

2012 Kaws Baseball



Handbook

2012 Kaws Baseball

Varsity Head Coach - Kent Houk - khouk@travellersinc.com cell # 691-5551
JV Head Coach - Dave Roberts

Player Expectations

Thank you for your interest in the Baseball program. The game of baseball takes a giant leap at the high school level. The game of baseball is all about consistency. Make the play in the field 8 to 9 times out of 10, and produce a base hit three to four times out of ten. So what we look for in a player is first the ability to throw, catch and swing a bat with some fluidity and second, the desire to learn to be consistent. The complexities of baseball are revealed and put into play at the high school level. The player must understand that baseball is a game of focus and muscle memory and be willing to become a student of the game to be very successful.

What we are looking for most in a Kaw baseball player is a love of the game and a hunger and thirst to become a better baseball player every day you step on the field. You have a chance to improve every time put on your cleats. We expect players to put forth 100% effort and focus. Players should have pride in themselves and their teammates, the spirit of a champion and do their best to build and maintain a tradition of a great baseball program at Perry Lecompton.

The last characteristic we look for in a good teammate is the ability to pick up your teammates, play loose and love what you are doing.

Season Timeline

Dec. 15, 2011—2:45pm

We will have a player's meeting in the Little Theatre. We will discuss the upcoming season and fit for hats and jerseys. Players will be responsible for purchasing their hat, socks and practice/game jersey total of \$50 and will have the option to buy their own game pants for \$45 (money will be due at the Spring Sports parent meeting in Feb.)

Jan. 8 - Feb. 26, 2012

There will be an open gym with pitching mounds and batting cage set up in Lecompton gym from 8:00 pm – 9:30 pm on Sundays beginning in January 8. Announcements will be made during the school week. This is not mandatory. Coaches will not be present but a gym supervisor will be there to monitor the open gym. We will also schedule a few work days if the weather cooperates to work on the field.

Feb. 27 - March 2, 2012

Opening day for Spring sports practice. We will have player tryout and evaluation practices during this first week. We will practice Mon-Fri. 3:30-5:30. Rosters will be determined by Thursday March 1. Those who are still involved in basketball need to arrange an alternate evaluation time with Coach Houk. On March 2 we will check out uniforms and collect money for hats, etc... March 3 will be a field work day.

Mar. 5 - May 30, 2012

We will practice Mon-Fri. 3:30-5:30. Should we get bad weather during the week or the coaches feel we need extra work we may practice on Saturday mornings or Sunday evenings. Season opener is on March 28. Practice times are subject to change due to the weather and days when school is not in session.

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Parent Meeting Agenda Vocal Music Room Feb. 23 - 7pm

I. Introduction of Coaches

- Kent Houk - Head Varsity Coach Dave Roberts - Head JV Coach
- We are proud to be working with your young men
- The coaches are not here to be policemen or dictators. We are here to coach baseball.
- **Our philosophy of coaching is to work hard and together we can accomplish great things.**

II. Player Expectations (Pride, Spirit and Tradition) - see handout

- **We have very high expectations for the players.** We will ask nothing but the very best from every player. Pride, Spirit and Tradition!
- We expect our players to represent the TEAM as well as the community, the school, and their family in and out of school.
- We will at times raise our voice and deliver constructive criticism. We do not expect our players to roll their eyes or display other negative reactions when coaches are coaching. With that, we will never scream, yell, curse at or demean players in any way.
- We expect our **student/athletes** to be students first and baseball players second. See school policies.
- **Practice Attendance - Players are expected to be at practice everyday and on time with all baseball apparel.** If a player is unable to attend a practice or game, it is the player's responsibility to inform the coaches. Jewelry is not permitted at practice or games for safety reasons. At practice and games **Hats are to be worn forward at all times, baseball pants /belts worn and shirts are to be tucked in.**
- **Playing Time** - The best way to earn playing time is to **work hard, know what to do, be eligible, be at practice on time, work to impress and learn, hustle, be fundamentally the best at your position and be coachable.** Coaches will evaluate player talent, attitude and effort and decide who will play where and when.
- At both the **J.V. and Varsity level** we will continue to develop player fundamentals. At the **J.V. level we want to introduce advance situational strategies. During a doubleheader, our goal is to get each player into one of the two games.**
- At the **Varsity level** we expect to improve on advance situational strategies and **compete for a conference title. Our players are expected to accept their role within the team and playing time will be earned through effort, attitude and performance with winning the games as our top priority.**
- **Game Day** - The bus ride will be quiet on the way to the games. This is a time to mentally prepare for the game and compete. We will celebrate our win on the way home! The dugout is for players, coaches and trainers (see parent expectations.) The players are expected to remain in the dugout with the team during the game.
- **Have Fun!** - Baseball is a great game, enjoy it. All the hard work you put in will make playing the game fun. Pride, Spirit and Tradition!

III. Parent Expectations -

- Please encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice. Please cheer for your team and refrain from arguing with the umpires and yelling instructions to any team members during the game. Please watch the game from the designated spectator areas and refrain from visiting with your athlete during the game other than providing encouragement. Athlete's should talk directly with the coach should they have any concerns. After the athlete as spoken with the coach and you feel further clarification is needed, the parent may contact the coach to discuss the issue. Issues that are not appropriate to discuss with the coaches unless the discussion is initiated by the coach are: playing time, team strategy, play calling and other students. Let's all do our best to make this a positive experience for our athletes.
- Scorebook volunteer (Varsity and JV)
- Food for players between DH

IV. Uniforms & Other Apparel

- Adidas jersey, socks and hat will be provided to the players for a total cost of \$50 due at the meeting this evening. Please fill out order form and make checks payable to PLHS Boosters. If player has secured a banner sponsor then hand in the form with payment at the meeting or if we have already received the payment then note the form and the \$50 player fee will be waived for the equipment.
- Each player will be responsible for a \$50 spring sports fee collected in the office that is in addition to the jersey, socks and hat fee. Please make arrangements in the office for this fee.
- The Baseball Boosters have purchased hooded sweatshirts that will need to be taken care of and turned in at the end of the season with the full uniform.
- Undershirt - must be solid long sleeve black under armor (or similar) or practice jersey.
- Parent hats and apparel - need to place parent orders on order form.
- Optional Jacket can be purchased at www.gtmteamstore/perrylecomptonbaseball

V. Field

- We are in a budget freeze. The infield has been resurfaced. Need to get game ready.
- Field Work Days - 1st 3 Sat. Mornings in March if needed.

VI. Fundraising Ideas - The future of the program!

- With all the budget cuts, we will need to start thinking about fundraising.
- Outfield Banners - \$300 1st year, \$200 renewal
- All ideas are welcome

KAWS BASEBALL ORDER FORM FOR PLAYERS

Orders due with money (must buy jersey, socks and hat - \$50) at player or parent meeting prior to 1st practice

Email Kent Houk at khok@travellersinc.com with any questions

PLAYER: _____ Jersey #: _____ Email: _____

<u>Apparel Description</u>	<u>sizes & quantity</u>	<u>\$ each w/tax</u>	<u>\$ total</u>
		add \$3 for xxl,xxxl	
	<u>S</u> <u>M</u> <u>L</u> <u>XL</u> <u>XXL</u> <u>XXXL</u>		
*Grey Rawlings team pant with royal piping		\$44.00	
	<u>S</u> <u>M</u> <u>L</u> <u>XL</u> <u>XXL</u> <u>XXXL</u>		
Royal blue jersey with number		\$25.00	
Royal Blue socks		\$5.00	
	<u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>		
Royal blue Official Team Hat		\$20.00	
		TOTAL \$ DUE	

*Make Checks payable to PLHS Boosters

*Optional Purchase of Team Pants



Official Team Hat



Team Jersey with logo and number



Perry Lecompton High School Baseball Outfield Banners



- Banners are 4 by 8 ft. made of heavy-duty vinyl to last multiple seasons
- Banners will be displayed from March through Summer
- We will pick up your banner when it is ready and deliver it to the field
- We will remove and store the banners during the off-season

The PLHS baseball program team members and parents are asking for your support of the program by participating in our outfield banner fundraiser. As a result of your generosity, we will be able to continue to provide our student-athletes with a tremendous extra-curricular opportunity.

Thank you in advance for your support!

Kent Houk
Head Baseball Coach
Perry Lecompton High School

The prices below assume that camera ready artwork (graphics, logo) is provided. If you need assistance with artwork please call. Banners will be white or blue with your choice of the number of colors in the design. Please keep your copy and graphics simple and large so that your banner can be seen from a distance. **Please contact Matt Erickson at 785-207-7619 with any questions.**

1st Year Cost (Includes printing of banner) \$300

Annual Banner Renewal \$200

Please mail payment and the below information to: PLHS Baseball Boosters, Attn: Coach Kent Houk, 831 Massachusetts Street, Lawrence, KS 66044. Email camera ready artwork to: khok@travellersinc.com

Business Name: _____

Contact Name: _____

Address : _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

Email: _____ @ _____

I was contacted by (team member's name): _____

Baseball Philosophy for Perry Lecompton High School

PERRY LECOMPTON KAWS

PITCHING

PHILOSOPHY:

To develop the skills and ability of our pitchers to throw strikes, to become mentally tough, to compete with every pitch, and to control the pace of the game, with the overall objective of controlling the opponent's offense.

