

**MANLY WARRINGAH DISTRICT**

**BASEBALL ASSOCIATION**

**- STATE LEAGUE -**



---

**PLAYER MANUAL**

---

## How We Play

### Aggressive Base Running Approach

Our team will strive to achieve an aggressive (but smart) base running approach. One of the results of aggressive base running is a higher chance of being put out. We must be comfortable with the fact that aggressive base running will result in some outs and must be willing to exchange those outs for the possibility of a larger amount of runs (a big inning which in most cases will decide a game).

There are times when we will do all the right things and play all the correct odds but still get put out. That does not make the play any less correct. There should never be any criticism (even well-meaning) if a player and/or coach work within the framework that they establish in practice - no matter what the result.

### “Everything is a double until they stop us”

- Controlled Aggression = Smart
- Green Light on YOUR pitch
- Green Light on a GOOD jump
- Force the opposition to stop you from advancing to the next base
- Everything is a double until they stop us

The team will aim to achieve a controlled base running approach. We're looking for the big inning to decide the game. If we're not smart base runners we'll give up outs and not have the big innings.

### “Execute Fundamentals”

- Get on base
- Move the runner over
- Drive the runner in
- Get the bunt on the ground
- Get behind routine plays
- Use you FEET
- Stay in the GAME
- “Professional Approach”
- Hustle ON and OFF
- Beat EVERYTHING out
- Represent the club with PRIDE
- Take pride in the CONDITION of the FIELD and CLUBHOUSE
- Dress Appropriately

## **Expectations**

### **Hitting Expectations**

- Don't help pitchers who are struggling - we like walks
- Don't pop up or K with runners in scoring position
- As a team we don't want 2 or more pop ups or K's in a game
- Yes to 2 out knocks
- Yes to RBI guys
- Yes to getting all bunts down, sacs and squeeze
- Yes to getting runners to third with zero outs
- Yes to scoring runners from third with less than 2 outs
- Yes to more walks than K's
- Yes to guys with high OBP
- Want guys who decrease their strike outs
- Want to increased hard contact
- Want hitters who wear down the opposition pitchers so we can have more at bats against mid-  
dle relievers
- Want hitter who have strike zone command in all counts
- Want guys who reverse the pressure and make the pitcher throw something to hit
- Want guys who match what they want to hit with what the pitcher will throw
- Want guys who hit with no fear when they have 2 strikes
- Want to get to 2nd with 2 dead nobody on

### **Pitching Expectations**

- We love guys who work fast and maintain composure
- We hate lead off and two out walks
- We love guys who make it happen in three pitches
- We love guys who get two of the first three over for strikes
- We love guys who maintain a rhythm
- We love guys who get all coverage
- We love guys who control the running game and give catchers a chance to throw out base  
runners
- We love guys who stay on the clay to work fast unless fielding their position

## **Base running**

- We love guys who are aggressive on balls in the dirt
- We love guys who gamble on the first to third
- We hate guys who make the first or third out at third
- We love guys who run every batted ball out hard

## **Infield**

- We love guys who touch hard hit balls out of reach
- We love guys in the middle infield who communicate to know who has the base
- We love guys who execute all cut-off and relays, bunt defence, and first and third plays

## **Outfield**

- We love outfielders who position themselves in the gaps until late in the game playing in no double defence
- We love left and right fielders who play in or back depending on left or right handed hitters
- We love OF who back up every play

## **TEAM**

- We love guys who are ready to warm up the pitcher should the catcher be left on base
- We love INF and OF who keep their gloves and hats together so that we can get them to you should you be left on base
- We love guys who hustle and run on and off the field except pitchers
- We love teams who sharply throw the ball around the infield remaining on the clay unless the pitcher is covering first, leaves the mound to field their position, or back up a play
- We love teams who complete run downs in one or two throws

# Trainings

A COPY OF A TYPICAL TRAINING SESSION WILL BE POSTED IN THE DUGOUT FOR ALL TO SEE WHATS ON

Tues    xxxx2013 Session

Times	Activity	Notes	Location	Coach
6.30 - 6.45	Warm Up		Right Field line	
6.45 - 7.00	Throwing		Right Field	
7.00 – 7.05	Talk			
7.10 – 7.20	Build Ups	Position players	Diamond	
7.10 – 7.20	Bull Pens	All Pitchers 2 at a time	Bull Pen	
7.20 – 7.55	SPECIFICS			
	Infielders	Doubles	Diamond	
Outfielders	Fly balls – Drop step pivot		Right Field	
Catchers	Blocking - 5 ball blocking drill Home plate			
Team work	Full infield outfield	Full field		
8.00 – 8.30	Soft Toss & Wiffles		Batting Cages	
8.30 – 9.00	Hitting- Live		Main Diamond	

