – all types/Range and footwork
- DP feeds
- PFP with Pitchers
- Bunt Defense
- P.U.P
- Cut/Relay
- Tags at 1B – pick offs
- Footwork with R on 1B/holding R on
- Footwork on infield throws
- PPP

# Defensive Checklist – 2B

- GB fundies – all types/range and footwork
- DP Feeds
- DP turns
- Bunt Defense
- P.U.P
- Cut/RelaysPicks
- Communication
- Rundowns
- PPP

# Defensive Checklist - SS

- GB Fundies – All GB types – range/footwork/glove work
- DP Feeds
- DP Turns
- Bunt Defense
- P.U.P
- Cut/Relays
- Picks
- Rundowns
- PPP

# Defensive Checkpoints - OF

- Fly Ball Fundies – body position/footwork
- GB Fundies – Body position/footwork
- Positioning
- Angles
- Fence Drills – catch and throw
- Bent leg slide/Dive
- Communication – Call drill – priorities
- P.U.P
- Throwing - footwork
- Back ups
- PPP

# Defensive Check points - PITCHERS

- PFP's
- Bunts
- Come backers ( to all bases )
- Cover 1B – Get Over!!!
- Backing up the bases
- Cut off man
- Holds/picks
- Disaster drill – covering HP



# INDIVIDUAL DEFENSE

- By Position/in groups – usually separate by 1B/3B – SS/2B-OF-P-C
- Have your players experience ALL positions
- Footwork for all positions
- Glove work for all positions
- Position specific drills- listed on a separate slide

# Individual Offense

- Hitting stations – T work-front toss-wiffle ball BP-
- Video
- Bunt station
- Tracking in Bull pen
- Pitching machine
- On the diamond – LD past the mound
- Cones in the Alley
- No Pop up's

# Mental Game

- BREATHING!!!!
- Routines with meaning – brush off, Flush it, Focal point
- Emotional maintenance routine
- Circle of Focus
- Guided Imagery, Visualization
- Practice Mistakes
- Competitive drills and game situations – a must for improvement – keep track if you can.