

Lunada Bay Little League

Minor Division Yankees Practice Script/Alvin Lowi III, P. E.

- I. **Run, Stretch, Throw** **10 minutes**
- ✦ Team lap
 - ✦ Throwing warmup
 - ✦ Rounding First Base on base hit
 - ✦ Beating out GB - front of bag
 - ✦ Doubles, Triples, Home Runs (start to teach looking for base coach)
- II. **Team Meeting** **5 minutes**
- ✦ Team Rules (bat safety, behavior, focus attention, effort, on-time, baseball clothes and gear, etc)
 - ✦ Offensive signs
 - Steal, ½ way
 - ✦ Practice Agenda for the day
- III. **Fielding Drills – Basic** (3-4 stations) **20 minutes**
- ✦ Infield Drills – Players @ 2nd Base and SS, alternating
 - ⇒ two coaches, 1st rolling balls to the left, right, center; players fielding barehanded focus on attacking the ball, breaking down and squaring up, throwing back to Coach
 - Fielding skill/stretch drill – all players, setup, posture, glove-to-hand, separate, transfer, quick release
 - Overview: Force-outs, Tagging runners and proper base coverage
 - ✦ Multi-station position play at IF and OF positions
 - 1B drills – break and cover, pick bad throws, off base swipe tag, squeeze and release toward pitcher
 - SS/2B – force outs, base coverage, steals
 - 3B – GB, cover 3rd on steal throws, pop up around 3B
 - Catchers – in gear, set position, catch in front, blocking/nut bag, pop up
 - Outfielders – JUGS/Coach throws fly ball drills (may still need to use training ball for some players)
 - Emphasize “BALL FIRST”
- IV. **Infield/Outfield** (Combine with whole team) **15 minutes**
- ✦ Situational Defense
 - ✦ Infielders/Outfielders going through game situations – switch OF to IF
 - ✦ Combine infielders and outfielders w pitcher and catcher
 - Runners continue to move until ball returns to pitcher in mound circle
 - ⇒ focus on cutoffs and ball control, man on 2nd base, 3rd base
 - RF back-up throws to 1st
 - LF back-up throws to 3rd
 - Emphasize pitchers back-up responsibility 3rd and home
 - ✦ Simulate steals catcher throws to 2nd and 3rd
 - ✦ May be able to incorporate a 1st/3rd defense/catcher sign calls

- ✦ Keep in mind throws in any direction allow runner on 3rd to score when otherwise no movement on passed ball

V. **Hitting Drills** (Stations depending on coaching support) **30 minutes**

- ✦ Multistation BP w Coach Pitching to hitter at home plate
 - ✦ Hitter in box/On deck hitter behind pocket screen timing swings
 - ✦ Wiffle/wiffle golf Balls, right-field corner
 - ✦ Swing trainer or bat speed tool
 - ✦ Hitting off the tee/Soft toss, left-field corner
- ✦ Scrimmage BP with runners on Coach Pitching
 - ✦ Hitter in box/On deck hitter behind pocket screen timing swings or work on catchers
 - ✦ Can use this to work on situational defense

VI. **Base Running Drills** **20 minutes**

- ✦ Situational base running
- ✦ Load bases - Take off for next base
 - Emphasize OFF BASE WITH THE PITCH CROSSING PLATE
 - Emphasize READY and expect passed ball
 - **Emphasize Watch the ball get hit**
- ✦ 1st Base (ground ball or fly ball ½ WAY)
- ✦ 2nd Base (ground ball, to 2nd, SS or 3rd) including rounding 3rd
- ✦ 3rd Base (ground ball to 1st or 3rd), (ground ball to 2nd or SS)
- ✦ Balls over infielders head, Passed Balls
- ✦ Tagging up on fly balls and pop ups; primarily from 3rd, sometimes 2nd
- **Emphasize having a plan before the ball is hit**
- **Emphasize getting back to 3rd with the ball in the air to tag**
- ✦ Freeze on line drive
 - ✦ Cross 4 both ways
 - ✦ Hook slide

VII. **Pitching** (in bull pen during various stations or pitching lanes in cage) **10 minutes each**

- ✦ Pre-season long toss and band work
- ✦ During season watch game schedule in relation to practice day
- ✦ Proper grip
- ✦ Fastballs, may be able to incorporate one off-speed pitch - two seam, four seam, change-up
- ✦ May be able to begin pitch locations inside/outside when ahead in count
- ✦ With hitter in box, no fear to come inside – use a coach or dad
- Emphasize mental toughness – learn to deal with adversity, mistakes and continue to challenge hitters
- ✦ Simulated game BP live w/Hitter in pitching cage
- ✦ May be able to incorporate signs w/Catcher and make pitch calls

VIII. **Wrap Up (Dads break down and drag/water field)** **5 minutes**

- ✦ Base Running Fundamentals reminders
- ✦ Offensive signs
- ✦ Various other reminders
 - Next game or practice
 - Things to work on away from team
- ✦ Baseball Terminology – “Word of the Day”

Cage Time

- ✦ Pitching workouts
- ✦ Shared overlap with other team practices on field practice days (likely too long for Minor Division)
- ✦ Set 45 minute practice slot on days other than field practice
- ✦ Coach throwing live BP in addition to cage lanes
- ✦ Simulated game BP live w/Hitter in pitching cage

Practice Alternatives

- ✦ Hitting Contests
- ✦ Timed Team relay Running Races (on the bases)
- ✦ Run Downs (Pickle)
- ✦ Throw from the outfield, with one hop to the catcher at the plate
- ✦ Scrimmage live with kid-pitch
- ✦ Scrimmage live with Coach pitch
- ✦ Scrimmage games with other teams