POINTS OF EMPHASIS:

1. Get ahead, stay ahead
2. Develop mental toughness
3. Have a game plan
4. Establish the Fastball/Work the whole strike zone
5. Establish a Breaking Ball and/or Change-Up
6. Control the running game
7. 3/1 Strikeout to Walk ratio
8. Work at the quickest pace possible

1. Get ahead, Stay ahead:

Being ahead in the count allows a pitcher to stay aggressive and keep an element of surprise in pitch selection. Emphasis will be placed on throwing the 1st pitch strike to get ahead. This will aid our chances of making the hitter chase the pitch we want him to.

2. Develop mental toughness:

To be mentally tough a pitcher has to have an abundance of confidence in himself and his abilities. This will give him the edge he needs in order to accomplish things such as pitching inside, pitching with runners in scoring position, succeeding when he doesn't have his best stuff, and dealing with adversity, etc. We will try to develop this aspect through positive discussions, utilizing visualization techniques, and other philosophies. A pitcher should be in control of his emotions at all times; in other words, a pitcher should show no emotion. Never let the opposing team know what you're thinking or how you're feeling.

3. Have a game plan:

A pitcher needs to have an idea or plan when trying to get a hitter out. This includes knowing the hitters strengths and weaknesses and the situation of the game outs, score, runners on base, etc. Charts will be kept in the dugout for pitchers to go over between innings. Every pitch needs to be thrown with a purpose. This is what separates a "pitcher" from a "thrower".

4. Establish the Fastball/ Work the whole Strike Zone:

The ability to establish the fastball is essential for all pitchers. If a pitcher throws at a high velocity, chances are that he can control a game with his fastball. For those who don't throw at a high velocity they still need to be able to locate their fastball to help setup their off-speed pitches. To aid the effectiveness of every pitcher's fastball, an emphasis will be placed on throwing to both sides of the plate. By using both sides of the plate this will give us a better chance of being unpredictable. Emphasis will also be placed on being able to locate the fastball up and down in the strike zone effectively (Ex: throwing a fastball up and in or down and away in a 0-2 count). This will allow the pitcher to control the hitter's eye level allowing him to setup his whole repertoire of pitches.

5. Establish a Breaking Ball and/or Change-Up:

To be a good pitcher you can't rely on just a fastball therefore it is imperative to have a quality 2nd and 3rd pitch. The Change-Up is necessity in today's game because when it's thrown properly it looks like a fastball but throws off a hitters timing plus, it is easier on the arm than all breaking balls. Some form of a breaking ball should be utilized in order to have a pitch that moves away from hitters. Some of these pitches can be a curveball, slider, or cutter. To be effective, off-speed pitches must be thrown for strikes.

6. Control the running game:

Despite what some pitchers think, you're not going to throw a perfect game every time out. This means that at some point a runner will be at 1st or 2nd base and will be looking to steal a base. More times than not a base is stolen off the pitcher, not the catcher. Our goal is to minimize the chance that they can take the base. Ways to accomplish this task is by working on our ability to deliver a pitch in a timely manner, throw a quality pitchout, using an occasional slide step, mixing up timing and looks, and most importantly, developing quality pickoff moves. All pitchers need to remember that just because a runner gets on base doesn't mean that he has to score. By taking pride in controlling the running game a pitcher will allow fewer runs scored and give his team a better chance to win.

7. 3/1 Strikeout to Walk ratio:

This ratio is a sign of how well a pitcher is throwing. If a pitcher can achieve this ratio it means he has control of his pitches and is maintaining his aggressiveness. If a 3/1 ratio can be met it means that we aren't walking a lot of batters. We want to avoid walks because it means the hitter didn't earn his way on base. Make the hitters earn everything they get.

8. Work at the quickest pace possible:

As a pitcher you want your fielders to be ready to make plays behind you. The slower you work the greater the chance that somebody will make an error due to being lulled to sleep. Therefore, we are going to emphasize working at the quickest pace that a pitcher feels comfortable with. A pitcher working at a quick pace sends a message of confidence to the opposing team.

MECHANICS:

Proper mechanics will allow a pitcher to achieve maximum velocity and avoid injuries.

1. STARTING POSITION

- The pitcher should be in a relaxed stance with the ball in his glove
- Heels on the rubber, shoulder width apart

2. WIND-UP

- Hands should be joined together in the glove as the grip is adjusted
- Start with hands up, back of glove facing the hitter in upright position, hiding the ball from base coaches, opposing team, etc.
- Use a short stride in front of the rubber with non-pivot foot
- Maintain balance throughout the movement
- Hands remain in the same position
- Pivot foot begins to turn parallel to the rubber
- Body rotates as stride leg is raised, non-throwing shoulder pointed toward the catcher

3. BALANCE POINT

- Weight should be on pivot leg, with slight bend in knee
- Stride leg bent at knee approx. waist high, toe pointed toward the ground
- Hands are together, still in the same position
- Head should be fixed on catcher's mitt

4. STRIDE

- Hands should separate slightly before knee reaches highest point with the arms moving in a mirror image
- Fingers should be on top of the ball
- Palm of hand and ball should face second base
- Weight is on the pivot leg
- Lead hip, shoulder, and elbow should be closed
- Land on ball of stride foot, with the foot closed at 45 degrees
- Lead elbow or glove should point at target at shoulder height
- Front leg is flexed but firm
- Weight should transfer forward
- Head should be fixed on the catcher's mitt

5. RELEASE

- Front side stays closed
- Shoulders exchange position while hips and thighs stay closed
- Glove hand is pulled back into the body
- Throwing arm is delivered to arm slot, throwing elbow above throwing shoulder
- Forearm and fingers make the pitch
- Fingers claw through the ball
- Head should still be fixed on the catcher's mitt

6. FOLLOW THROUGH

- Throwing hand reaches toward target
- Arm momentum pulls shoulder down through across the body
- Weight transfer and body rotation is absorbed into flexed front leg
- Throwing arm and shoulder finish outside of front knee
- Head stays fixed on glove

1. ARM ACTION DRILLS

A. One Knee:

- Begin in starting position
- Kneel on pivot leg knee
- Stride foot is on ground toward partner but slightly closed
- Stride knee is at a right angle above foot
- Hands are separated at the mid-line of body
- Front side shoulder is pointed toward partner
- Ball drops out relaxed, hands separate; fingers stay on top of ball
- Glove arm elbow points at partner, then drives back, starting acceleration
- Complete throw

-Goals:

1. Release point in front of face
2. Glove finished on hip
3. Throwing arm finishes outside stride knee

B. Back Wall:

- Begin in starting position
- Standing with back against the wall (4-6" from the wall)
- Go through motion as if catcher was straight down the wall and you are pitching from the stretch
- Throwing hand and arm should not hit the wall behind the back

-Goals:

1. Relaxed throwing arm drops down
2. Lead shoulder and hip moves straight towards the target
3. Front side does not fly open

C. Side Wall:

- Begin in starting position
- Standing with throwing side (shoulder, hip, and foot) 6" from the wall as if you are pitching from the stretch
- Go through the pitching motion as if catcher was perpendicular to the wall

-Goals:

1. Lead shoulder and hip move toward target
2. Throwing hand and arm stay relaxed

D. Front Wall:

- Begin in starting position
- Face the wall
- Stride knee lifted in tuck position
- Knee touching the wall
- Deliver the pitch
- Do not kick the wall with stride foot or knee
- All movements are parallel to the wall

-Goals:

1. Control side leg actions
2. Acceleration movement is linear not circular

E. Back Arm Pad:

- Begin in starting position
- Hold a foam pad between side of chest and upper throwing arm
- Go through throwing motion (do not take hands over head in wind up)
- Keep pad between arm and chest until stride foot lands
- Goal: Keep throwing hands and arm tension free

F. Towel Drill:

- Begin in the stride position with arms separated
- Hold a towel in your throwing hand
- Go through your throwing motion
- Snap the towel by flipping your wrist at the release point
- Partner should be roughly 10ft. in front of thrower on a knee holding his glove as a target to hit approx. two feet off the ground
- Goal: To increase perceived velocity and full extension by having the thrower try to hit his partner's glove in front of him

3. BALANCE AND WEIGHT SHIFT DRILLS

A. Stride Base:

- Begin in starting position
- Stride has already been taken
- Front leg is flexed
- Weight is on the balls of the feet
- Hands separated and relaxed around mid-line of body
- Front shoulder and hips are pointed towards home
- Separate hands
- Throwing hand relaxes down; fingers stay on top of the ball
- Lead elbow points toward home at shoulder height

- Weight is shifted against the front leg
- Complete the throw

-Goals:

1. Release point in front of face
2. Balanced weight shift to follow through
3. Finish balanced on stride foot (firm flexed front leg)

B. Chair Drill:

- Begin from starting position
- Front foot/leg is in the stride position
- Front leg is fixed but firm
- Pivot foot lies on chair above rubber
- Hands relaxed around mid-line or body
- Separate hands
- Throwing hand relaxes down
- Lead elbow points toward home at shoulder height
- Complete the throw

-Goals:

1. Release point in front of face
2. Upper-body and front leg actions accelerate arm

C. Step Over Drill:

- Begin from starting position
- Set in the stretch position
- Place ball about 4" from the stride in the stride foot's path to home
- Go through the pitching motion
- Stride foot must step over the ball on the move to home
- Front side must stay together and make move home

-Goals:

1. Front hip, shoulder, and leg must make a strong move toward home.
2. Release point in front
3. Balanced finish on follow through

D. Stride Stride Back

- Begin in starting position
- Ready to start pitching motion
- Perform the pitching motion staying balanced throughout
- In the follow through balance only on the stride foot
- Without putting pivot foot on the ground, uncoil from the follow through, stride backward toward rubber with pivot foot
- Return to tuck position

-Goals:

1. Stay balanced throughout the motion
2. Weight shift is against a firm but flexed front leg
3. Weight is shifted from ball of pivot foot to ball of stride foot back to pivot foot
4. Ability to balance on stride foot is a result of not over rotating core and glove side.

