

9. ročník Horské kliniky

16. – 18.1. 2009

Park Hotel v Ostružné



Jim Jones

Resume



Jim Jones has over 40 years of baseball coaching experience at the youth, high school, college, semi-pro and international levels. He served as assistant coach at Stanford University before becoming head coach at the University of Wyoming and St. Mary's College(CA). Presently he is retired from teaching and serves as President of International Sports Group, Inc.

In 1991, Jim began his international experience by becoming coach in residence in Czechoslovakia as part of a IBA-MLBI program. Following that "Lone Ranger" assignment, he served with Bill Arce as MLBI's Co-coordinator of Game Development in Europe. His duties there allowed him to over-see the selection and evaluation of Envoy Coaches assigned to various European federations as well as overseeing many of MLBI's winter coaches clinics.

When his MLB duties took him further away from the baseball field and into the administration offices, Jim decided he wanted to return to activities that allowed him to work directly with European coaches and players. That desire allowed him to take a new path in international baseball - an assignment with the Czech Baseball Association to serve as a national consultant as well as head coach of the National Junior and Under 23 Teams. He also worked as pitching coach for the Czech National Men's team through the 2001 European Championships.

The summer of 2002 found Jim working as a MLB Envoy Coach with the French Baseball Federation - spending the majority of his time with the National Cadet and University Teams in international competition.

From 2003 to 2006 Coach Jones worked as an Envoy Coach in Spain. During his trips to Spain he has worked with local clubs, schools, regional federations and the national team programs. The 2003 Senior Team finished 3rd in the European Championships and qualified for the World Cup. In the summer of 2005, Jim worked primarily with the National Senior and Junior teams, concentrating on the pitching and catching areas of the programs. Both of the 2005 Spanish teams finished 3rd in the European Championships and the Senior team participated in the World Cup in Holland.

At the 2006 European Baseball Coaches Association's winter convention, Jim received EBCA's Achievement Award in recognition of his work in European Baseball since the early 1990's.

During the summer of 2007 Coach Jones was an MLB Envoy Coach in Holland where he worked with coaches and players throughout southern Holland. Last summer, Jim was the regional coordinator for the MLB Envoy programs in Portugal and Spain. He spent the summer working the top young players and coaches in both countries.

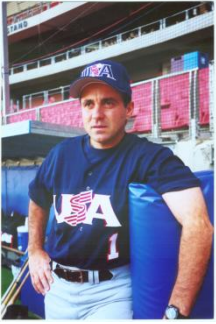
Another international opportunity arose when he joined with Bill Arce and International Sports Group to take over the administration of the winter baseball and softball clinics in 1998. The demand for coaching clinics remains high in Europe and ISG is committed to fulfill that game development need with the help of outside sponsorship.

Jim has had the opportunity to work with players of all ages and coaches from many European countries as well as staging baseball camps in New Zealand. These experiences, combined with his USA coaching, gives him a strong background to help game development programs in those federations desiring outside assistance.

Jim and his wife, Sally, have two grown sons.

Pete Caliendo

Resume



Professional Skills Development and Baseball Operations Consultant Caliendo Sports International, www.coachingmadeeasy.com, Phone 847-781-8039, Fax 847-781-0839, Cell- 847-997-3898. Pete brings unmatched experience and expertise to the development of baseball skills to all players and coaches. His vast knowledge and worldwide presence has earned Pete immeasurable respect within the baseball community.

Six years as a Technical Commissioner for the International Baseball Federation (IBAF), Pete worked the 08 baseball Olympics in Beijing, China. He also serves on the IBAF Steering Committee.

Currently, Pete is President of Caliendo Sports International, a worldwide baseball company that trains individuals, teams, coaches and deals in professional baseball operations worldwide. As a volunteer Pete also serves as President of the Pitch and Hit Club a professional baseball organization which honors professionals in the game and raise funds for scholarships.

As Director of Baseball Operations and Coach for the Schaumburg Flyers, a professional independent team, Pete had over 20 players signed with major league organizations along with making the playoffs. As Player procurement Director for the North Shore Spirit, Pete put together the full roster of 22 players that went on to the Northeast World Series.

As a skill development coach, Pete provided more than 500 youth coaches training programs throughout the world. He is a large proponent of having a national certification program for all volunteers in baseball. To support this knowledge base, he has produced 5 baseball instructional tapes ("Coaching Made Easy) used as a benchmark resource by coaches across the country. Pete presented at the National High School Coaches Clinic as well as 12 additional Association Clinics and has presented in 17 separate countries.

Internationally renown, he served as the Pan Am Baseball Association Director, an organization that won 3 gold medals in the Pan Am Games, including the Gold over Cuba. His experience also includes coaching the Belgium Baseball Federation National Team, 1999 Team USA, a team with professionals that competed in Australia's Intercontinental Cup, serving as the International Baseball Federation's technical commissioner and served as USA Athletes International's Baseball Operations Director. While living in Europe, Pete became an associate scout with the Toronto Blue Jays for European professional baseball.

He completed his European tour as T-5 Sports Agency's worldwide Baseball Operations Director prior to returning to the U.S. as a Coach and Baseball Operations Director with the Schaumburg Flyers, Independent Professional Baseball Team based in Illinois. Following that stint, Pete became Calgary's Professional Baseball President, a Northern League organization. Pete has also coached in the United States with the Mickey Owen Baseball School, Doyle Baseball and the Billy Williams Baseball School.

An active community supporter, and as the President of Caliendo Sports International, President Pitch and Hit Club and Board member for the Greater Woodfield Sports Council, the Italian American Association awarded him the prestigious "David Award" recognizing business excellence.

Jim Penders

University of Connecticut



Jim Penders has been associated with the University of Connecticut baseball program as a student-athlete, an assistant coach and now head coach, working with the Huskies in 17 of the last 19 seasons. In 2009, he begins his sixth season at the helm of the UConn baseball program.

In 2007 Penders guided the Huskies to the most wins in a season in program history with 39 en route to being named BIG EAST and New England Intercollegiate Baseball Association Coach of the Year. In fact, Penders guided the Huskies to their third straight 30-win season as his 2006 and 2007 squads ended the year with 34 and 39 victories, respectively.

Penders was an assistant coach for the Huskies for seven years from 1997-2003 as UConn posted winning seasons in each of those campaigns. As an assistant coach, Penders coordinated the Huskies recruiting of student-athletes, served as a hitting coach and worked with the catchers and outfielders.

A standout on the baseball field for Connecticut during his undergraduate career, Penders was a four-year letterwinner as a Husky. He was co-captain of the 1994 UConn squad that won the BIG EAST Conference tournament, and the Huskies advanced to the NCAA Championship in both his junior and senior years. He hit .354 with seven home runs and 46 runs batted in as a senior in 1994. He earned First Team All-Northeast, All-New England and All-BIG EAST in his senior year as a catcher. During his UConn career, the Huskies played in the championship game of the BIG EAST Tournament three times. Penders helped the Huskies to 99 wins over his four seasons, including a 30-18 record in 1994. He also excelled in the classroom as a three-time BIG EAST Academic All-Star.

Penders graduated from UConn in 1994 with a degree in political science and added a master's degree from UConn in 1998 from the School of Education. Penders worked in Washington, D.C., from 1994-96 as a political fund raiser for U.S. Senator Tom Harkin of Iowa.

Penders returned to UConn for the 1997 season as a graduate assistant baseball coach and became a full-time assistant coach for the 1999 season. He also founded and directs the Connecticut Baseball School, an overnight camp for boys held at UConn. The popular camp holds sessions during the summer and winter vacation periods, along with a one-day fall session and a father-son one day camp in June.