Keep in Mind

- ✦ Always keep it positive
- ✦ Try to keep it fun
- ✦ The outfield is a actual position in baseball

Game Notes (Incorporate into next practice plan)

- ✦ **Baseball Resources – Be a Positive Influence**
 - *Positive Coaching Alliance (SEE ARTICLE ATTACHED)*
 - www.positivecoach.org/

- ✦ **Baseball Resources – Know the Game**
 - *Little League Baseball*
 - www.littleleague.org/
 - *Stump the Ump*
 - Little League Rule Book
 - Regular season
 - Tournament
 - Interleague Rules and LBL Local Rules
 - Steven Ellis Pitching Tips, Pitchers Workout Manual
 - Various on-line baseball knowledge base resources
 - Heads Up Baseball, Ken Ravizza

- ✦ **Baseball Resources – Manage the Game**
 - Lineup Matrix
 - Pitch Count Tracking Sheet
 - Scorebook/Scorekeeper
 - Ipad App ESPN iScore
 - Stats Tracking Sheet/Excel File

- ✦ **Baseball Resources – Get Instruction**
 - Brian King (Former MLB Pro) (310) 755-5119
 - Baseball Instruction
 - Infield, Outfield, Hitting
 - South Bay Elite Travel Baseball Teams
 - High School developmental 8th grade Travel Team
 - Player and Coach Clinics
 - Dave Leeper (Former MLB Pro) Baseball Academy (310) 345-1031
 - Baseball Instruction
 - Infield, Outfield, Pitching, Hitting
 - Travel Baseball Teams
 - Clinics
 - Scott Davison (Former MLB Pro) - House of Hardball (310) 891-1077
 - Baseball and Training Instruction
 - Pitching, Catching, Hitting
 - Hitmen Travel Baseball Teams
 - Batting cage facility
 - Strength and condition facility

- ✦ **Baseball Resources – Get Equipment**
 - Baseball Express www.baseballexp.com
 - The Sporting Place – San Pedro on 7th Street (310) 832-1452
 - House of Hardball – Mizuno (310) 891-7011
 - California Pro Sports (310) 548-6012
 - *Sliders, compression, undershirts* www.underarmour.com
 - *Flex cups, supporters* www.shockdoctor.com



The Solution to *Every* Youth Sports Problem by Jim Thompson, PCA

I realize I am making a big claim here, but I believe we have in our grasp the key to improving youth sports and the answer to pretty much every problem bedeviling youth sports. A simple, even an elegant, answer. But not by any means an easy one.

Still, we believe in this answer so strongly that PCA, Deloitte and Thrive Foundation for Youth are putting our money where our mouths are, expanding the Triple-Impact Competitor™ Scholarship program from its Northern California roots out to the metro areas of Chicago, Houston, New York and Washington, DC. [Click here for more program information and a link to our online scholarship application and continue reading below to understand our solution.](#)

If you have not surmised by now, the answer to every youth sports problem is to make the Triple-Impact Competitor model the standard for high school and youth sports. A Triple-Impact Competitor makes self, teammates and the game as a whole better.

Triple-Impact Competitors make themselves better by focusing on personal mastery, which provides a way to navigate the inevitable setbacks that are inherent in sports and life. They cultivate a Teachable Spirit and, like a sponge, soak up anything that will make them better. Triple-Impact Competitors know that effort over time will make them better so they give their best effort every time. They use a mistake ritual to develop the ability to bounce back from mistakes quickly.

Triple-Impact Competitors make their teammates better by filling their Emotional Tanks when they need it (and most of us need it a lot of the time). They also have a mature understanding of the concept of the Window and the Mirror. They appropriately look through the Window to help teammates get better, and into the Mirror to take responsibility for their own shortcomings. This habit of making people around you better is called "Leadership." Leadership, a much-misunderstood term, is not just for team captains and it is not about telling people what to do. Leadership is making other people better, and Triple-Impact Competitors are Leaders!

They also make the game better by competing by a code of Honoring the Game. With the acronym ROOTS as a memory aid, Triple-Impact Competitors show respect for Rules, Opponents, Officials, Teammates and Self.

The problems of youth sports will be largely resolved when the Triple-Impact Competitor model becomes the dominant aspirational model for youth sports. Widespread adherence to this model can erode – perhaps *eradicate* – such ills as use of performance enhancing drugs, win-at-all cost behavior and hazing.

Beyond sports, we'd like to believe Triple-Impact Competitors would not sling mud at each other in politics; would not economically exploit other, less powerful people; and would not despoil the environment to make a buck.

As I mentioned, the Triple-Impact Competitor model is simple but not easy. It requires that high school and youth athletes take on this model as part of their identity. When confronted by the temptation to cut corners or cheat or disrespect others, they must say to themselves, "I am a Triple-Impact Competitor. What would a Triple-Impact Competitor do in this situation?"

And they do the right thing, not because they will be rewarded for it or punished for acting badly. But because being a Triple-Impact Competitor is part of who they are, and they want to live up to their higher self.

Which is why I am so excited about the expansion of the Triple-Impact Competitor Scholarship Program and grateful for the past two years of support from Deloitte and Thrive Foundation for Youth during our scholarship pilot program in Northern California. Now we are expanding that to other cities to begin to solve ALL the problems with youth sports!

– Jim Thompson, Founder and Executive Director