E. Transition

- Begin in the starting position
- Tuck position: balanced on pivot foot
- Hands relaxed at mid-line of body
- Hands separated
- Ball relaxed down
- Lower body onto pivot leg (keep weight on toes)
- Lead shoulder and hip move straight to home
- Land on ball of stride foot
- Hold the landing position

-Goals:

1. A balanced move from tuck to stride
2. Shoulders level and on top of hips
3. Lead hip, shoulder, and elbow point to home
4. Lead elbow shoulder high (level elbow to elbow)
5. Throwing elbow higher than shoulder
6. Weight controlled on the toes of both feet

F. Balance:

- Begin in the starting position for the wind-up
- Pitcher goes through checkpoint number 1
- Pitcher pauses at checkpoint number 2
- Balanced on pivot foot, weight on toes
- Stride knee lifted into tuck
- Hands separated at mid-line of body
- Lead shoulder and hip pointed towards the target
- Partner flips the ball to the pitcher only if balance is achieved
- Flip the ball to the pitchers throwing hand
- Complete the pitch

-Goals:

1. Balance in checkpoint number 2
2. Balanced controllable motion, hands separate on time
3. Tight motion and finish

4. CONTROL DRILLS

A. Two Plates:

- Set up two plates about 2 yards apart
- Pitcher stands about 45 to 60' from plates
- Pitcher always strides toward spot between two plates
- Alternate pitches from plate to plate

-Goals:

1. Extension to target with hand action

B. Spots Game:

- Begin in the starting position from stretch or wind-up
- Partner is 45 to 60' away
- Target is partners body
- Hit designated target spots with pitches
- Score
 1. Head= 2pts. 2. Above waist= 1pt.
- Winner:
 - First pitcher to set score
 - Highest point total in set number of throws

C. Hats Long Toss:

- Played during long toss, distances can vary
- Begin in starting position
- Each partner places their hat on the ground 10 yards in front of them
- Hit your partner's hat on the fly or short hop
- Ball must one hop to partner without him moving
- Scoring:
 1. Hit the opponents hat= 1pt.
 2. Throw that bounces twice= 1pt. for the opponent
 3. Throw that makes the opponent move to catch it= 1 pt. for opponent
 4. Catchable throw that the opponent misses= 1pt. for thrower
- Winner:
 - First pitcher to the set score or highest point total in set number of throws

-Goals:

1. Throws with tight backspin and true carry
2. Flat trajectory throws
3. Concentration
4. Competition

PERRY LECOMPTON KAWS

CATCHING

I. PHILOSOPHY:

To direct or “quarterback” the team both offensively and defensively through consistent performance in all phases of the game and through positive leadership qualities.

II. GOALS:

1. Make the pitcher look good.
 2. Properly position the defense from pitch to pitch.
 3. Maintain a level of physical and mental consistency.
 4. Demonstrate a high level of both vocal and exemplary leadership.
- Remember: It's what you do behind the plate, not beside the plate, that makes you the most important player on the team.

III. STANCES:

1. Sign giving:

- A. Sit in chair
- B. Feet close/ butt on heels/ knees tight/ upright with shoulders.
- C. Forearm on thigh/ hand deep against cup
- D. Can go a bit off center towards 3rd base because the glove is protecting that side.
- E. Be sure to check with your first baseman periodically to see if he can see your signs.
- F. Check the base runner from time to time to see if he is picking you from his lead.
- G. Call signs from different spots so you do not tip location.

2. Receiving:

- A. Point feet down the baselines.
- B. Be sure you are in the strike zone.
- C. Be comfortable.
- D. Be in an athletic position.
- E. Keep feet flat, but weight is slightly forward.
- F. Stay square.
- G. Turn hand and elbow out for full glove target.
- H. Stay in the middle of the ball.
- I. Keep the target at the bottom of the strike zone.

3. Receiving With Men On OR Blocking:

- A. Unlock hips a little/ raise rear an inch or two.
- B. Bring bare hand up behind glove.
- C. Catch the ball between thumb and 1st finger {easier transfer}

IV. FRAMING:

1. "Keep strikes strikes"/ catch with tweezers.
2. Catch it first/ than frame it.
3. Greatest influence over game.
4. 25% of pitches could be borderline.
5. Make the job of the umpire easier.
6. Have a glove in a neutral/ center position.
7. Catch the ball close to the plate {not too deep}/ Use handshake position.
8. Beat the ball to the spot. Catch the outside part of the ball.
 - A. If ball is 1" out, get the glove 2" out.
 - B. Get on top of the high pitch.
 - C. Turn over on the low, inside pitch
- protect thumb
9. Do not extend on high ball/catch it deep.
10. Catch the ball so that it faces the middle of the zone.
11. Sway to the pitch/avoid being herky-jerky.

V. FRAMING/RECEIVING DRILLS:

1. Ankle Sway:

- A. Move nose to in/ middle/ out of plate.
- B. Do not turn shoulders when framing.
- C. When glove is to left shoulder turn glove over.

2. Framing Zone:

- A. Dry.
- B. Go through it on own {familiarity}.

3. Low Pitch:

- A. Bounce ball from in front.
- B. With glove and ball.
- C. Without glove/tennis ball

4. Wave Drill:

- A. Call pitch/ than frame it.

5. Back Hand Flips:

- A. 5 yards away.
- B. Progression.

6. Walk-up Drill:

- A. Begin at mound.
- B. Throw to catcher/frame.
- C. Continually move up in increments or pitch by pitch.

7. Angles Drill:

- A. Throwers down 1st/3rd baselines.
- B. Throwers alternate throwing ball to catcher.
- C. Develops framing corners.

8. Opposites Drill:

- A. Set-up for inside or outside pitch.
- B. Throw to opposite side/frame.

9. Regular Framing:

- A. Feed from knees.

10. Quick Hands:

- A. From 30' away.

11. Tennis Balls:

- A. Soft hands.

VI. BLOCKING:

1. Job is not to keep it in front of you but to keep it in front of you and close.
2. Do not ever show your emotions.
3. Show no pain to the pitcher.
4. No ramps/hide the glove/ do not want the ball to hit the glove.
5. Get arms off to the sides and stay wide!
6. Don't rotate the free hand when dropping.
7. Shoulders forward.
8. Gain ground as you fall.
9. Absorb the ball.
10. Use chest/ no cup shot or arm shot.
11. Always turn the ball back to the plate.
12. Anticipate/especially on off-speed pitches.
13. Glove goes down first and stays down.
14. Remember, breaking balls bounce opposite of the direction they are headed.

VII. BLOCKING DRILLS:

1. Sit and get hit.

2. Dry blocks:

- A. Coach points.

3. Guide blocks:

- A. Coach guides catch into blocking position based on ball location.

4. Drop Downs:

- A. Glove goes down first.
- B. Partner then throws ball.
- C. Catcher blocks.

5. Close Throws:

- A. One knee short tosses for catcher to block.

6. Target Competition:

- A. Circle with point system.

7. Block and Stop:

- A. Block it and self-check your form.

8. 3 Ball/5 Ball Drill:

- A. Place three balls in front of catcher: one in front of the plate and one to the left and right. Point at the ball and the catcher shall move body in position to block that ball.

9. Block and Recover:

- A. Use proper technique to block the ball and then quickly get back to your feet without using your hands.
- B. Do not look at the runner while doing this; it slows you down. Rely upon your teammates to assist you with the runner.

10. Man on 3rd:

- A. Do or die.

11. Down the Line:

- A. 5 ball line
- B. Begin at one side and block through the other side,

VIII. THROWING:

1. Keep your butt beneath the ball.
2. Be quick and accurate.
3. Feet underneath you.
4. Front side closed.
5. Quickly get the body in throwing position.
6. Ball should be released behind the plate.
 - A. Avoid running with the ball.
 - B. Ball should be thrown from the area of the ear, but don't bring the glove to that area.
 - C. Get from glove to hand immediately.

7. Pivot Throw.
 - A. Use on pitches from to outside of the body.
 - B. Stay low.
 - C. Allow the ball to close you.
 - D. Bare hand cannot cross the center of your body.
 - E. Pivot off back leg to throw.
8. R-L-R:
 - A. Used on balls caught from right shoulder inwards.
 - B. Use same body action as described before.
 - C. Catch, right/left: be sure to gain ground with the first step.
 - D. Be sure to not loop the arm to the throwing position, go straight back.
 - E. Use your hands, not your elbows.
9. Replace the feet.
 - A. Used with appropriate arm strength.
 - B. Exchange right foot with left foot with forward movement
10. Throw to 3rd base:
 - A. Balls thrown to the right shoulder or outside:
 - Step with the right foot.
 - Drive off right foot to 3rd base.
 - B. Balls thrown inside the right shoulder:
 - Replace the right foot with the left foot.
 - Drop step.

IX: THROWING DRILLS:

1. Footwork:

- A. No throw.

2. One Knee Throwing:

- A. Work with partner.

3. Toss Back:

- A. Throwing into net.
- B. Done with a partner.

4. Standing Throw:

- A. Keep feet in place.

5. Net Drill:

- A. Coach feeds in front of net.
- B. Catcher throws back into nets

6. Ladder Drill:

- A. Place obstacle {ladder} 5 feet in front of plate.
- B. Enforces proper release point.