Penders is also actively involved with several baseball clinics around the globe. In 2004, he was the featured catching clinician at the ABCA National Convention in Nashville, Tenn. Penders has also spent several years working at the 'World Baseball Convention' in Uncasville, Conn., and the 'Be The Best You Are' Clinic in Cherry Hill, N.J. In addition, Penders has worked clinics in Germany and Sweden for the International Sports Group/Major League Baseball International. He recently contributed a chapter in the newly published book, *Gold Glove Baseball*, in which he dissects catching techniques. A native of Vernon, Conn., Penders was an all-state performer in baseball at East Catholic High School and served as his senior class president. Penders and his wife, Brooke, reside in Old Wethersfield, Conn. and have three children – a daughter, Tess, and sons, James Henry, and Charles Edward.

Profesní životopis

Zdeněk Josefus (55)

klub: **individuální člen ČBA**

Hráčská činnost:

- Motorlet Praha 1972 – 1987

Trenérská praxe:

- hlavní trenér kadetské reprezentace U15 a U16 (2008)
- předseda Trenérsko metodické komise ČBA (2008)
- hlavní trenér SG Nad Štolou - baseball (2001-2008)
- hlavní trenér ČBA (2001-2003)
- odborný asistent na KVT (VŠCHT, specializace baseball-softball) 1985-1997
- trenérská licence – trenér 1. třídy baseballu od roku 1995



Trenérské výsledky v posledních 3 letech :

2008	3. místo ME kadetů – Řím, Itálie (repre ČR)
2008	1. místo TON (repre ČR U15)
2008	1. místo ČBP kadetů (SK Kotlářka)
2008	1. místo MČR kadetů (SK Kotlářka)
2008	1. místo v PP kadetů (SK Kotlářka)
2007	1. místo MČR mladších kadetů (SK Kotlářka)
2007	1. místo na III. Letní ODM (družstvo Praha)
2007	1. místo PP ml.kadetů oblast Praha (SK Kotlářka)
2007	1. místo na turnaji kadetů v italském Arezzu s výběrem ČR
2007	1. místo na Velké ceně Brna kadetů (SK Kotlářka)
2007	2.místo na ČBP ml.kadetů (SK Kotlářka)
2007	realizace projektu Baseballové Akademie Bohemia
2006	2. místo MČR mladších kadetů (SK Kotlářka)
2006	1. místo na turnaji kadetů v italské Antelle (SK Kotlářka)

Trenérská školení, baseballové kliniky :

2008	Horská klinika
2007	MLB Academy (Tirrenie, ITA)
2002-6	Kliniky Jima Jonese
2002	Baseballová stáž MLB u Seattle Mariners
2002-2001	MLB Adidas Elite Camp (ITA + ČR)
1986	baseballová stáž na Kubě

Profesní životopis

Pavel Chadim (38)

klub: **MZLU Express Brno**



Hráčská činnost:

- 10x titul mistra republiky v kategorii mužů 1993- 2002
- MVP play-off 1995 a 2001
- 3. místo na PMEZ – Barcelona 1997
- 12 let člen národního seniorského celku 1990- 2001, 6 x ME , 1x MEJ
- cena RBI na ME mužů – Německo 2001
- cena MVP turnaje Commonwealthu Austrálie 1997

Trenérská praxe:

- ME žáci (1. místo): Moskva 2003, Trnava 2004
- ME žáci (2. místo): Moldavsko 2005
- ME junioři (4. místo): Holandsko 2007
- vítězství na juniorském turnaji Přátelství – Holandsko 2006
- PBT (5. místo) - s juniorským národním týmem 2007
- olympijské vítězství v roce 2003- Dětská olympiáda, 2. místo v roce 2005
- MČR (1. místa): žáci 1995, 1996, ml.kadeti 1996 a ml.žáci 2004
- ME do 21 let (4. Místo): Španělsko 2008

Profesní životopis

Mudr. Filip Hudeček (37)

klub: **individuální člen ČBA**



Hráčská činnost:

- aktivní hráč baseballu v týmech VŠZ Brno, MZLU Brno, Draci Brno (1987-1996)
- kapitán týmu Draci Brno do roku 1996
- člen síně slávy Draci Brno od roku 2005

Lékařská praxe:

- ortoped na I.ortopedické klinice FN u sv. Anny Brno
- specializace - artroskopie, sportovní traumatologie, problematika ramene a lokte u sportovců
- autor 23 přednášek, posterů a publikací u nás i v zahraničí (Slovensko, Chorvatsko, Monako, Francie, USA)
- předseda Lékařské komise ČBA
- lékař baseballových reprezentačních týmů – žáci (2003-2005), junioři (2006-2007), do 21 let (2008)
-

Odborné stáže a kontakty:

- 1996 San Jose, USA:
Stanford University, Palo Alto – Department of Orthopaedics - Dr. Dillingham

University Santa Clara – training rooms

M.O.R.E. Clinic, Santa Clara – sportovní medicína a rehabilitace – Dr. Eastland

San Francisco 49ers – americký fotbal

San Jose Sharks – hokej
- 2004 – Stadt Hospital - Vídeň, Rakousko – Dr. Valencia
- 2004 - Bad Grisbach – Německo - Dr. Eichhorn
- 2005 – Pittsburg Pirates Southern Home, Bradenton, USA – Erwin Valencia – MajorLeague Rehab Coordinator – Major League Baseball
- 2006 - Pittsburg Pirates Southern Home, Bradenton, USA – Erwin Valencia – Major League Rehab Coordinator – Major League Baseball
- 2006 – Fort Myers – Minnesota Twins – Lanning H. Tucker – Head Minor League Rehab Coordinator
- 2007 – Casa Di Cura Santa Rita, Miláno, Itálie – Dr. Fontana

Arnošt Nesňal

Narozen: 1.4.1976 v Brně

Profesionální praxe

Hráč

1995 – 2001 DRACI Brno

- 5x PMEZ (1x 3.místo)
- 1997 – 2001 týmový kapitán
- 7x titul Mistr ČR
- 1x člen seniorské reprezentace ČR (ME v Itálii, Stan Lucatich)



Kouč Mládeže

Od roku 1995 - 2001 DRACI Brno

- žáci
- junioři

Kouč Seniorů Hlavní / Asistent

Od roku 2002 DRACI Brno

- 6 / 2 x PMEZ sk. „A“ (1x 3.místo)
- 5 / 2 x Mistr ČR

Generální Manažer Klubu

Od roku 2000 PRO DRACI s.r.o.

- Zabezpečení sportovního programu
- Komunikace s partnery
- Tvorba systémů
- Účetnictví

Manažer Seniorské Reprezentace

2006 – 2007 ČBA

- Mnohonásobný vítěz PBT
- 8.místo na ME Barcelona 2007
- Vítěz kvalifikace na ME Praha 2008
- 6.místo UMS Brno / Ostrava 2008

Vzdělání

- 5x účastník ABCA (Orlando, Nashville, San Diego, Orlando, San Diego)
- 5x účastník EBCA (Cologne, Praha, Paříž, Cologne, Vídeň)
- Pravidelné přednášky na národních školeních

Profesní životopis

Radek Procházka (30)

klub: **SK Draci Brno**



hráčská činnost:

- Od roku 1994 hraji baseball za družstvo Draci Brno, se kterým jsem získal dvanáct titulů Mistra české republiky, dvakrát 3.místo a dvakrát 5.místo na PMEZ. Od roku 1998 jsem stálým členem reprezentace České republiky se kterou jsem se zúčastnil pěti ME, tří akademických MS a v roce 2005 MS seniorů. Na podzim roku 2004 jsem odletěl na půlroční angažmá do australského města Adelaide, kde jsem působil jako hráč a asistent trenéra nadhazovačů v nejvyšší jihoaustralské lize za tým West Torrens baseball club.

Trenérská praxe:

- Trenérské činnosti se věnuji od roku 2001 u mladších žáků v rámci tzv. „Malé baseballové ligy“. Od roku 2003 jsem začal trénovat jako hlavní kouč juniorský tým Draků Brno, se kterým jsem získal tři tituly mistrů ČR. 2005 - 06 jsem také trénoval v rámci Sportovního centra mládeže pro moravskou část, se zaměřením na nadhoz.
- Od roku 2005 také působím jako pitchingcoach A-týmu Draků Brno. V sezóně 2007 jsem ve stejné pozici absolvoval s národním týmem předolympijský turnaj v Pekingu.

