

# Lunada Bay Little League

## Major Division White Sox Practice Script/Alvin Lowi III, P. E.

- I. **Run, Stretch, Throw** **10 minutes**
- ✦ Team stretch
  - ✦ Team lap
  - ✦ Throwing warmup
  - ✦ Rounding First Base on base hit
  - ✦ Beating out GB - front of bag - hit-the-corner – turn and look
  - ✦ Doubles, Triples, Home Runs (properly rounding all bases; looking for base coach)
  - ✦ Time runners first to third to find out where speed is
- II. **Team Meeting** **5 minutes**
- ✦ Team Rules (bat safety, behavior, focus attention, effort, on-time, baseball clothes and gear, etc)
  - ✦ Offensive signs
    - Activate, Steal, ½ way, delayed steal, take, fake bunt, bunt
  - ✦ Practice Agenda for the day
- III. **Fielding Drills – Basic (3-4 stations)** **25 minutes**
- ✦ Infield Drills – Players @ 2<sup>nd</sup> Base and SS, alternating
    - ⇒ two coaches, 1<sup>st</sup> rolling balls to the left, right, center; players fielding barehanded focus on attacking the ball, breaking down and squaring up
  - Fielding skill/stretch drill – all players, setup, posture, glove-to-hand, separate, transfer, quick release
  - Overview: Force-outs, Tagging runners
  - ✦ Muti-station position play at IF and OF positions
    - 1B drills – break and cover, pick bad throws, off base swipe tag, squeeze and release
    - SS/2B – double play drill, happy feet, base coverage, steals, pop in gap drill, throwing into pocket screen
    - 3B – GB and bunt coverage throwing 4, cover 3<sup>rd</sup> 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
  - Emphasize “BALL FIRST”
- IV. **Infield/Outfield (Combine with whole team)** **30 minutes**
- ✦ Outfielders fielding FBs, GBs, throwing to a cutoff man and relay throws
  - Emphasize Cutoffs receive throws on glove side
  - ✦ Situational Defense
  - ✦ Infielders going through game situations – switch OF to IF
  - ✦ Combine infielders and outfielders w pitcher and catcher
    - ⇒ focus on cutoffs, relays, throwing at designated bases, man on 2<sup>nd</sup> base, 3<sup>rd</sup> base
    - Runners and more game situations
    - RF back-up throws to 1<sup>st</sup>
    - LF back-up throws to 3<sup>rd</sup>
  - Emphasize pitchers back-up responsibility 3<sup>rd</sup> and home

- ✦ Simulate steals catcher throws to 2<sup>nd</sup> and 3<sup>rd</sup>
- ✦ Passed ball coverage by pitcher
- ✦ 2B/SS pinch on throws back to pitcher with runner in scoring position
- ✦ 1<sup>st</sup>/3<sup>rd</sup> defense/catcher sign calls
- ✦ Back-picking poaching runners
  - 2<sup>nd</sup> base
  - 1<sup>st</sup> base
- ✦ RUN-DOWNS two stations 1<sup>st</sup> – 2<sup>nd</sup> and 3<sup>rd</sup> - home

V. **Hitting Drills** (Stations depending on coaching support) **40 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
  - ✦ Bunting Station, center-field area
  - ✦ Live BP in pitching lanes rotate through
  - ✦ Swing trainer or bat speed tool
  - ✦ Jump rope station
  - ✦ Hitting off the tee/Soft toss, left-field corner
  - ✦ Batting Cage as a bunting station rotate through
- ✦ Scrimmage BP with runners on
  - ✦ Hitter in box/On deck hitter behind pocket screen timing swings

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

- ✦ Situational base running
- Emphasize check outfielder locations
- ✦ 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**
- ✦ 1<sup>st</sup> Base (ground ball or fly ball ½ WAY)
- ✦ 2<sup>nd</sup> Base (ground ball, to 2<sup>nd</sup>, SS or 3<sup>rd</sup>) including rounding 3<sup>rd</sup>
- ✦ 3<sup>rd</sup> Base (grounders to 1<sup>st</sup> or 3<sup>rd</sup>), (ground to 2<sup>nd</sup> or SS)
- ✦ Balls over infielders head, Passed Balls
  - Emphasize Don't take eyes off baseball when going back
  - Emphasize HEAD FIRST back to base OK
- ✦ Tagging up on fly balls and pop ups; primarily from 3<sup>rd</sup>, sometimes 2<sup>nd</sup>
- **Emphasize having a plan before the ball is hit**
- **Emphasize getting back to 3<sup>rd</sup> with the ball in the air to tag**
- ✦ Hit in the air ½ way
- ✦ Freeze on line drive
- Emphasize Signs – HITTER LOOKING FOR SIGN BEFORE GETTING IN BOX AND BOTH HITTER AND BASERUNNER GETTING ONE SET OF SIGNS
- ✦ Pickle – Advancing trailing or lead runner
- ✦ 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 and at least one off-speed pitch - two seam, four seam, change-up, football
- ✦ Locations inside/outside – learn to use whole strike zone
- ✦ With hitter in box, no fear to come inside – use a coach or dad
- Emphasize changing tempo
  - Time in between pitches
  - Pitching from stretch allows slidestep
- Emphasize mental toughness – learn to deal with adversity, mistakes and continue to challenge hitters
  - ✦ Simulated game BP live w/Hitter in pitching cage
  - ✦ Signs w/Catcher – pitch calls