X. BUNTS:

1. Sweep everything/even dead balls.
 - A. Prevents stuttering and stopping.
2. Step Back:
 - A. Use on ball directly down the first base line.
 - B. Drive back off the right foot.
 - C. Step behind.
3. Open Step:
 - A. Use on balls in the middle of the field/not directly down either line.
 - B. Run around the ball.
 - C. Run through the ball.
4. Reverse Step:
 - A. Use on balls down the third base line.
 - B. Turn back to first base.

XI. BUNT DRILLS:

- 1. Sweep Drill:**
 - A. Balls in a line down the field.
 - B. Throw or no-throw.
- 2. Stand Behind:**
 - A. Coach stands behind catcher/rolls bunts.
- 3. Incorporate into regular bunting practice.**

XII. FORCE PLAYS:

1. Straddle the plate.
2. Face the throw.
3. Bent knees.
4. Anticipate bad throw.
5. Power step/drag across/close to first base.

XIII. FORCE PLAY DRILLS:

- 1. Regular throws from various positions.**
- 2. 2-3 double plays.**

XIV. TAG PLAYS:

1. Get the ball into the throw hand immediately.
2. Keep a small space between the glove and the ball hand.
3. Keep mask on.

4. Make the runner think he has the plate.
 - A. Be in front of the plate.
5. First step to the baseline/then go to one knee.
6. The further the ball is to right field the deeper the catcher becomes.
7. Collisions:
 - A. Let him have it/don't receive the blow.
 - B. Roll with him
 - C. Make sure you get the tag.
 - D. Stay low.

XV. POP UP'S:

1. Step in front of the plate.
2. Find the ball.
3. Remove the mask into the right hand.
4. Determine the track of the ball.
5. Throw the mask away from the track of the ball.
6. Slowly move into the ball.
7. Catch the ball above and in front of the head.
8. Stay away from balls in fair territory unless in front of the plate.
9. On balls in corners, stay low/infielders go high.

XVI: POP-UP DRILLS:

1. Coach stands behind:

- A. Ball at zenith/yell "ball"/catcher identify.

2. Regular pop-ups:

- A. Off of fungos.

XVII: HANDLING OF PITCHERS:

This is unquestionably the most important thing you will be asked to do. Playing time, in large measure, will be based upon your ability to do this task. We will teach you our philosophy on what pitches to call in what locations, based upon numerous variables, including, hitter's strengths/weaknesses and pitcher's strengths/weaknesses. We will also discuss other variables including the score of the game, location of the baserunners, and right v. left handed hitters.

PERRY LECOMPTON KAWS

INFIELD PLAY

PHILOSOPHY: *To play solid, fundamental infield while consistently making the routine play.*

Goals:

1. Be prepared and in the proper position before each pitch is thrown.
2. Field the ball out in front on glove side.
3. Play through the ball with our glove. Doing this will cut down on the distance the ball has to travel, especially on short hops.
4. Playing through the ball allows the fielder to be moving towards his target.
5. R-L catch, R-L throw sequence with quick release.

1. READY POSITION

- A. This is our planning time. Know outs, situation, type of pitch, speed of hitter/runner.
- B. Have air under your feet and a tall chest when ball crosses the hitting zone.
- C. Do not walk in as pitch is made; we don't want our momentum to carry us forward.
- D. Use 2 small steps if needed (right, left)
- E. Glove is to be at or on hip when ball crosses hitting zone.
- F. Weight is on balls of feet. Don't get caught leaning back or to one side.

2. ROUTES TO GROUNDBALLS

- A. The main thing in our approach is to get in a position to be able to "come through" the ball.
- B. Work to get the bounce line or path of the ball in line with left shoulder (glove side).

BALL HIT STRAIGHT AT PLAYER

- A. Don't take one big step to ball. Chop feet, pick your hop and come through the ball.
- B. Keep the glove on or inside of left hip. This forces you to get your feet around the ball. Glove is "resting" on hip.
- C. Go out and get the ball. Don't let ball travel too close to your body. Work low, with butt down.
- D. Take throwing hand to glove, and bring ball out as quick as possible. Don't funnel ball to belly button. We want the ball to get to the throwing hand as soon as possible.
- E. The footwork sequence is as follows: Right-Left catch, Right-Left throw.

BALL HIT TO RIGHT OR LEFT OF PLAYER

- A. Don't charge in on ball too soon.
- B. Need to have an EXPLOSIVE lateral step to ball. It is a cross over step.
- C. When crossing over on ball to the right, bring glove with your body. Don't leave it behind. Pull it across with your cross over step.
- D. Get around every ball possible. Get your feet set if possible.
- E. Ball hit to left (glove side) is much easier, but DO NOT GET LAZY! Explosive cross over step. After field, swing glove arm up and around, and point shoulder to 1B.

BACKHAND

- A. We hope to get around every ball hit to your back hand side. If we need to use a backhand, we do so by fielding the ball with our left foot out in front. Field the ball out in front of your body and eyes, keeping your thumb between your body and the ball.
- B. Take the glove to the ball and sweep through the backhand motion.

SLOWROLLER

- A. We will not allow an infield hit on a slowroller!!!
- B. Keep ball in line with left side of body.
- C. Attack the ball under control, and field ball off your left toe, keeping right hand between your bellybutton and glove.
- D. Get ball out as quickly as possible.
- E. Throw off of right foot.
- F. Stay low! Don't pop back up after fielding slowroller.
- G. Velocity is not as important as a nice, quick release.

BAREHAND

- A. Don't use this unless the ball has stopped rolling or is going so slow that it will not go into the glove.

BOOTED BALL

- A. Don't pick ball up with your glove. Pick it up with bare hand and look to make the play or use a ball fake.

3. THROWING

- A. Our angles to the ball and movement with our feet and glove through the ball should allow us to be moving towards the target.
- B. Most important thing is a quick release. Don't pump ball in glove, get rid of it!
- C. When throwing to a base, try to imagine you are throwing through to the base, not to the base.
- D. Point shoulder to target, keeping front side closed. Glove should end up in your armpit.
- E. Throwing with 4 seams, pull down on ball and snap wrist at point of release.

F. Follow through until ball is in the glove of target. We don't want to throw and stop moving. Keep your eyes locked on the ball until the intended target has made the catch.

4. DOUBLE PLAYS

LEAD THROWS FROM SS

- A. Ball hit at you or to your left, we will flip it.
- B. Still a right-left catch, right-left throw.
- C. Show ball A.S.A.P
- D. RUN and DRIVE ball to the 2B, getting the glove out of the way.
- E. With a stiff wrist, drive ball to bag while not bringing ball too far back.
- F. Ball hit to your right, take a drop step with left leg, stay low and use _ or side arm throw to the 2B.
- G. If you make a back hand play, plant with the right foot, jump and make an overhand throw to 2B.
- H. On a ball hit up the middle taking you away from the bag, use a pitch.

LEAD THROWS FROM 2B

- A. Ball at or to your right that take you to bag, the rhythm is right-left catch, lead with right-flip.
- B. Ball to your left, its right-left catch, pivot throw. We pivot by dropping the right foot Open and make a _ or side arm throw. Get ball out quickly and get the glove out of the way.
- C. If the ball is far enough to your left you may have to use a jump pivot, driving hips to to get some extra juice on the ball.
- D. Ball hit up the middle and away from the bag, use a backhand play and an underhand feed.
- F. If ball is hit to far to the left and passes behind runner, throw to 1B.

ON OUR PIVOTS, WE HAVE TO CARRY OUR HANDS TOGETHER.

SS PIVOTS

- A. Get to bag and break down behind bag. Don't crowd the bag. Keep feet moving. Make target visible A.S.A.P. Glove and throwing hand should be chest high.
- B. Get shoulders open to target and catch ball inside of body on glove side at shoulder. Don't reach.
- C. Rotate around the glove and hand.
- D. Drag the right foot to the back side of the bag and point left shoulder at 1B to make throw.

2B PIVOTS

- A. Take a rounded path to the bag. We want to use a left foot tag. Get to bag in an athletic position and put left foot in the middle of the back edge of bag.
- B. If the feed is perfect we want to stay on the back side or outfield side of the bag.

- C. Catch feed as right foot is landing on the ground. Don't push off bag, but place right foot next to bag. Use bag for protection from runner.
- D. If throw takes you across bag, step to ball with right foot as you cross the bag. You should catch the ball as you are landing on your right foot.
- E. If SS makes a backhand play and leaves his feet, become a 1B and stretch for the ball. We will not have enough time to turn a double play.

RULES OF THE DOUBLE PLAY

- A. At 2B, if the ball passes in front of the runner throw to 2b. If it passes behind the runner throw to 1B.
- B. For a 2B, SS, or 3B; if you field a slowroller or high chop behind the baseline throw to 2B. If you field a slowroller or high chop in front of the baseline throw to 1B.
- C. The exception to rule B is a slowroller that a SS or 2B gets an excellent jump on, we will attempt a double play.

5. DEPTHS AND POSITIONING

- 1- Regular position "33". Getting the out at 1B. 2B/SS play 5-7 steps off bag and 9-12 deep. 1B/3B play 7-9 steps off bag and 4-7 deep. 3B will adjust to LH/RH hitter and leadoff/bottom of the line up.
 - 2- Double play depth for 2B/SS "32". Nothing through up the middle. Play as close to bag as you need to in order to get to the bag and make a pivot. The position is different for each individual player. 1B/3B play on baseline.
 - 3- "43" Still looking to get the double play, but in a position to get a runner at home. If ball is hit hard and right at us, we turn the DP. If we have to charge ball we will go home.
 - 4- "44" Going home, on grass in position to get a runner at home.
- *Slow "44" start at "33" moving in.