Pitching Concepts & Techniques

Get back to the athleticism of the pitcher

Goals and Objectives: To get the pitcher to understand through “guided discovery”:

- 1) balance and posture
- 2) lifting and moving
- 3) stride and momentum (using the middle part of the body)
- 4) opposite and equal
- 5) get it coiled and uncoiled correctly
- 6) separation and delayed shoulder rotation
- 7) movement which incorporates rotation and linear aspects
- 8) stability and finish

Primary Coaching/Teaching Points:

Difference between abilities and skills

Backward shaping is the natural way of learning a skill sequence

Only way to maximize throwing ability is thru trial and error

When working with pitchers it is very important to have a visual model - use video

Action/ Perception gap - or what one thinks he is doing is different than what he is actually doing

Arm action is #1 - all other body activities organize themselves to support it

Tempo is important - being the speed at which the sequence of muscle action works

A pitcher's style: the non technical description of the individual. There is no one best way -

There are a number of ways based on the emotional/ physical make up of the individual

Maximum power and efficiency occur when there is no break in the pitching sequence

The flat bed, merry go round, ferris wheel is an important concept to understand

Scapula and pelvic loading - you cannot maximize velocity potential without it

In throwing, the area from the top of the knees to the belly button is where forces power originates

All physical activity that is viewed as skillful, is determined by the movement's final goal

> What do you want to happen??

Some original assumptions that are no longer valid:

Pause at the top: destroys momentum and the athletes natural rhythm and the pause actually induced the very thing coaches wanted to avoid...rushing

Pull the glove to the hip: this encourages momentum out of sequence and inhibits hand speed because it works against the natural “kinetic whip” action of working around a fixed point - Around a firm front side glove and isometric positioned front hip joint at foot strike

Keep the head still throughout release: the center of mass is what is important to control. That the center changes as the body moves through various planes creating concentric- eccentric movements. There is body movement, elasticity and flexibility accumulating forces to throw.

Slow the body down for control: most pitchers deliveries are too deliberate. Move the pitcher in the direction of accelerated activity but the tempo eventually becomes his. The pitcher should dance; they must establish pre moves which tie segments together to allow them to gain momentum at maximum velocity prior to moving to the next segment.

Stay Back: one must overcome inertia. Stalling out over the rubber with limited momentum buildup hurts stride length and rotational capabilities. Moving out, off the rubber correctly allows the momentum to the “sucked out” of the lift leg and the landing is soft, not hard and the proper rotation of the lower half with momentum buildup “yanks” the upper torso into a squared up position at release

Counter Rotation: Turning away from the intended target with the torso does not initiate tension in the back side hip. Correctly pinching the front side hip back into a resisting back side hip promotes tensions which we must attempt to hold onto, coiling and holding, then uncoiling and releasing at the right time

Post Foot Positioning: look at the old timer’s. They pre set the post foot to establish tension in the back side and to help with direction, limit counter rotation. So while they were moving forward they were also retaining their weight back. Parallel post foot positioning was a precursor to posting up, getting to a balance position and static balance. And while the best never did it, the teach helped create a “load up today, unload tomorrow” type of movement, devoid of momentum

High Cock Position: a major teach, coaches placed pitchers in this position and along with balancing on one leg proceeded to throw from here. Well intentioned teaches such as, “thumb to the thigh, ball to the sky”, reach back, make a big circle behind you,” break your hands early to get to a certain position, killed velocity and lift to the ball. Developing proper arm action is the #1 thing to enhance throwing ability. How the various points of movement are attained is more important than the positioning of the points with regards to time and space.

Rushing: not a body movement problem but a function of poor synchronization of the arms. Staying connected utilizing the pelvis and back to control the extremities will help with timing.

Jim Jones

Pitching - Full Motion

Pitching is Throwing - similar principles apply to both skills.

Getting all of the body parts in synchronization results in maximum performance.

The faster you can move the body parts and keep them in sync, the harder you will throw.

I. Ready Position:

- A. Both feet on the rubber, toes pointed toward the throwing arm side about 45 degrees.
- B. Body relaxed and comfortable.
- C. Throwing hand in glove, in front of the body - back of glove facing home.
- D. Head and eyes facing home - receiving signs.

II. Preliminary Motion:

- A. Stride foot takes a small step back or to the side & pivot foot is placed in front of rubber.
- B. Glove side turns slightly towards home,
- C. Arms and hands can range from no motion to touching behind the head.
- D. Head remains over the pivot foot - eyes can look down or remain in contact with target.

III. Pivot Movement, Pelvic Load and Dynamic Balance:

- A. Weight is shifted over the pivot foot while the stride knee is lifted to waist height or higher - knee is on the throwing arm side & pointed to the back shoulder - stride knee is bent w/ toe relaxed and under the knee.
- B. Weight goes home naturally - do not hang back or rush forward.
- C. Pivot knee is slightly bent for balance - upper body is slightly tilted towards 2B as hips lead home.
- D. Hips and shoulders are rotated even with or slightly behind the 2B-H line.
- E. Hands return to in front of chest - swing elbows swing up & out to separate hands & Start to achieve "Scapula Load" as weight goes home naturally.
- F. The hands and forearms follow the elbows in a loose relaxed action.
- G. Eyes return or remain on contact with the target.

IV. Stride and Loading Action (Elbows - Opposite & Equal):

- A. Weight and stride leg moves in a direct line towards home - toe and knee remain closed -go home sideways.
- B. Hips begin to open just before foot plant - shoulders remain closed to create 'torque'.
- C. Body maintains posture that determines arm angle as stride foot lands w/ toe slightly closed.
- D. Glove elbows continues home with thumb down and elbow up.
- E. Throwing elbow continues to lead arm action back & up - hand elevates to elbow height or higher - fingers on top of ball.
- F. Head moves on line toward target.

V. Uncoiling and Throwing Action (Delay Upper body Rotation as Long as Possible):

- A. Glove hand rotates to thumb up & elbow below the glove - glove remains forward.
- B. Shoulder rotation follows the hip rotation - chest and head move aggressively to the target.
- C. Chest, shoulder and arm turn to target late in the motion home - hand will lag because of it's distance from the center of the rotating action.
- D. Ball is released out in front with a 'whipping' action
- E. Pivot foot rotates over with the heel above or outside the toe.

V. Follow Through -result of fluid whipping action:

- A. Throwing arm finishes low and outside the stride leg.
- B. Shoulders are fully rotated past 180 degrees past the balance position
- C. Chest is down and over the stride leg - head can move off line after release.
- D. Pivot foot finishes well past the stride foot.

Common Elements of Hitting and Throwing

- 1 - Linear and Rotational forces are at work
- 2 - Energy is loaded up on the inside of the back leg & ball of the foot
- 3 - Separation of Hip and Shoulder rotation > X Factor
- 4 - Late Rotation
- 5 - Directional Side vs Power Side
- 6 - Rotation around a Steady / Consistent Spine Angle
 - Posture Stabilization
- 7 - Firm Front Side
- 8 - At Release / Contact = Max Velocity & Zero Acceleration
- 9 - Both actions are a Compromise between Power and Control
- 10 - Elbows move toward each other prior to contact and release

The Three “T’s”

- 1 - Technique
- 2 - Timing
- 3 - Talent

Over & Under Load Program w/ Wrist Snap Drill

12 week program - 3 days per week. If you have just started throwing begin at week 1
- if your arm is in shape you can start at week 3 or 5.

Make half of your throws at “Long Toss” distance (eg. about 130 feet) and the other half at your game distance based on your position - into net or with partner. Throw with ‘normal effort’ to begin and gradually build your velocity as your arm gets stronger - normally by the 3rd or 4th week.

Wrist Snap Drill uses only the wrist - the forearm remains stationary and upright during the toss. Three (3) sets of 12 with a 30 second rest between sets.

Reg = regulation baseball (5 oz.),

OW = overweight baseball (6 oz.),

UW = underweight baseball (4 oz.)