# Warm up

## 3 STAGES

15 MINS

The team will run their own warm up routine and needs to have the following three stages as a part of it

1. Moving: (in lines from outfield foul line; 5-20m each way)
2. Sprint mechanics drills
3. Stationary

IDEAS to help you develop a team warm up

### 1. Stationary leg swings

- 5 forward and backward for each leg
- 5 side to side for each leg
- 5 butt-kicks for each leg

### 2. Mobile exercises

- Rhythmic side skips with arm swings (out and back)
- 360s (2 rotations each way) (out and back)
- Butt-kicks (out and back)
- Lunges – James Bonds, Spidermans
- Walking Knee-to-chest stretch
- Ground touches (out: 2 each side) (back: 3 two-handed)
- Walking Knee-to-chest stretch
- Carioca (out and back)
- Steal leads (out and back)

### 3. Stretching

- Shoulder retraction and protraction (5-10)
- Arm marches (5 each side)
- Scapula supermans (5-10)
- Swimmers (5 each side)
- Reverse swimmers (5 each side)
- Arm swings (5 of each): up and down; across and back; goals posts; back pats; trunk twists
- Triceps
- Rear shoulder: straight arm
- Rear shoulder: bent arm
- Internal rotation
- External rotation
- Forearms

Each Warm up should take about 7-10 minutes to complete and should be done with purpose and consideration as a prelude to your training session. You cheat here you cheat yourself of your desire to actually train.

Dynamic Warm-up #1	Dynamic Warm-up #2	Dynamic Warm-up #3	Dynamic Warm-up #4
1 Ankle Drives	Ankle Drives	Ankling	Ankling
2 Quick High Knee - Right (Arms)	123 Quick High Knee - Right (Arms)	123 Quick High Knee - Right (Arms)	Alt 123 Quick High Knee - Right (Arms)
3 Quick High Knee - Left (Arms)	123 Quick High Knee - Left (Arms)	123 Quick High Knee - Left (Arms)	Alt 123 Quick High Knee - Left (Arms)
4 High Knee Running	High Knee Double Skip (Arms)	High Knee Double Skip (Arms)	High Knee Running
5 Side Skips with Arms	Side Skips with Arms	Side Shuffle	Side Shuffle
6 Carioca	High Knee Carioca	High Knee Carioca	Carioca
7 Straight Leg Bounding	Straight Leg Bounding	Power Skips	Bent Knee Bounding
8 Backward Butt Kicks	Backward Butt Kicks	Backward Run	Backward Run

Dynamic Flexibility			
9 Arm Circles - 10 reps ea. Way	Arm Circles - 10 reps ea. Way	Arm Circles - 10 reps ea. Way	Arm Circles - 10 reps ea. Way
10 Leg Swings - 10 reps ea. Way	Leg Swings - 10 reps ea. Way	Leg Swings - 10 reps ea. Way	Leg Swings - 10 reps ea. Way

Specific Warm-up #1	Specific Warm-up #2	Specific Warm-up #3	Specific Warm-up #4
1 Side Start - 50%	Walking Start - 50%	Side Skips Start - 50%	Jogging Start - 50%
2 Side Start - 75%	Walking Start - 75%	Side Skips Start - 75%	Jogging Start - 75%
3 Side Start - 2 x 100%	Walking Start - 2 x 100%	Side Skips Start - 2 x 100%	Jogging Start - 2 x 100%

Specific Flexibility			
1 Calf Stretch	Calf Stretch	Calf Stretch	Calf Stretch
2 Hip Flexor Stretch	Hip Flexor Stretch	Hip Flexor Stretch	Hip Flexor Stretch
3 Front/Lateral Raises	Front/Lateral Raises	Front/Lateral Raises	Front/Lateral Raises
4 Horizontal Ab/Adductions	Horizontal Ab/Adductions	Horizontal Ab/Adductions	Horizontal Ab/Adductions
5 External Rotations	External Rotations	External Rotations	External Rotations
6 Individual	Individual	Individual	Individual

These drills are done for the full length

These drills you need to switch sides at the halfway mark

These drills you complete to halfway then jog to the end

Once the warm up is talked about and decided upon as a team it will be the warm up routine for the season