POSITIONING BY COUNTS

SS will move the infield depending on the count "33" is straight up. As offensive count, or pull count, we will move 2 steps to the pull side (right for a right-handed hitter). A defensive count, or spray count, we will move 2 steps to the spray side (left for a right-handed hitter).

Pull counts: 2-0, 2-1, 3-0, 3-1

Spray counts: 0-2, 1-2, 2-2

Play even on full count (3-2). With 2 strikes 1B/3B play in 1 step and 2B/SS play in 2 steps.

"32" Middle infielders are in at 2 depth. Ball hit to you, turn DP. Corners are in a 3 depth. If you field the ball in front of the baseline, go home. If you field the ball behind the baseline, turn the DP. If you field the ball in front of the baseline, throw home.

“44” All infielders are on grass making play at home plate.

“43” 1B/3B in making play at home; 2B/SS turning DP on hard hit ball, otherwise go home.

“Late 44” All infielders are at 33 depth, slowly moving to 44 when pitcher starts arm forward.

ON A STEAL ATTEMPT

2B/SS will already be pinching the middle with a runner on 1B. As soon as the pitcher starts his motion home, 2B/SS give a quick look to the runner to see if a steal is on. If he takes off we take 2 steps in as we lock in on the hitting zone. This puts us in better position to be at the bag to receive a throw from the catcher.

6. SIGNALS

A hand to the chest to SS with runners on first and second means if he fields the ball to his right he will throw to 3B to put out the runner advancing to third. The SS will then signal this to the third baseman.

A crossed arm signal to 2B or SS with a runner at first means that the bag coverage on a steal attempt is switched.

An inverted “V” to 2B/SS means to pinch the middle.

Two fists together to 1B/3B means to guard the lines. NO DOUBLES!

One hand pump to right or left means infielder should move 2 steps in that direction.

Open Mouth/Closed Mouth

This is simply communication between 2B/SS. Whichever player is covering the bag on a steal attempt should close his mouth behind his glove. Whatever player that is not covering the bag should open his mouth behind his glove. This should be done while the two players are looking at each other. This should be done before every pitch with a runner on first. The player with bag coverage is responsible for delayed steals, while the other player is responsible for backing up throw from the catcher to the pitcher.

7. DEIKING

A. Runner at 1B

1) For 2B/SS- when ball goes up, we go down. When ball goes down (not hit to us), we point up and yell “ball”

2) For 2B/SS on a steal- when ball is popped up during an attempted steal, we fake a DP. Regardless of who had bag coverage the SS fakes the pivot, while 2B fakes the feed.

B. Whenever you are covering a bag with a player sliding into it, your body language must imply that there is no play at that bag.

C. Ball Fakes. With runners on base, a good ball fake will entice a runner to attempt to take an extra base.

8. COMMUNICATION

All infielders must look in the dugout between pitches. All infielders are responsible for getting signs for pick offs, bunt coverage's (even though the catcher will also do so), pitch selection or anything else that needs to be communicated. There is a certain comfort level when infielders know what pitch is coming. For example, a third baseman needs to know when a right handed cleanup hitter is getting an off speed pitch. If he know this he can play deeper and to pull. The SS is responsible for getting the infield in proper position. Reminding the infielders of the count, speed and place in order of the hitter, outs, game situation, etc. is the job of the SS.

PERRY LECOMPTON KAWS

OUTFIELD PLAY

Positioning

Dependent upon the hitter. Normal positioning is straight lines halfway from 3rd to second for right field. Home to second for center field. Halfway from first to second for left field. No doubles is two arms crossed. The depth for no doubles is ten steps deeper than normal positioning. With two strikes the right or left fielder depending on the hitter should be shallow. Playing the game is the best teacher. A great outfielder will position himself. Know the pitcher and what his favorite pitches are. This directly determines your positioning.

Communication

Center fielder has priority amongst outfielders. Be smart. Know momentum, speed and arm strength of all the outfielders. Give one "ball" calls. That is all that is said. Must know the situation with all "tweeners" with the infielders. We want the outfielder making as many catches as possible on this play. In the case of an infielder and an outfielder converging, the outfielder should slide, dive, or hit the ground. The infielder stays upright to avoid the collision.

Back up

Outfielders must anticipate plays before they happen. Know counts that opponents are likely to steal. Know bunt situations and where you need to be. Know the pick off sign between the pitcher and the middle infield. These small things help you be in the right back up position. There is always somewhere for an outfielder to be. Move on every pitch. Back up every ball hit to the outfield.

Back up every routine ground ball hit on the infield. Always assume the ball is going to the wall.

Throws

Be aggressive. Throw through the cut off man. If you miss, miss low. Do everything possible to direct momentum at the target. Balls that make the fence are barehanded and directly thrown to the cut off man. The objective of the outfielder is to get the ball to an infielder as quickly and accurately as possible. A good outfield feed leads to an accurate infield throw which leads to outs. Nothing good defensively can happen with the ball in the outfield. Get rid of it.

Technique

Ground balls- choppy steps before getting to the ball. This settles the head and gets the player under control. Field the ball with the left foot forward. Crow hop with the right foot and throw. Nose to leather. Momentum should follow the ball. The common mistake is to field the ball on a dead run, get under control, and then throw. It is imperative to chop the feet to get yourself under control at the ball. This allows a good, quick, accurate throw.

Drills

Partner ground, fly balls—under control and balanced as the ball is fielded. Get behind the ball and moving toward the target as the ball is fielded.

Drop step fly balls—Momentum coming forward and to the desired target as the ball is caught. Fly balls should be caught moving forward and to a target.

Drop step turn and run—incorporate three to four blind strides to make up as much ground as possible. Find the ball and position the body to make an accurate throw.

Willie Mays—Over the shoulder blind catch. Break down and get rid of the ball. Do not run with the ball for another ten yards.

Fence Drill and communication-- find the fence with glove or bare hand. Do not take eyes off the ball. Listen for proximity to fence from other outfielder. Making plays at the fence is 90 percent positioning before the ball is hit and 10 percent confidence and communication between outfielders. Goals of all outfielders should be to become self sufficient and confident to make plays at the fence independent of their teammates.

Gap Cutoffs/Down the Line Cutoffs – Moving to the right or left, the player will cut the ball off and gather himself quickly. He will stay compact. When throwing the ball he will be like a spring unloaded. Nose to leather with momentum following the throw.

Quarterback Drill--- Outfielder is 10 feet from the coach with both feet pointing toward the coach. The coach uses the word “drop step and go” and points in the direction to where he wants his player to drop step and go. As soon as the player hears the coach’s command the player uses the drop step and cross over in order to turn his body and sprint in the direction where the coach has pointed. Once the player has sprinted 20-40 yards the coach will throw a high fly ball, and the outfielder who is sprinting must try to get under the ball in order to make the catch on the run.

Incoming Line Drives--- Coach takes a knee with a bucket of balls directly in front of him. The outfielders are lined up about 30 feet out in front of the coach. On the coach’s “go” signal, the first player sprints to you and begins to slide (to your side), just before they reach you. A slide here is identical to a slide into a base...feet first with one leg tucked under. As the player begins to slide the coach tosses a ball into the air (straight up 2-3 feet) to your side. The player is then to slide underneath the ball and make the catch.

Monkey in the Middle---Four outfielders line up in a straight line. The two middle men start the drill. One of the inside men will throw a ground ball or a fly ball to the outfielder on his side. As the outfielder gets ready to catch the ball, the inside man who threw the ball gets in position to be the cutoff man. The outfielder catches the ball and throws the cutoff man to the second inside man. Once the second inside man catches the ball from the far side outfielder, he turns and throws the ball to the outfielder on his side. He then becomes the cutoff man.

PERRY LECOMPTON KAWS

RELAY SYSTEM

Philosophy: To execute relays and cutoffs without allowing runners to take extra bases.

Goals:

1. Have good communication. This begins with the catcher. Infielders communicate the bag call to relay men who then communicate to the outfielders.
2. If the hit is a single, we are looking to throw 2 bases ahead of lead runner. If the hit is a double, we are looking to throw 3 bases ahead of the lead runner.
3. All players have a job to do. If you are not playing the batted ball or covering a base, you should be backing up a base.
4. Early in the game or if we have a lead, our focus is on the keeping the hitter off second base. We only throw out the lead runner in the chances are excellent.
5. Late in games, depending on the score, our focus is on throwing out the lead runner.
6. When throwing to a relay man, the aiming point is through the chest.
7. Relay men catch the ball on your glove side only.

8. When running a double or tandem relay, the distance between the two players needs to be 7-10 yards, depending on the playing surface.
9. When running a double or tandem relay, the lead man only catches balls that are thrown above the waist and below his hat. Everything else goes to the back man. A high throw will hit the back man in his chest; a low throw will long hop him.
10. Cutoff men should know where to position themselves between the ball and the base. The 3B and Catcher will fine-tune your alignment. If the throw is way off line, take the proper angle to cut it off. Never let a poorly thrown ball skip through your legs if you do not have a relay man behind you.
11. The communication for the relay man is as follows:

Nothing said – let the ball go through to the base

“RELAY”- the ball goes to the bag where the call is coming from. For instance, if the Catcher yells **“RELAY”**, the throw goes home.

“CUT 2”- Cut off the throw and throw to 2B.

“CUT HOLD”- Cut off throw, there is no play. If player has ball in shallow outfield, run or throw ball into infield.

PERRY LECOMPTON KAWS

OFFENSIVE PHILOSOPHY

Philosophy: Score. Maximize our opportunities to do so by achieving a high on-base and slugging percentage, run the bases with abandon, create and take advantage of our opponents' errors.