Wrist Snap Drill Ball = 10-12 oz

Week 1 & 2 > OW = 12 times, UW = 12 times, Reg = 12 times. Wrist Snap Drill - 3 sets of 12

Week 3 & 4 > OW = 15 times, UW = 15 times, Reg = 15 times. Wrist Snap Drill - 3 sets of 12

Week 5 & 6 > OW = 18 times, UW = 18 times, Reg = 18 times. Wrist Snap Drill - 3 sets of 12

Week 7 & 8 > OW = 24 times, UW = 24 times, Reg = 24 times. Wrist Snap Drill - 3 sets of 12

Week 9 & 10 > OW = 30 times, UW = 30 times, Reg = 30 times. Wrist Snap Drill - 3 sets of 12

Week 11 & 12 > OW = 36 times, UW = 36 times, Reg = 36 times. Wrist Snap Drill - 3 sets of 12

Under Load & Over Load Program:

10 week program - 3 days / week - build up velocity or add weight as arm gets stronger during the 10 weeks - throw weighted balls only after complete body and arm warm up - maintain good throwing mechanics.

Daily throwing program (performed at 60 feet or longer);

11 throws w/ 5 oz. ball

22 throws w/ heavy ball (6- 12 oz.) > into netting or padded wall for safety

22 throws w/ 4 oz. ball

11 throws with 5 oz. ball

Optional; Can add “Wrist Snap Drills” from above if desired and time allows

In-Season Program - combine w/ Long Toss Program

One day per week > 2 or 3 days after pitching in a game

Use a 6 - 8 oz. baseball > @ 90 feet - 3-5 throws, @ 100 ft. - 3-5 throws, @ 110 ft. - 3-5 throws, @ 120 ft. - 3-5 throws, @ 110 ft. - 3-5 throws, @ 100 ft. - 3-5 throws, @ 90 ft.- 5-10 FB/5-10 CH

Weighted Balls > Manufactured by Markwort, Online distributor - www.ballsonline.com or Google “weighted baseballs” for more options.

Jim Jones

Weighted Baseball Programs

I. Age Adjusted - Overweighted Ball Only

3 days per week w/ one days rest between workouts

<u>Ages</u>	<u>Weight of Baseball</u>
9-12	7 oz.
13-14	9 oz.
15-16	10 oz.
17-18	11 oz.
18+	12 oz.

Part One:

Wrist Drill > Distance of 30 feet (15-20 feet for 12 years old or younger)

- 1) Cradle throwing elbow with glove at shoulder height and in front of shoulder
- 2) Lay Back forearm and wrist and throw baseball
 - a) 10 times w/ weighted baseball - every other throw maximum velocity
 - b) 10 times w/ regular baseball - every other throw maximum velocity

Post Stride Drill > Distance of 50 feet (30-35 feet for 12 years old or younger)

- 1) Arms in ‘Torque Position’ and feet in stride position
- 2) Sequence - every other throw at maximum velocity
 - a) 15 times w/ weighted baseball
 - b) 10 times w/ regular baseball
 - c) 10 times w/ weighted baseball
 - d) 10 times w/ regular baseball

II. Reverse Progressive Weighted Ball Program - Over weight baseball only

Train three (3) days per week with one day's rest between workouts. Start with the lowest weighted ball in each group and work your way up to the heaviest weighted ball in each group. Minimum length of program is 4 weeks - longer duration is recommended.

Sequence;

- 1) Warm up with regulation weighted baseball
- 2) Throw a 9 to 12 oz. baseball 40-45 feet into net 30 times - concentrate on accuracy and proper throwing technique.
Start with 9 oz. Baseball and build up to the 12 oz ball.
- 3) Lengthen the distance to 55-65 feet and throw a 7-10 oz. baseball 20-25 times at $\frac{1}{2}$ to $\frac{3}{4}$ velocity. Start with the 7 oz. baseball and build up to the 10 oz. baseball.
- 4) Warm down at the same distance with a regulation baseball at $\frac{1}{2}$ to $\frac{3}{4}$ speed - 20 throws.

III. Over & Under Load Program - one ounce variance (20 % principle)

<u>Week</u>	<u>Total # of Throws</u>	<u># & Sequence</u>
1-3	54	Reg(9x's)-OW(18x's)-UW(18x's)-Reg(9x's)
4-6	60	Reg(10x's)-OW(20x's)-UW(20x's)-Reg(10x's)
7-8	66	Reg(11x's)-OW(22x's)-UW(22x's)-Reg(11x's)
9-10	74	Reg(12x's)-OW(25x's)-UW(25x's)-Reg(12x's)

Players under 14 years of age > program should utilize the **UW** and **Reg** balls only.

VI. Progressive Over & Under Load Program -

10 week program - 2 days per week into net at 60 feet

Weeks 1-2:

- 4 oz. baseball - 10 pitches (4 @ 80%, 6 @ 100%)
- 6 oz. baseball - 20 pitches (5 minute break after 10 pitches)
- 4 oz. baseball - 10 pitches

Weeks 3-4:

- 4 oz. baseball - 10 pitches (4 @ 80%, 6 @ 100%)
- 8 oz. baseball - 20 pitches (5 minute break after 10 pitches)
- 4 oz. baseball - 10 pitches

Weeks 5-6:

- 4 oz. baseball - 10 pitches (4 @ 80%, 6 @ 100%)
- 10 oz. baseball - 20 pitches (5 minute break after 10 pitches)
- 4 oz. baseball - 10 pitches

Weeks 7-8:

- 4 oz. baseball - 10 pitches (4 @ 80%, 6 @ 100%)
- 8 or 10 oz. baseball - 40 pitches (5 minute break after 20 pitches)
- 4 oz. baseball - 10 pitches

Weeks 9-10:

Alternate 3 oz. baseball and 12 oz. baseball - 40 pitches > rest after 20 pitches optional

V. Inseason Program - combine w/ Long Toss Program

One day per week > 2 or 3 days after pitching in a game

6 - 8 oz. baseball > 90 feet - 3-5 throws, 100 ft. - 3-5 throws, 110 ft. - 3-5 throws,
120 ft. - 3-5 throws, 110 ft. - 3-5 throws, 100 ft. - 3-5 throws, 90 ft.- 5-10 FB/5-10 CH

VI. Over & Under Load Program w/ Wrist Snap Drill

12 week program 3 days per week. If you have just started throwing begin at week one - if your arm is in shape you can start at week 3 or 5.

Make half of your throws at “Long Toss” distance (eg. about 130 feet) and the other half at your game distance based on your position - into net or with partner. Throw with ‘normal effort’ to begin and gradually build your velocity as your arm gets stronger - normally by the 3rd or 4th week.

Wrist Snap Drill uses only the wrist - the forearm remains stationary and upright during the toss. Three (3) sets of 12 with a 30 second rest between sets.

Reg = regulation baseball (5 oz.),

OW = overweight baseball (6 oz.),

UW = underweight baseball (4 oz.)

Wrist Snap Drill Ball = 10-12 oz

Week 1 & 2 > OW = 12 times, UW = 12 times, Reg = 12 times. Wrist Snap Drill - 3 sets of 12

Week 3 & 4 > OW = 15 times, UW = 15 times, Reg = 15 times. Wrist Snap Drill - 3 sets of 12

Week 5 & 6 > OW = 18 times, UW = 18 times, Reg = 18 times. Wrist Snap Drill - 3 sets of 12

Week 7 & 8 > OW = 24 times, UW = 24 times, Reg = 24 times. Wrist Snap Drill - 3 sets of 12

Week 9 & 10 > OW = 30 times, UW = 30 times, Reg = 30 times. Wrist Snap Drill - 3 sets of 12

Week 11 & 12 > OW = 36 times, UW = 36 times, Reg = 36 times. Wrist Snap Drill - 3 sets of 12

VII. Intense Over Load Program - Back Shaping Drills

3 days per week w/ one day rest between workouts.