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

**5 minutes**

- ✦ Base Running Fundamentals reminders
- ✦ Offensive and Defensive 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
- ✦ 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
- ✦ Bunting Lane
- ✦ Take lane

### **Practice Alternatives**

- ✦ Hitting Contests
- ✦ Bunting Contests
- ✦ Timed Team Running Races (on the bases)
- ✦ Two-Man throwing contests (accuracy and distance)
- ✦ Three-Man throwing contests (Relays – players per team)
- ✦ 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)

✦ 2/26

- Hitting w/ 2 strikes especially w/runners on
- Bunting strikes, pulling back
- Covering home, looking back runners
- **NO NOISE when runners in motion**
- **Ready defense/FOCUS**

✦ 3/6

- **No communication on defense**
- **Catchers blocking balls, watching ball into their glove**
- **Catchers aggressive stance with runners on**
- Catchers set up SMALL adjustments inside/outside unless wasting pitch
- **Catchers Throwing quick release and don't delay throw - release sooner**
- **Catchers 1<sup>st</sup>/3<sup>rd</sup> base pickoff play w OF**
- Hitters not looking for sign, missed signs 1<sup>st</sup> & 3<sup>rd</sup> (stay out of easy play at 2<sup>nd</sup> base)
- 2<sup>nd</sup>/Short need to pinch with runners on
- **Pitchers covering home/passed balls/looking runners back**

✦ 4/19

- **NO NOISE when runners in motion 1B playing behind**
- **Don't look for umpire call and lose track of other runners on**
- Cotter needs to understand difference between force/tag
- Adjust chest pad

✦ 3/11

- **OF cutoffs/get rid of the ball sooner/throws home**
- OF Back ups/throws home
- Pitchers - Ball/Strike ratio – get ahead early in count
- **Defensive AGGRESSIVENESS – importance for minimizing opportunities – MAY EVERY PLAY YOU CAN AND CALL IT OUT**
- Fly ball defense – ready, turn and run
- Bunting strikes, getting bunts down

✦ 4/29

- OF cutoffs/get rid of the ball
- OF throws to base when ball is shallow OF/runner in motion
- Forgetting runner still on base after play
- **DEFENSIVE READINESS FOR KEY SITUATIONS**
- Baserunning risks
  - Late in game, down more than 3 runs
  - On second base, first naked
- Rounding third turn hard when ball on opposite site of IF
- Don't take eyes off baseball when going back to base
- Head-first back to base
- Hitting w/2 strikes
- Free swinging with less than 2 strikes
- **PLAY THE GAME HARD FOR 6 INNINGS**

## ✦ **Baseball Resources - Instruction**

- *Little League Baseball*
  - [www.littleleague.org/](http://www.littleleague.org/)
- Little League Rule Book
  - Regular season
  - Tournament
- Interleague Rules and LBLL Local Rules
- Brian King (Former MLB Pro) (310) 755-5119
  - Baseball Instruction
  - South Bay Elite Travel Baseball Teams
  - High School developmental 8<sup>th</sup> grade Travel Team
  - Player and Coach Clinics
- Dave Leeper (Former MLB Pro) Baseball Academy (310) 345-1031
  - Baseball Instruction
  - Travel Baseball Teams
  - Clinics
- Scott Davison (Former MLB Pro) - House of Hardball (310) 891-1077
  - Baseball and Training Instruction
  - Hitmen Travel Baseball Teams
  - Batting cage facility
  - Strength and condition facility
- *Positive Coaching Alliance (SEE ARTICLE ATTACHED)*
  - [www.positivecoach.org/](http://www.positivecoach.org/)

## ✦ **Baseball Resources - Equipment**

- Baseball Express [www.baseballexp.com](http://www.baseballexp.com)
- The Sporting Place – Russell Ethridge (310) 832-1452
- House of Hardball – Mizuno (310) 891-7011
- California Pro Sports (310) 548-6012
- *Sliders, compression, undershirts* [www.underarmour.com](http://www.underarmour.com)
- *Flex cups, supporters* [www.shockdoctor.com](http://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**