Hitters' goals:

- 1} Get on base.
- 2} Hit the ball hard.
- 3} Compete with two strikes.
- 4} Do what is best for the team.
- 5} Be mentally tough before, during and after each at-bat. This includes knowing the strike zone, your strike zone and pitch counts.

Team Goals:

- 1) Play for the big inning {3+runs} and have more big innings than the opponent.
- 2) Win each inning.
- 3) Score when scored upon.
- 4) Earn more freebies {walks, errors and hit by pitch} than strikeouts.

1. Mental Approach

Hitting is an aspect of baseball in which you can still be considered successful if you fail more times than you succeed {fail 7 out of 10 times and you have a .300 average}. How you deal with these failures may determine how successful you are as a ballplayer and a hitter. You will learn to leave the last at bat at the plate and not take it to the field with you. **EVERY AT BAT IS A CHANCE TO SUCCEED!** You will learn to be mentally tough every at bat and execute the skills necessary to benefit the TEAM. A good at bat does not always result in a hit. Be aggressive. Our goal is to be physical with the bat, drive the ball into the gaps and look to hit the ball early in the count. Consider the following major league averages per count:

0-0: .336	1-0: .343	2-0: .360
3-0: .394	0-1: .324	1-1: .325
2-1: .340	3-1: .325	0-2: .160
1-2: .178	2-2: .195	3-2: .234

Be on time. It is better to reach the toe touch position early, rather than late so adjustments can be made easier. Toe touch should come by at least the balls half-way point to the plate. Do not change your approach with two strikes. Assuming you won't get anything good to hit with two strikes is a mistake. Use the third strike to your advantage. Plans can be modified on a game to game or, inning to inning situation. We may need to play small ball and execute for a 1 run inning. Put the team first!

2. Preparation

Go to the plate with an advantage. This advantage can be achieved studying the scouting report and or the pitch chart. Know the velocity range of the pitcher, the pattern that has been established, the game situation and your previous history of being pitched. Look away and adjust in. Trust and believe in your abilities! Study the pitcher and find his release point. Make an imaginary box around this release point. Relax your eyes and pick out a general object to look at during the first part of his wind-up {maybe his hat or head – otherwise, your eyes get too tired focusing in on the box}. When he gets to the top of his wind-up, shift your focus to the box and pick up the release of the ball. This helps maximize the amount of time you have as a hitter to recognize ball/strike, type of pitch and then react to it.

PERRY LECOMPTON KAWS

HITTING PHILOSOPHY

Hitting is an art which combines general principles with individual style. You are permitted your own style so long as it does not forfeit general principles. Coaching is placed on identifying faults within the general principles and correcting them through proper drill work.

GOALS:

There are three goals associated with the swing:

1. GENERATE AS MUCH FORCE AS POSSIBLE INTO THE BALL.

Force is a product of:

- 1) Positive move
- 2) Speed of the gears
- 3) How well the gears work together
- 4) How squarely the ball is contacted

2. HIT IN AS BIG OF A ZONE AS POSSIBLE.

A big zone is matching the plane of the bat with the plane of the ball throughout the hitting area. It is achieved by bottoming out and getting on plane with the pitch as soon as possible

3. BE AS EFFICIENT AS POSSIBLE IN GETTING TO THE BALL.

This can be achieved by:

- 1) Having no unnecessary moves
- 2) Transferring the greatest amount of energy into the ball
- 3) Being smooth and fluid
- 4) Having as much time as possible to make good decisions and adjustments to pitches

PHASES OF THE SWING:

1. PREPARATION TO SWING:

- consists of slow, controllable and repeatable movements from stance through toe touch
- is done on every pitch
- all hitters are different
- in reaction to movement of pitcher

2. SWINGING THE BAT:

- consists of heel plant to finish
- all good hitters are virtually the same
- smooth acceleration of bat in reaction to speed and location of the pitch

GOAL: To make these two phases work seamlessly together!

COMPONENTS OF THE SWING

1. STANCE:

Principles:

- players can start from different positions/it is a matter of preference

- is best if starting from a square stance
- must have 2 eyes on the pitcher
- knees should be inside feet
- there should be some movement to relieve tension, promote rhythm and maintain fluidity of the swing

Things to Look For:

- don't get too wide
- be able to cover inside and outside of the plate with the sweet spot of the bat
- must have 2 eyes on the pitcher

Drill:

- get in best position to skip a rock

2. NEGATIVE MOVE:

Principles:

- is the preparation to move forward
- momentum must come back before it can go forward
- gets weight into inside of back leg
- is considered the load or gather
- puts hitter in sync with the pitcher
- puts hitter in proper position to move forward

Things to Look For:

- the weight must get over the inside of the back leg
- the weight must get behind the center line of the body or center of gravity

Drill: Dry looks: During live pens, stand in box and achieve rhythm with pitcher.

3. POSITIVE MOVE

Principles:

- is a smooth, linear movement prior to rotation hitting
- is a controlled weight shift towards the pitcher
- produces energy to swing the bat
- is phase of pitch recognition – pitch, velocity and location
- a stride is not necessary to achieve a positive move

Things to Look For:

- center line {belt} should not intersect between negative move and heel plant
- do not over squash the bug – it will happen naturally with linear movement forward
- try to get separation between back elbow and hip as front foot is touching down

Drills:

Walk Through. Drill: Gives feel for good, positive move. It keeps momentum moving. Can go off of tee or use ball throw into box screen or all fields.

4. TOE TOUCH**Principles:**

- the key to hitting
- it is important to get to this position with timing {inability to do so is why most hitters fail}
- need to get to this position with ball well out in front {somewhere between the pitcher breaking his hands and half-way to the plate}

Things to Look For:

- the inside of the front foot should land at an approximate 45 degree angle
- there should be equal bend in the knees – athletic and well balanced
- the knees should be inside the feet
- the hips should be square to the plate
- the shoulders should be turned in and fairly level {not greater than a 12 degree angle}
- hands should be even or behind the back elbow
- the bat is angled back towards the head
- the inside eye is over the center line

Drills:

- Get into toe touch position: With tee out in front of front knee, finish the swing. If no adjustment is needed to complete the swing then the hitter is in a good position.
- For timing: Place a ball in the top hand. Throw the ball inside of a whiffle ball while it is being pitched. Try to match the plane of the ball being thrown with the plane of the ball being pitched. Stay inside of the ball being pitched and do not hit it

5. LIVE AND INDEPENDENT HANDS**Principles:**

- hands and elbows need to be independent of the shoulder and hips

Things to Look For:

- hands continue to move and are not static

Drills:

Tee work with hands beginning out in front of head. Can also incorporate with walk-through drill.

6. FIRST MOVE

Principles:

- starts the swing with the initial movement of the bat towards the ball
- sets the course of the bat through the strike zone
- back elbow comes down to back hip
- also includes the move the front arm: the hands stay inside of the front elbow during the first three inches of this movement to allow adjustments from the inside out

Things to Look For:

- the hands staying inside or even with the front elbow for the first three inches of movement
- the knob going to the ball is a fault that will create a short swing through the zone

Drills:

To work the top hand, simulate the motion of skipping a rock over the mound. Throw the ball into a box screen or to all fields. To work the bottom hand, simulate throwing a frisbee into a net or all fields. The frisbee throw enforces the hands staying even or inside of the elbow for the first three inches of movement.

7. HEEL PLANT

Principles:

- is the end of the positive move and the linear part of the swing
- is where the front foot gets planted
- begins the transition into the rotational part of the swing {is the transition to swing}
- establishes the front hip as the trigger for all rotation

Things to Look For:

- front heel is firmly planted
- head movement stops but knee and body continue to rotate into a firm, front side
- weight transfers into front and firm side – straight front leg
- circle belt buckle at toe touch and heel plant: circles should not intersect
- gap between back elbow and hip closes

8. POSTURE

Principles:

- is a checkpoint to make sure proper mechanics are being used
- good posture allows control of weight shift and timing

Things to Look For:

- Line from the inside eye to the belt buckle
- At negative move: the angle should be back towards the foot showing the weight is in the back leg
- At toe touch: more athletic – the line is straight or slightly back indicating sufficient rotation has begun
- At heel plant: the angle is slightly forward showing the head and eyes are stopping their forward movement and rotation is beginning to happen

9. ROTATION

Principles:

- creates the energy for the swing
- begins somewhere between toe touch and heel plant
- back elbow initiates swing and activates hips into rotation
- rotation should occur with weight distributed evenly between front and back side
- front hip is the pivot for all rotation
- bat whips through the zone

Things to Look For:

- rotation should take bend out of front knee
- hips turn the foot – the foot does not turn the hips
- rotation stops at contact – sending energy into arms, then bat
- don't squish the bug

10. ADDITION

Principles:

- how all forces are added together to force as much energy into the ball with as little effort as possible

Things to Look For:

- hips rotate, elbow closes gap, bat head flies through
- separation between the elbow and the hips disappears

11. CONNECTION

Principles:

- is the position where the hands pass in front of the back shoulder
- is the position in the swing where the togetherness of the upper and lower half is measured
- the bat is at an angle to go through the zone
- allows elbow and hands to accelerate past the hips to release the angle of the bat into the ball

Things to Look For:

- hands, elbow and stripe of pants are lined up to show connection of upper and lower half of body
- leverage of bat is maintained
- hands and elbow will accelerate past the hips

Drills:

Back arm angle should simulate skipping a rock across the mound. Throw the ball from the back hand into a screen or to all fields.