Start in post stride and ‘Perfect Release Position’ - move backwards to ‘Torque Position’ and throw ball at maximum velocity into net or wall. Can be performed on an Incline Balance Beam to add a Balance factor.

Sequence; 2 pound ball > 21 ounce ball > 14 ounce ball > 7 ounce ball > 5 ounce ball > 4 ounce ball

Two Ways to Perform this Program >

1) Go through the heaviest to lightest balls a set number of times - 4-10 sets

2) Throw each weighted ball a set number of times (4-10 x's) before moving the lighter ball

Note: Ron Wolforth conducts a Boot Camp Training Program that incorporates an ‘Intensive Over Load Throwing Program’ that takes about 2 ½ to 3 hours 3 days per week. The training session incorporate a Full Body Warm Up, Tubing Exercises, Medicine ball Throws, Weighted Ball Core Series - then Backshaping w/ weighted balls - followed by Long Toss Program and Bull Pens. He also sells his pitcher development program.

Ron can be contacted at; www.pitchingcentral.com

Long Toss Program

Stretch Out Phase

Line up the players on one foul line. After they are thoroughly warmed up, throwing partners move back gradually to the extension of the 1B-2B line - each player performs four to eight (4-8) firm throws. Then throwing partner goes back 10 full steps (approximately 10 yards) - four to eight (4-8) strong throws are performed once again. Then they move back another 10 full steps and continue going back 10 full steps at a time until they reach their maximum distance. The ultimate goal is approximately 100 yds./300 feet. Keeping in mind they throw eight times at each distance.

Pull Down Phase

After reaching their maximum distance the players work their way back to the original distance (30 yds./90 feet) - throwing four to eight (4-8) times every 10 yards/30 feet.

In the beginning, the maximum distance the players may only throw about 70 yards (210 feet). Do not be too concerned with the trajectory of throws. Some players may tend to rainbow the ball more than others. However, some coaches may require that all balls be thrown on a line to work on the proper release point.

The work load is increased or decreased by changing the number of throws and the distance thrown. Over time, the players get stronger and can handle the 8 throws at the maximum distance.

Over-load / Under-load Program to Increase Bat Speed

Over load bat = 4 Oz. Over normal bat weight

Under load bat = 3-4 oz. Below normal bat weight

Perform Length > 6 weeks - 3 times a week with one day rest between workouts

Dry Swings > swing with no contact @ full speed w/ good batting technique

Big Ball Drill > Adult - hit a basketball off a "T" w/ full force, Youth - hit a soccer ball

Adult (14 & older) Program:

One set of 35 Dry Swings w/ Over weight bat - 20 second rest between sets.

One set of 35 Dry Swings w/ Under weight bat - 20 second rest between sets.

One set of 35 Dry Swings w/ Normal weight bat - 20 second rest between sets.

Three (3) sets of 12 Big Ball swings/hits w/ 20 second rest between sets.

Youth (Under 14 years of age) Program:

One set of 15 Dry Swings w/ Over weight bat - 30 second rest between sets.

One set of 15 Dry Swings w/ Under weight bat - 30 second rest between sets.

One set of 15 Dry Swings w/ Normal weight bat - 30 second rest between sets.

Three (3) sets of 6 Big Ball swings/hits w/ 30 second rest between sets.

Weighted Ball Workout:

Players should use 1, 2, 3 or 4 kg. medicine balls based on individual strength.

Perform work-out 2 to 3 times a week with one day rest between workouts.

As strength improves, progress from 6 reps to 10 reps.

Note; If player is doing 'Body Core Work' in a separate Strength & Conditioning Program, it is not necessary

to perform this part of the program.

Weighted Ball Exercises;

Two Hand Chest Pass w/o Step

Two Hand Overhead Throw w/ a Step

Two Hand Side Throw @ downward Angle (Shoulder high to waist high release) w/ stride step - Perform in both directions for balance

Perform each exercise for three sets of 6 to 10 reps with 1 ½ minutes rest between sets.

Over and Under Weight Bats;

Adult bat - normal weight = 30-31 oz.

Youth bat - can use plastic whiffle bats for under load bat.

Slightly cracked wood bats with the handle taped for hand protection can be converted for use.

Under weight bats can be constructed by drilling holes in the barrel or cutting off a section of the barrel until the bat weighs 3-4 oz. less or can use fungo bat.

Over weight bats can be made by taping (duct tape) lead strips on barrel until the bat weighs 3-4 oz. more.

Resource: Steve Zawrotny > www.BaseballFit.com for additional information & workout equipment.

Jim Jones

Medicine Ball Wall Drills

Hitting: One Hand Fire to Extension - 2-3 KG Ball

Stand with lead shoulder pointed at the wall in a balanced hitting stance and weighted ball in back hand.

Take a stride , close shoulders slightly and push ball to wall as the arm extends rapidly.

*Do not extend early and sling ball to the ball.

Three positions;

- 1) Straight sideways to work on pitches in the middle of the strike zone.
- 2) Stance slightly open to the wall to work on pitches on outer half of strike zone.
- 3) Stance slightly closed to the wall to work on pitches on the inside half of the strike zone.

Sets of 10 - 15 throws

Throwing: Shoulder Stability Wall Ball Drill - 2 KG Ball

Stand facing the wall with shoulder 10-12 inches from wall.

Work the shoulder - not the wrist and fingers. Rapid fire short bounces off the wall

Sets of 10-12 times each.

Six Positions;

- 1) Arm straight up from shoulder
- 2) Upper arm at 45 degrees - forearm straight up
- 3) Upper arm straight out from shoulder - elbow at 90 degrees - forearm straight up
- 4) Arm straight out from shoulder and extended - but elbow is not locked out
- 5) Upper arm 45 degrees down from shoulder - elbow at 90 degrees
- 6) Arm down in 'softball' release position

Baserunning: Home to 1st and 1st to 2nd

Practice makes Perfect

Every baseball player (slow or fast) can become a good baserunner, but he must have pride and he must practice, practice, practice

- batting practice is not just for batters – it is the best time to practice baserunning
- conditioning isn't just for your lungs
- pre-game
 - watch the outfielders in I/O – how quickly do they get rid of it, arm strength, which arm do they throw with
 - watch middle infielders pivots – do they drop arm slot to throw on DP, do they clear themselves, use the base as protection, inside, outside, etc.
 - check baselines, outfield grass
 - leads and breaks in outfield before 1st pitch
- in game
 - on the bench – mental repetitions
 - stopwatch – how long is pitcher in wind, stretch
 - pitcher – does he slide step, hang leg, step off move, snap throw, “read guy” or not, inside move to 2b, spin?, when does he pick or slide (prior to off-speed always?), balk move?
 - first baseman – which way does he throw?
 - Catcher on knees between pitches with runners on, does he flip it, does he get butt higher on off-speed, sets up early, right leg open, signs too low
 - Middle infielders – do they drop their heads after pitch?, do they cheat on their pre-pitch creep, how far from second with runner on, patterns in holding runners, etc.
- watching games on t.v. – more mental repetitions

Philosophy

1. when you hit the ball, believe you've hit an inside the park homerun every time
2. run until you're stopped by the coach or the opposition, never yourself
3. use your knowledge and don't be robot – trust your eyes (head goes down only to see foot strike base, knowing situation, importance of your run, score, inning, count, who is at plate, who is on deck, who is ahead of you on bases, etc.
4. we don't play Good Friday baseball – two bases at a time
5. we win with runs, not hits, not points, RUNS! – you don't leave your offensive game in the batter's box, be offensive and aggressive until you cross home plate

Home to 1st:

- Get out of box and don't think about it
- Find ball with quick glimpse (thru infield, in air, on ground, etc.)
- Use sound running mechanics and look straight ahead to 1st (relax hands, shoulders and face)
- If ball is thru infield, start banana turn as soon as possible (if fly to outfield, this means on your way out of the box) – no question mark turns unless unavoidable (ground ball thru on an error, etc.)
 - If there is a play at the plate (especially with 2 outs) and it is going to be close – keep going to second base in order to force a play to be made on you and not the runner heading home
 - Also can do this on a ball to the backstop with a runner at 2nd base and ball four or strikeout in order to entice long throw from catcher to score runner advancing to third and turning

- If not thru, think you are running 100 feet, not 90, as you approach bag, focus on first baseman's bill of cap (it will tell you if a throw is errant before a base coach can communicate it to you) – if his bill goes up, you go down to avoid tag
- Hit front of base with whichever foot gets there first – never lunge (you look out and its slower than stutter stepping)
- After past bag, breakdown and lower center of gravity while taking quick glimpse over right shoulder to see if ball is by first baseman and away from catcher backing up, if you can take second, throw your head in that direction and body will follow
- If safe, return to bag by turning to right (this will discourage you from making any kind of turn that can be misinterpreted by umpire as an attempt for second base)
- If taking turn, touch inside corner of bag (the one closest to pitcher's mound) with whichever foot gets there first and take big turn if single to left, medium to center, short to right and breakdown (always try to draw a long throw from an outfielder)

First to 2nd:

- Remember who threw well from the outfield before the game (could determine whether or not you could make it to third on a base hit)
- Check with 1B coach on pitcher's move and confirm number of outs
- Check 3B coach for sign
- Take note of which hand the 1st baseman throws with (you'll see why later)
- Your primary lead should be inch-wormed out with feet never touching so you remain athletic, length must be a cross-over step and a dive from first (experiment, and see it on video, or have a coach stand in for you, while you check it from mound)
- Types of leads:
 - One way – not stealing, trying to draw throw, react back immediately, never get picked
 - Two way – ready to steal or get back (probably shorter than one-way)
 - Safe lead – short, can't get picked (late in game and you're behind by more than a run, or 3-0 count and hitter is taking, one base at a time)
- Never hunch over so thighs burn in your lead – maintain position in which you could guard somebody in basketball
- Take secondary lead (another foot or so) and try to keep moving when pitcher is in set to overcome inertia
- If pitcher is righty, watch back heel, if lefty watch his body and be extra careful
- If there is movement other than back heel from righty, you can steal (provided nobody else is on base – 3rd to 1st pickoff)
- If lefty crosses back plane of rubber with his right toes, he must deliver home and you can steal
- With a lefty, we gamble steal, with a righty it is easier
- Lead foot opens, and we cross over if stealing or bluffing steal
- If no steal, we “shuffle, shuffle, read”
- If throw over, we go back with a step and dive, or if enough time, we try to be offensive player and remember which hand 1st baseman threw with. If righty, we go back to bag bracing with left foot going to inside corner closest to mound and we get in the way of a wide throw. If lefty, we go back further from his tag to back corner (closest to 2nd baseman) and spin open to get in alignment to advance to second. We can obstruct the righty with our body, but lefty is too hard to interfere with because of their foot position and better mobility on wide throw.
- Play with baseline depth of lead at 1st in order to appear closer or farther from bag (especially with RHP peripheral vision)
- If base hit to left or center, baserunner can make decision on whether or not to advance to 3rd, if to right and behind runner, pick up 3rd base coach about 20 feet from 2nd base

- Hit and run play
- Straight steal
- Delayed steal
- Bunt

Catching – Making Everyone Better

1. **Leader** loaded word really means to put team first, only guy going the wrong way, team looks to catcher throughout the game (verbal, non-verbal)
2. **Communicator** (liaison with coaches and team, most important everyday player, perceptive enough to know differences in staff)
3. **Good baseball i.q.** (coach on the field, need to know pitcher's strengths, hitter's weaknesses, offensive strategies, defensive situations)
4. **Positive person** (needs to separate himself from individual negative experiences to stay positive for the team)
5. **Defense is priority #1** (hit him down in the order to emphasize, use defensive charts instead of offensive)

STANCES - 3 positions an effective catcher must assume to aptly perform differing duties

- important to make catchers understand these roles, and feel differences physiologically to aid them psychologically in performing their differing roles
- each stance has a definitive utility and practicality, as they are the best physical postures for the duties of the catcher
- each also allows the catcher to better understand his primary goals and secondary goals of the moment through his stance and posture
- he knows what he has to do in situations, but he can also feel what his duties are by the markedly different stances he uses

1. Signal-giving stance

- used prior to every pitch, and before assuming primary or secondary stances

#1 duty is to communicate pitch selection clearly, yet covertly with pitcher and critical fielders

- feet close together, toes pointed straight ahead (4-6 inches apart, but parallel)
- knees closed (give signals to shortstop)
- chest high for balance and comfort (no shadows, authority) with belly button behind point of plate
- glove hand shields sign from third base coach as an extension of left thigh (if catcher gets lazy with this, make him turn the palm out on the glove)
- throwing hand and fingers are in contact with right groin, right elbow touching right hip, finger tips touching cup (hand goes between knees – no hesitation in presentation)
- position is one of stability, authority, and confidence, should be no strain

SIGNS

Purpose - to communicate pitch selection to pitcher and critical fielders clearly and covertly

- must be given on right groin with proper signal stance

Nobody on 2nd base:

one numerical sign for pitch type

one directional sign for pitch location

Man on 2nd base:

four numerical signs

three directional signs

pitcher and middle infielders know which is used in sequence

Pitcher shake off:

shakes head for change of pitch

stares for change of location

(no glove brush)

Alternatives:

tape on fingers or polish

slower sequence

body part signs with sequence

phantom signs

#1 fastball

#2 curve

#3 slider

wiggle change

#5 shake

fist pitchout

thumb pick

Important points:

- as soon as hand goes between knees, a signal is given
- catcher should peek at hitter before giving sign
- spread fingers
- use pinky finger for fastball outside to righty and with the #3 (never turn wrist)
- if using sequence, make it uniform until discovered, then change for everybody
- when using sequence, go slow enough for individual pitchers (not a race)

2. Primary/Receiving stance

- used exclusively with no men on base and less than two strikes on the batter

#1 duty is to make your pitcher look good by receiving the ball softly with the body, not just the glove

- feet shoulder width, toes pointed to 1st and 3rd with weight on inside part of feet (get as close to hitter as possible - make him get interference in practice)
- should be an arm's length from hitter's back knee
- knees are close together (allowing for sway) with butt close to ground
- lean forward slightly for low target, right hand behind heel or back
- glove arm outside or above left leg about 90% extended with index finger pointed to 1 o'clock
- eyes look just over the top of glove w/ head erect
- be careful not to step w/ right when going right, and vice versa, use the mix or hop step once in a while
- position is one of stability (slight lateral mobility) and force absorption (air bag)

RECEIVING - what a good catcher does in addition to catching the pitch that forces the umpire to:

get a good look at a pitch

have to decide on ball/strike

call all pitches in the zone strikes

call as many borderline balls strikes as possible

- If there were no umpire, we'd call this section "CATCHING" and be done with it, but because the umpire plays such a large part in the game with balls and strikes, we must have a system of receiving to help him do his job (they need all the help they can get).