12. BAT LAG

Principles:

- position where the head of the bat is just prior to entering the strike zone

Things to Look For:

- at bat lag, weight should be shifted into the front side
- hands should be out in front of your center of gravity {getting behind the ball}
- bat should be parallel to the ground
- bat releases under the hands
- be in a strong position

13. RELEASE TO CONTACT

Principles:

- release of the angle of the bat just prior to contact
- releasing too early or late will reduce the amount of force being delivered on the ball
- hands and wrists do not generate power in the swing – they release it
- let the head of the bat release through the zone – if forced through the zone, contact will be felt in the hands

Things to Look For:

- release should not occur until the hands are out in front of the hitters center of gravity
- hands should be palm up/palm down
- bat should be released under the hands
- measuring Release: compare the distance hands travel v. the distance the head of the bat travels during the frame prior to contact – will give good indication of how well the bat head is being released
- swing should bottom out in front of the body

14. CONTACT

Principles:

- is the measuring stick of how well the hitter executed earlier in the swing

Things to Look For:

- wrists should be straight and hands in palm up/palm down position – will allow release of the bat through the ball with as much force as power
- elbows are bent at contact
- be in a power V position
- knocker knuckles should be lined up
- shoulders cannot be level {could not swing} – should slope to create space between elbows
- elbows above hands and hands above bat
- laces should be down or off the ground
- straight front knee due to good hip rotation
- dynamically balanced position where back shoulder, hip and knee are all lining up due to upper and lower body working together
- head and eyes are in position to track ball into contact zone – straight eyes to contact point
- contact is on sweet part of bat and in front of body where bat speed is greatest

15. EXTENSION

Principles:

- where both arms get fully extended
- is fullest extension of the arms and bat towards the field
- shows how long the bat stayed through the plane of the pitch

Things to Look For:

- bat should be pointed towards the field
- extension occurs after contact
- if the hitter extends down the foul line or to the dugout it means he is hitting in a small zone or swinging across the plane of the pitch

16. FINISH

Principles:

- is the follow through after extension
- is a good indication of the path of the bat through the strike zone
- body seeks balance and weight shift backs over to the middle of body
- does not matter if hitter lets go or holds on – it has no influence on the swing

Things to Look For:

- wrists should not roll until the hitter gets into the finish
- there should be a smooth, fluid deceleration of the arms and bat

- if finish is with a straight, front arm then the hitter usually let's go
- if finish is with elbow back the hitter usually holds on
- hands and bat should finish around shoulder height or higher depending upon location of the pitch
- the higher the pitch, the lower the finish
- on the swing plane, the front elbow should be over the hands, and the hands over the pitch which allows the head of the bat to be released under the hands.

PERRY LECOMPTON KAWS

BUNTING

Philosophy:

A player is asked to bunt because the coach has confidence in the player to execute the play. A bunt is a TEAM play. Good bunting puts a great deal of pressure on the defense.

Goals:

1. Bunt good pitches: trying to bunt bad pitches decreases your success as well as decreasing the chance for a walk.
2. Bunt the top half of the ball to avoid pop-ups.
3. Bunt, then run.
4. EXECUTE!

I. Sacrifice Bunt

Two stances can be utilized for this bunt: Pivot or square around.

Pivot: jab with the stride foot and pivot with the back foot.

Square around: Pivot on the side foot and bring back foot up to the front corner of the box.

- A. When the pitcher breaks his hands {glove separates from the ball} you pivot or square.
- B. Make sure pitcher is committed to home plate. A pick-off might be on to see if a bunt lay is on.
- C. Hips and shoulders square to pitcher and torso straight.
- D. Knees bent and bat at 45 degree angle at the top of the strike zone.
- E. Top hand slide up and pinches the trademark of the bat. Bottom hand replaces the top hand. Don't bring both hands up the bat; you have no control.
- F. Head and eyes on the same plane as the bat.
- G. Bend at the knees to get to the low pitch; don't lower the bat head.
- H. Don't give with arms, give with the wrist and hands. Let the ball knock the bat into your palms.

KEYS:

1. Bunt strikes!
2. Bunt, then run.
3. Placement of the ball is from the pitcher to the foul lines.
4. Runner at first, look to bunt down the first base side, runner at first and second, look to bunt down the third base side.

II. Drag Bunt

Right handed hitter:

- A. Cheat up in the box but don't give bunt away.
- B. When pitcher begins his delivery, square and point the barrel in the area you want to drag to {this should be determined before squaring}.
- C. Take a jab or drop step with the back foot.
- D. Bat angle is the same as with a sacrifice; get it out in front of the body.
- E. Don't transfer the weight too soon, this causes the hitter to run and then bunt. We are still bunting, then running.
- F. Don't deaden the ball.

Left handed hitter:

- A. First step is with the right foot. As the pitcher delivers, open the right foot slightly to the pitcher. Don't cross over yet.
- B. Get bat angle set as soon as possible. Bunt the ball out in front of the body.
- C. The back foot or left foot should not cross over until the ball is bunted. Crossover is taken at an angle towards the pitcher.

KEYS:

1. Patience is needed for this bunt.
2. Still be up in the box and bunt the ball out in front of your body.
3. Bat angle and placement is the same.
4. Placement is on the foul line.
5. Still bunt strikes. Good pitches to bunt are middle to low and away. If it is not your pitch, then don't bunt the ball.

III. Push Bunt

This is a good bunt for a deep first baseman and a pitcher that falls off to the right side of the mound.

- A. Still squaring as pitcher starts his delivery, drop step with the back leg and, while letting the ball come to you, step into it and push it past the pitcher and second baseman.
- B. Use the same grip as with the SAC and DRAG, but a little tighter hold on the bat.
- C. Don't extend the hands and arms too soon. Still bunt the ball out in front of the body.

KEYS:

1. Still bunt, then run.
2. PUSH the ball past the pitcher and make the second baseman make the play.
3. Let the ball come to you, don't reach or lunge for the pitch.
4. Placement for a left-handed hitter is perfect or foul.
5. Bunt strikes.

IV. Squeeze

- A. Move up in the box a little but don't tip off a bunt.
- B. As the pitcher's arm starts forward, the hitter squares or pivots around. Any earlier than this and the pitcher has time to pitch-out or throw at a hitter. The runner walks as the pitcher lifts his leg and breaks as the arm starts forward.
- C. Bunt the ball in fair territory. Don't be overly concerned about placement.
- D. Don't run out of the box.

KEYS:

1. Put the ball in play.
2. Ideally, the bunt should be away from the pitcher, but it needs to be PUT INTO PLAY!
3. A perfectly executed bunt cannot be defended.

V. Drills**Bunting strikes:**

This is a drill that helps players recognize a buntable ball. One partner has a bucket of balls and throws 10-12 pitches to his partner. He will throw some unhittable balls and the hitter must pull his bat back on the ball that he should not bunt.

Partner bunting:

This is a drill that focuses on all types of bunts and is great for repetition. One partner has a bucket of balls and throws a pitch to his partner. The partner will bunt 3-4 SAC, 3-4 PUSH, 3-4 DRAG and 3-4 SQUEZZE.

Placement drill:

This is a drill to practice all types of bunts. Cones are set out to indicate where a certain type of bunt should be placed. As the coach or pitcher throws a pitch, the type of bunt is called out. For example, if "SACRIFICE" is called, then the player should put the ball in the designated area for sacrifice bunts.

Bunt and run drill:

This is a drill that makes the runner see the bunt before running to the next base. There is a line of bunters at home and second. There is a line of runners at 1st and 3rd. Two coaches or pitchers are on the mound with a net in between them. They will throw a pitch at the same time. The bunter must bunt a strike fair and run to 1st or 3rd, and the runner must see it down and advance. The runners get

in the bunter's line and bunters get in the runner's line. The drill can also be used for the squeeze drill.

PERRY LECOMPTON KAWS

BASERUNNING

Philosophy: On every pitch we are looking for an opportunity to take an extra base and put pressure on the defense. Take advantage of passed balls, balls in the dirt, bobbled balls, over throws, lazy outfielders, middle infielders who do not back up throws to pitcher, lazy catchers, etc. Aggressiveness and awareness on the base paths can increase the pressure on the defense and increase our chances of scoring more runs.

Rules:

1. Always know the outs, count, score, inning, positioning of the defense and position and speed of lead runner.
2. Always be aware of where the baseball is. Base runners sometimes have to take their eyes off the ball, but have a sense of where the ball is.
3. Receive signs from coach with heels on the base.
4. Make sure pitcher is on the rubber before leaving the base or you can get L-R after signs but make sure you have eyes on pitcher.

Home to 1B-

1. Drive out of the box with your back foot and stay low.
2. If ball is hit directly down the 3B line, find ball with a peek out of the corner of your eye on your 3 step. If ball is hit to right side, you can see the flight of the ball without turning your head.
3. On a ground ball to the infield, run straight through the bag. Find a spot (foul pole, edge of grass, etc.) and focus on that spot as you run to 1B. Focus changes several steps prior to the bag. Watch the feet of the first baseman.
4. Make contact with the front edge of the bag with your toes. Do not lunge at the bag, as this will slow you down.
5. Lean into the bag as a sprinter would break the tape at the end of a 100-yard dash.
6. As soon as you make contact with the bag, begin to break down by lowering your hips and chopping your feet. Look to the right for an overthrow and know the angle of where the ball is coming from.
7. Never slide into first base unless the 1B leaves the bag to catch a bad throw.
8. On balls hit to the outfield, you must come out of the box thinking it's a **Double!**
9. Get a turn that will allow you to touch first base on the inside corner of the bag and drive in a straight line to second base.
10. Get as far off of 1B as you can without having an outfielder or infielder throw behind you. If the ball is hit to LF, you can get further away from the bag than you can on a ball hit to RF.