Aspects of Receiving

Catch the pitch

- with the 1 o'clock to 12 o'clock rotation, the trigger for the catch is done
- body sway will help glove get to position for one-handed catch
- bring the pitch with soft hands without doing the "egg toss take-away" or the "vacuum funnel"

DRILLS: "catch with the step to", tennis balls with bare hand, machine for rep's

Framing: the body

- begins with stance (belly button on corner without giving away location or pitch)
- only on pitches less than 6 inches off the black, or <6" above or below the zone
- starts with the body sway(try to catch every strike with belly button behind ball)
- head must also be behind ball

DRILLS: "point drill", "shadow box", "shadow box with coach on side"

Turning: the glove

- must beat the ball to the spot with the glove
- in and out, thumb up/thumb down
- thumb is last part of hand to touch ball except on low pitch
- turn the glove as catching the pitch (takes practice)
- palm faces zone always except on low pitch

DRILLS: "shadow box", "coach holds ball", "wheel with and without glove", angle toss (two tossers) machine

Gravity's influence

The Catcher

The little things - in the circle and beyond

Tag Plays

- catcher has to like contact, not just tolerate it
- think offensively, not defensively (you're the only one with the armor)
- good catcher must also be smart enough to avoid contact when possible

Ball to left:

- square shoulders to ball
- left heel on left front corner with toe pointed straight at third
- bend in knees

to center:

- same as above

to right:

- give up plate and square shoulders to ball just in front of plate
- left leg moves on catch, slide to position for left and center and take away plate

For all fields: use a decoy with negative body language and verbal accompaniment (most effective when runner can see face, and mask is used as prop)

After catch:

if time and runner standing:

- put ball in bare hand with five fingers around it, and inside glove
- lower right knee
- make punch tag motion in center of mass with two hands
- spin away to make another play

if no time and runner sliding:

- try to do as many of above steps as possible
- make sweep tag of glove with two hands and spin out

if no time and runner standing:

- get low and flip, or get bowled with ball close to body

DRILLS: fungo drill, cut-offs with outfielders, "stompers", football dummy, no ball footwork

Force Plays - two methods - both with mask on (never put mask in basepath because you want runner to slow down and slide)

1. no chance for a double play (sacrifice mobility for stability)

- heels on front corners
- react to ball like first baseman (right foot will be in contact with plate)
- stretch if necessary

2. there is a chance for a double play (sacrifice stability for mobility)

- straddle plate
- right foot sweeps to square shoulders
- leave shoe polish or dirt streak

DRILLS: fungo drill, infielder/pitcher feeds, no ball footwork

Bunt plays -

1. anticipate
2. stay down and make catch (don't get screened by bat)
3. charge vs. approach

4. take charge
5. under control
6. airplane, not helicopter
7. banana to ball
8. footwork is done before touching ball
9. glove rakes or sweeps when moving
10. loud pitchfork when not moving
11. throw without step

DRILLS: point drill, rolling from behind, roll with pitcher, timed drop in bucket

Foul pops -

1. don't freak
2. raise center of gravity on every pitch that is struck
3. lift mask, find ball, throw mask out of way to side
4. go on toes until called off, reassure, and be low for rebound (know where you are)
5. back to infield if possible
6. listen for track, feel for fence, slide technique
7. no baskets if possible
8. catch and recover

DRILLS: no ball mask throw, fungo overhead, coach behind as umpire

Jim Penders

Hitting Program

I. The Quality At-Bat Philosophy

A. Making our Own Measurements of Success to reinforce process – not result

1. QAB cards – sac, being important, two-out RBI, hard contact, runner in from 3rd with less than two outs, etc.
2. sticking with it – if you want them to embrace process, you can't fake it
3. reinforcement – don't embrace batting average, etc.
4. The process can be perfect, but that does not guarantee perfect result. Therefore, we seek perfect processes, and trust enough positive end results will follow.

B. Controlling the Process

1. having a plan - hitting with your head
2. know situation (score, outs, objective)
3. know yourself and what are your strengths and weaknesses
4. zone vs. two-strike approach
5. body language
6. positive self talk
7. visualization
8. flushing the negative
9. one pitch at a time – slow game down – limiting stimuli
10. making adjustments while trusting overall approach

C. Dealing with Failure

1. 7 out of 10 times
2. learning from it to turn it into future success

D. Prepare in practice, perform in games

1. reps guys vs. non-reps guys
2. quality preparation = high level of confidence = greater probability of successful outcomes
3. anxiety most often comes from a lack of quality preparation

4. hands off approach in games from us
 5. no cloning – no two people alike, no two swings alike
 6. game speed whenever striking baseball – get loose with dry swings
 7. the power of the batter’s box
- E. You have a lot of freedom in our system
1. must have plan
 2. must be smart
 3. must understand the influence of the count, score, situation, and expectations
- F. Hitters make adjustments
1. Year to year – better pitching = shorter swing or holes exposed as we progress in level
 2. Day to day – pitcher (power guy vs. thumber, sinker guy, etc.)
 3. Pitch to pitch – understand the count, sequences, tendencies
- G. The at-bat begins with the first pitch of the game
1. tipping pitches – p, c, coach, middle infielders
 2. pick-offs
 3. release point
 4. runners on vs. no runners on

II. Mechanics before pitch (set-up)

A. Stance

1. comfortable
2. relaxed
3. balanced and wide
4. preferably squared
5. weight on balls of feet

B. Set-up

1. elbow up vs. hands up
2. grip – firm but relaxed with bat in fingers – which knuckles?
3. V – wrists and forearms without tension
4. high hands at top of zone vs. low hands in middle of zone to start

C. Eyes

1. level
2. where to look
3. how to look
4. mouth open
5. pitcher sees both eyes

III. Mechanics during delivery

A. Trigger/Stride/Load – all the same thing

1. lower body
 - a. hips load without turning, knee can turn slightly in
 - b. weight back for pitch identification without eyes moving
 - c. stride - quiet and short – stepping on thin ice
 - d. weight load on back leg
2. upper body
 - a. hands load too
 - b. quiet shoulders
 - c. hands get to top zone without a bat wrap

Getting to ready position to let hands work

1. what is “staying back”

IV. Mechanics at pitch

A. Pitch identification

1. as early as possible
2. be aware of count, situation, etc., but trust eyes (they are less likely to lie)

B. Delivering bat head to hitting zone

1. short and quick – “TO IT”
2. backside fires from knee to chest
3. heel plant
4. bottom hand – knob to ball
5. tall backside – no collapse
6. top of back hip down
7. hands inside / front of sternum – no casting or arm bar
8. barrel above hands until contact

C. At contact

1. eyes see bat hit ball and are still level
2. karate chop/punch hand position – palm up/palm down
3. tall backside
4. not fully extended
5. firm front side is axis of rotation
6. up on back toe at contact for full weight transfer through ball – no squishing bug
7. contact inside and top half of ball
8. keep it fair with backspin (why is it deeper in center than left and right?)

V. Mechanics after contact – why it matters, or does it?

A. Maintain balance

1. head down & between knees
2. knees between feet

B. Low Finish

1. stay on the plane
2. full extension

C. Getting out of box

Daily work drills:

- back-side soft toss (for opposite field, stay back)
- behind soft toss (for extension through ball)
- tee out front drill (for extension through ball)
- drop drill (for breaking ball eye tracking)
- self-toss on bounce (for tall back side and lower half explosion through ball)
- top-hand bottom hand short bat work (isolation, muscle memory)
- coach’s short toss (in front with L screen)
- small ball underhand toss
- pitch identification on short toss
- stride board swings for cutting self off or bucket stepping
- wall/net drill for casting/arm bar
- no backside bat behind back off tee
- short bat work for staying inside ball and for letting it get deep, no hooking
- two ball tee for extension
- spinning on backside and not driving through = focus on back knee, hip, nip, and bottom hand driving down through ball and pitcher’s ankles
- high tee for collapsing, long swing
- angled short toss for quick hands

- extended cage hitting (for feedback)
- off-side bp for rolling over, hooking
- regular b.p.

Regular Batting Practice Rules:

1. must do the minimum 57 contacts before taking regular b.p.
2. know the rounds before entering cage
3. enter cage from 3rd base side
4. exit cage from 1st base side
5. no walking in and out
6. no walking on ball pick-up

Regular B.P. Rounds

- rounds may differ from day to day as dictated by coach)
- here is a typical b.p. set of rounds:

Round 1: Bunting: everyone not in cage is on grass in front of cage retrieving bunts

Pitches:

1. sacrifice bunt to 3rd
2. sacrifice bunt to 1st
3. sacrifice bunt to 3rd
4. conceal bunt for hit to 1st
5. conceal bunt for hit to 3rd and get out of box

Round 2: Execution round: everyone is behind or on side of cage with on deck hitter close to 3rd base side entrance

Pitches:

1. hit and run (runner goes on pitch, hitter must swing, hits it on ground)
2. right side and down (runner gets read, but does not go)
3. right side and down (runner goes after read)
4. drive him in (hitter drives ball to outfield, runner tags, reads, gets start)
5. drive him in (hitter drives ball to o.f., runner tags, reads, runs)

Round 3: Opposite Round:

Pitches:

1. hitter drives pitch opposite field or middle (if hit pull-side, round is ended)
2. “
3. “
4. “
5. “

Round 4: Zone Round:

Pitches:

1. hitter has less than two strikes and is looking for a pitch over middle two thirds of plate he can hit hard on a line
2. “
3. “
4. “
5. “

Round 5: Two Strike Round:

Pitches:

1. hitter makes physical adjustment, and changes mental plan to become a defensive hitter and simply make contact (hitter's round ends on fifth pitch, or if he takes borderline strike)
2. “
3. “
4. “
5. “

Round 6: See It and Hit It Round:

1. hitter ahead or even in count with less than two strikes and runners in scoring position
2. “
3. “
4. “
5. “

Jim Penders

Don't Forget Your Outfielders

A Plan for Success

1. Plan the Work:

Pre – game Preparation

- Warning track, or no warning track, texture of surface (can I slide?, fence height, angles, and surface of fence – especially at bottom in fair and foul territory), width of warning track measured in # of sprint strides
- Field surface – grass, artificial, smooth, bumpy, wet, dry, hard, soft, grass cut pattern, uniform or not (drains, sprinklers, standing water areas, spongy, etc.)
- Throw ball off wall in different spots and angles
- Using batting practice as most valuable outfield practice

Pre - inning Preparation

- Elements: Wind (flags and grass toss), sun, precipitation, clouds, high sky, etc.
- Equipment: wind=no contacts, sun = sunglasses, clouds = different lenses, wet=different spikes
- Background – stands full, empty, press box color, etc.
- Knowing the batters (pull, oppo, swing plane, fly-ball ground ball, speed, etc.)
- Knowing your own pitcher and his stuff (overpowering = shade oppo, sinker guy = shallow, soft = shade pull)
- Know the score – will dictate how we pitch, and how aggressive to be defensively with positioning, etc.
- 200 – 220 foot catch

Pre-pitch Preparation

- Be conscious of pre-inning variables changing during the inning
- Effect of count and what batter is looking to do
- Know the pitch and location of it
- Know speed of batters and baserunners
- 2-3 step creep with bend in knees after cheating for positioning
- Have a plan for single, and for wall ball (where to throw – general idea of where cutoff man will be)
- Check coach, clear head in order to focus at pitch delivery

2. Work the Plan:

Ground Ball Defense – outfielder will field more of these than fly balls during career

- Aggressive first step
- Never assume infielder will make the play
- Cross-over step side to side
- Taking the right angle to avoid making backhand if possible
- Banana to it and through it with shoulders in position to base
- Coming around it like an infielder, break down and come through it under control
- The scale of risk/reward on how to field the ground ball: Do or die vs. infielder approach vs. one knee
- Knee down vs. no knee down
- Bare-hand side foot behind glove side foot when needing to make throw
- Balls on ground at fence – center it, chest over it, look it into pitchfork, no swipe for four seams and footwork complete

Drills: point drill concentrating on crossover footwork to ball, then add ball, glove side foot behind on containment to single, side swipe on do or die with glove side foot in front, fungoes on ground, head down react, back turned react, pitchfork ball on ground at wall with footwork complete, plyobox react drill

Fly Ball Defense

- Aggressive first step
- Drop when behind line of defense, cross-over in front (bill of cap is guideline for which to use)
- Sprint to spot after a look, check and put head down, don't drift to spot behind where you believe it to land
- Emphasis on running on toes, heel strike will jar head and vision
- Ideally, we want to play the ball in front of the body, get behind it
- Catch with one hand on barehand side of body, but barehand near glove for quick transfer
- Catch head high ideally with fingers to sky to catch ball in pocket
- Diving catches – bow the chest, sell it with quick pick up of glove
- Sliding catches – toward infielders, toward other outfielders, and obstacles (fences, tarps, bullpen mounds, benches, etc.)
- Bare-hand side foot behind glove-side foot when needing to make throw
- Find the fence in foul or fair with hand, then come back to make catch

Drills: point and drop left or right, football drill, fungoes with head down, spin and dive drill, dive from two knees backhand and forehand catches, wrong read with head spin drill, one-look drill, bat angle drill, setting up for cro-hop (shuffle), executing cro-hop, ATEC four cone drill with ball in middle of cones each time, rapid fire drill (six balls), rapid fire with fungo (3 balls – one deep fly, 2 on ground), line drive drill thrown or fungoed, laying face down, back turned for fungo, sun drill, slide and go drill (football deep after sliding catch),

Communication and Decoy System –without coach

- Nobody calls ball until it is at its apex
- Repeat call of “Mine” for assurance, others reassure with “You”
- Peel off and back up based on facial expression and tone of calling fielder
- Fly-ball priority system
- Infielder camped under has right of way unless backpedaling
- Outfielder slides low, and infielder stays high
- Fence calls: A, B, C (no “FENCE” call – causes hesitation)
- Base calls of non-fielding outfielder
- Depth calls of non-fielding outfielder: in, back, good
- Centerfielder has priority
- Never a “you”, before a “mine”

- Non-fielding outfielder yells, “No catch” in foul territory with runner on third and too far to throw out winning run in last inning on sac fly chance
- Non-fielding outfielder yells throw through with only runner on third, less than two outs, and sac fly chance (cutoff is just for aim)
- Pitch call and location should be known by all three outfielders with hand signals from middle infielders in order to cheat on pre-pitch preparation
- Lost in sun, decoy and don’t panic, have verbal with other outfielders (“red”)
- Fake lost in sun for early leave, have verbal with other outfielders (“green”) (especially good with two or three runners on)
- Runner tagging up, pull arms down when ball at high point to draw an early leave
- Head high before single have a glove flash in order to get advancing runners to hesitate

Drills: live D with fungo, BP time with just 3 and others on track or in foul, ABC dry runs, two outfielders & one fungo drill, foul ball and corner drill (thrown or fungoed), peel and back-up drill, pop up priority with full team.

Communication System – with coach

- Straight up – arms upright
- Pull to left side – left arm up
- Pull to right side – right arm up
- Bunch – hands squeezing above head
- Play in – hand in front of body
- Play back – hand behind body
- No doubles – (cross of arms)
- No dive – choke sign
- Hit cut – chop one hand to forearm
- Throw through cut – windmill of arm
- Pick off attempt is on – arms crossed
- Read bunt – hands chop at hips
-

Throwing

- We’d rather be quick and low, than long and slow
- Four seams
- Footwork done asap, if ball is stopped, footwork is complete when you pick it up
- Sidearm is okay if infielder is close (wall balls)
- Quick release (no more than 1.4 seconds from catch to release)
- Cro-hops are as short as possible
- Aiming for cutoff’s head, which should be in line with a base
- Don’t cross runner with throw (especially from left in foul going home)
- If you need to play the skip in games, practice the skip in practice

Drills: hat drill during long toss and warm-up, tire drill for long hop or no hop (good with one man and fence, relay drill, reverse pivot (spin to glove) with throw, deke drill on humpback liner, deke drill with sac fly, roll ball with throw, fly ball with throw at different running speed for differing cro-hops.

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Conditioning, Speed, agility and Flexibility

Let's take a look at several different ways that teams around the world condition, work on speed, agility and strength/flexibility

Many methods are ancient history and baseball needs to take a look at the new training methods and why they are better than our past methods of, static stretching, drop back cross over step, cross over and go, basic lifting, long toss, etc.

Conditioning is important to staying strong throughout the game.

Speed is vital to the game because it never goes into a slump.

Agility/movement needs to be taught because baseball does not teach you this the correct way.

Strength and Flexibility is important so that the ability to increase the fundamental skill is increased.

4 stages of off season training

Off season conditioning

Pre game warm ups

During the game workouts

Post game warm ups