FIRST BASE

1. First thing you must do is pick up third base coach. First base coach will be informing you of outs, lead runner and type of move pitcher uses as the 3B coach is giving you signals. After receiving signals, check defensive positioning while on the bag.
2. When pitcher engages the pitching rubber, get your **PRIMARY** lead. This is done by taking 3 steps (right, left, right) and two shuffles.
3. When pitcher releases the ball, you take your **SECONDARY** lead. This is done by taking 2-3 shuffles toward the next base, don't cross your feet. Your right foot should be landing as the ball enters the hitting zone, and should land opened. This will allow you to advance on a passed ball, ball in dirt or ground ball. If the ball is caught by the catcher, plant your right foot and slide or run back to the bag with your eyes on the catcher.
4. If the catcher or pitcher attempts a pick off you must slide into the bag. Do this by crossing over with your right foot and driving your right hand down and towards the back of the base. Tuck your chin to your left shoulder. This protects you from being hit in the face by the ball or a glove and allows you to see if the pick off has been overthrown.
5. When the first baseman is not holding you on, the first base coach will assist you with his positioning.
6. A one way lead is used to draw a throw from a left-handed pitcher. This is done by taking a larger primary lead, plus 1-2 shuffles. On the first movement by the pitcher, the runner gets back to the bag. If the pitcher delivers to home, get off the base and into a secondary lead. The 3B coach will indicate he wants one way lead by holding up one finger and pointing to 1B.
7. A one way steal is a steal on first movement by a left handed pitcher. The runner gets an extra step and steals on first movement made by pitcher.

STEALING SECOND BASE

1. Work to get a good primary lead making sure you are in the baseline.
2. If you don't get a good jump, do not attempt to steal unless a hit and run is called or a full count (3-2).
3. Take an explosive crossover step, reaching out and pulling with the left arm and stay low. You slow down when you stand straight up.
4. On a hit and run, look for the ball on your third step. Otherwise focus on second base and look for the ball when you hear the crack of the bat.
5. Use a head first slide if possible. Drive your hands down to the front of the bag, keeping your fingers up. Dive out (gradually falling forward) to the bag not down as this will slow you down.
6. If using a figure four (feet first) slide, throw hands up and land on your butt. Keeping your hands in the air will prevent you from jamming your wrists and fingers.
7. If the ball beats you to the bag, read where the infielder's glove is placed for the tag. If the infielder puts the glove at the front corner, aim for the back edge.
8. Pop up to a standing position as soon as possible and find the ball.

9. If picked off, depending on the situation, line up the shortstop, your nose to his nose, and run right at him.

TIPS TO LOOK FOR WHEN STEALING

Left handed pitcher: Right handed pitcher:

- back shoulder -back heel lifts, he is going to the bag
- looks to first - front heel lifts, he is going to the plate
- spacing between legs - looks to first
- where they break their hands -where they break their hands

TURNS AT SECOND BASE

Pick up coach prior to contact with bag, get his signal. Find bag with eyes and make contact with bag and immediately pick up the coach. He might hold you or send you after you make contact with bag.

TAGS AT FIRST BASE

1. With runners at 1st and 3rd, the runner at 1st can tag on a fly ball when there is going to be a play at the plate. If the outfielder is running in or camped, you can tag. If you see his back, go half way.
2. Always look to tag on a foul ball. If the outfielder or infielder is running away from the field and it looks as if he cannot stop and make a throw to second, the runner should tag.
3. On a routine fly ball where there is no chance of tagging and advancing, the runner should move as far off the base as possible and when the catch is made, begin moving back to the base.

GROUND BALLS

1. On a ground ball hit to the second baseman where a tag is going to be attempted, the runner should stop and avoid being tagged. The runner should make the second baseman make a choice to either tag him or throw the runner out at first.

SECOND BASE

1. If there are less than two outs the runner takes his lead directly in the baseline. You take the same primary lead as first but add one extra shuffle.
2. When taking your secondary lead you can add one extra shuffle.
3. Listen to the third base coach for communication on the length of your lead.
"GOOD"= Take another step towards base. Each time he says "GOOD" you take one more step.
"THERE"= Hold your lead.
"BACK"= Take one step back toward second
"**BACK, BACK, BACK, BACK**"= Cross over step and **dive** back to second base.

STEALING THRID BASE

1. Using the third base coach for help, take as large a lead as you can.
2. You should not stop your momentum to 3B. Try to keep a slow creeping motion to the bag. If the pitcher doesn't stop your motion, your jump will be better. If he does stop you, you should not steal unless it is a 3-2 count.
3. The mechanics of stealing are the same as stealing 2B.

AT YOU OR BEHIND YOU

1. When a runner is at second without a runner behind him at first, there are rules to follow when a ground ball is hit. The runner will hear the third base coach say "At you or behind you."
2. When a ground ball is hit at you or to the second base side (behind you) you can advance to third base. You must sprint to third and pick up the third base coach, as he may send you home or hold you at third.
3. When a ground ball is hit to the shortstop side (in front of you) you must take 3-4 steps back to the bag, keeping your eyes on the SS. This will prevent the SS from throwing behind you. Do not retreat all the way to the bag. As soon as the ball is thrown to first, take 3-4 shuffles, reading the throw. You can advance on a ball in the dirt, a throw up the line or an overthrow.
4. When a ground ball or slow roller is hit in front of you, you can advance to third. Getting a good secondary lead at second will allow the runner to get a good jump and advance on a softly hit ball in front of him.

TAGS AT SECOND BASE

The runner should remember that he is already in scoring position. We will only tag when the runners' speed and depth of fly ball allows us to.

1. When an outfielder catches a fly ball running away from the infield or is camped under a deep fly ball, the runner should tag. The third base coach will communicate if he wants the runner to advance or not, but if crowd noise doesn't allow you to hear him, the runners must use his judgement.
2. The runner at second should tag on all foul balls. The chances of advancing on a foul ball down the first base line is better than the third base line.
5. On routine fly balls with no chance of tagging, the runner should get as far off the base as possible.
6. With no outs and a deep fly ball that the runner is not sure if the OF can make the catch, the runner should tag. The runner will at least end up at third with no outs if not score.
7. With one out and a deep fly ball that the runner is not sure if the OF can make the catch, the runner should go half way. If he drops it, the runner scores. If he catches it, the runner returns to the base to attempt to tag up.

THIRD BASE

1. The primary lead at third is very small and in FOUL TERRITORY. Take 2 steps in foul territory and 2 steps down the line. The runner stays in foul territory until he returns to the base. If he is hit by a batted ball, he is not out. If the runner is hit with a batted ball in fair territory, he is out.
2. When the pitcher begins his motion home, the runner walks towards home plate in foul territory. The right foot lands with the body leaning over the right foot when the ball reaches the hitting zone.
3. If the ball is caught, the runner returns to third in fair territory and keeps his eyes on the ball at all times.
4. If the ball goes up, less than 2 outs, the runner goes back.
5. If the ball is hit on the ground, there are 4 predetermined actions from the runner. The third base coach will give one of 4 signals to the runner:
 - > Down angle- If the ball is hit on a down angle (ground ball) the runner advances.
 - > 1. If the ball is hit on the ground up the middle, the runner advances.
 - > 2. If the ball is hit on the ground up the middle past the pitcher, the runner advances.
 - > GAG If the ball is hit on the ground, the runner freezes and finds the ball. The gag is usually put on when the infield is playing in.
6. On a suicide squeeze, the runner must break full speed to home when the pitcher's front foot hits the ground. At this point the pitcher cannot throw to third.

RUNNING TO HOME PLATE

1. Never slide headfirst into home plate. Sliding head first can cause injury to the runner.
2. As soon as the runner crosses home plate, turn around and assist the trail runner coming home. Get in his line of vision and yell to him if he needs to slide or stand up. If he is to slide, point to side of the plate that is best for him. If the catcher is setting up inside, point outside.
3. As soon as the ball is hit with a runner in scoring position, the on deck hitter should clear the third base line. If a bat or catcher mask is in an area that would prevent the runner from sliding into home plate, toss it into foul territory.
4. When scoring on a passed ball or wild pitch, **always** slide with your head turned into fair territory. This is done to prevent the runner from getting hit in the face on a throw from the catcher to the pitcher.

TAGS AT THIRD BASE

1. With less than 2 out, always tag on a fly ball. As soon as the runner reads the ball in the air off the bat, get back to tag up.
2. If the ball is hit behind the runner, to the left of the left fielder in foul territory, the runner opens to his right to see the left fielder catch the ball.
3. If the ball is hit anywhere to the right of the left fielder, the runner opens to his left to see the ball being caught.
4. On fly balls that the runner will tag and score without a throw, the runner must tag after the ball is in the glove.

5. On fly balls that the runner will have to beat a throw, the runner must tag as the ball enters the glove to give a split second advantage to the runner.

GENERAL GUIDELINES

- The runner should always be aware of the positioning of the defense and strength of fielders' arms.
- The runner should make a turn at each base if he is going to advance to the next base unless the outfielder or base coach stops him.
- When making a turn the runner should always lean in, step on the inside of the bag and drive to the next base.
- When a runner is held by the coach or play of fielder, they should always look for an overthrow or bobble that will allow them to advance. Just because the runner is stopped, doesn't mean the play is over.
- Study infielders and outfielders arm during pre game infield. Know which arm you can take the extra base on.
- Study the move of the pitcher from the dugout.