# Throwing Program

3 STAGES

15 MINS

There is two parts to our throwing program

## PITCHERS

1. Warm throws – mechanics, mechanics, mechanics

3 MINS

Warm up throwing consists of

- Wrist pops - Isolate the forearm with elbow in glove, four seam rotation a must
- Post Position Drill
  - no back foot release – Rock and Roll
  - no back foot release - Rock and Roll
- Step back throw - Step back high knee taking stride leg knee to opposite shoulder to load. Balance and drive

2. Long Toss – arm strengthening and arm care

10 MINS

Long toss consists of

Crow hops & getting out to a distance you can throw with little arc, moving out 10-15 ft every 5-6 throws for 30-40

Long toss throwing should cover

- 2 minutes at 60 feet
- 2 minutes at 90 feet
- 4 minutes at 120, 160, 180 feet

3. Touch & Feel – 6 x Change Ups, 6 x Curve Balls

2 MINS

In pairs aiming at a glove held near the belt of partner

Pitchers straight to pen

25 pitch Bull Pen

Bull Pens will happen as position players do their Foundation drills

A list of pitchers to pen will be announced each week depending on State duties & injuries

## **Build ups / Foundations**

BUILD UPS

10 MINS

The FOUNDATIONS of fielding our positions are important to us as a team. So we will perform these basic movements as part of our training session every session as apart of our warm up.

These basic drills that should take no more than 10mins and precede specific fielding activities

### INFIELD DEFENSIVE BUILD UP DRILLS

#### **Roller shuffle-toss**

- FOCUS – Body position, position of hands/glove to body, making the catch out in front

Partner drill

4 balls each pair

#### **Pick-ups**

- FOCUS - Body position, making the catch out in front, coming through the hop

Partner drill

4 balls each pair

straight, forehand, backhand at 10-20 reps per

#### **Rollers – glove only play**

- FOCUS – Footwork, working to the high-side, coming through the hop

#### **Fast hands – footwork, exchange**

- FOCUS – Footwork, exchange/release speed, exchange/release accuracy

### OUTFIELD DEFENCE BUILD UP DRILLS

Coach-led Drills, subsequently Partner Drill

#### **Fly ball technique**

- FOCUS - Catching Ball at the highest point w/ glove only positioned at angle above head
- FOCUS - Glove side foot forward 2-step exchange/crow-hop and load to throw
- FOCUS - Retreat in a straight line back from starting position

R/L Drop Step – Negative step, explosive position

Circle Back – Drop step to position behind ball, return hard to spot

Inside Turn – Spin hips underneath/no change of track, accelerate out of turn

Outside Turn – Switch head to opposite shoulder

## **Groundball technique**

- FOCUS - Body position
- FOCUS - Glove to ground at right height and angle
- FOCUS - 3-step exchange/crow-hop and load to throw

25 foot gap rolled attack of ground balls

## **CATCHING DEFENSIVE BUILD UP DRILLS**

### **Flexibility**

- FOCUS – Depth/low to the ground

Lunge walks

Star Lunge framing

### **Framing**

- FOCUS – Working from the ground up, working to the outside half of the ball
- FOCUS – Sway, centring the ball to the body, angling the top half pushing to the plate

Bare-hand framing – tennis ball

Velocity framing

### **Throwing**

- FOCUS – Footwork, exchange/release speed, exchange/release accuracy
- FOCUS – Short/quick feet, throwing behind home plate

Velocity exchange

Velocity exchange and throw

- **Blocking**

- FOCUS – Flexibility, stance, readiness, body position, block technique
- FOCUS – Recoverable blocks, short/controlled to the plate area

Block walk

Short blocks -- directional

Velocity blocks -- directional

## Hitting Philosophy

Our best chance of success as a hitter we must GET READY TO HIT, SEE THE BALL, SWING AT A PITCH YOU CAN HANDLE and GET A GOOD FOLLOW THROUGH.

Look past statistics and focus on the processes of hitting a baseball. We need INTENT as our aim or purpose. With intent to do something the mind will focus on a specific purpose. We need to develop hitters to have INTENT to succeed at the plate.

To achieve this we aim to develop hitters who have INTENT to HIT LONG HARD LINE DRIVES.

To hit a LONG HARD LINE DRIVE a player must have the following attributes:

1. A good bat angle- An angle at contact that will facilitate a line drive.
2. A good bat path- A bat path that travels directly to and through the ball allowing for a long follow through.
3. Solid contact- Contact being made between the barrel of the bat and the ball in a solid manner.
4. Bat speed- The ability to have the barrel of the bat travel quickly through the contact zone.

In order to achieve the above mentioned attributes it is extremely important that a hitter:

- a) Get's ready to hit- When the pitcher is getting ready to deliver the ball we want hitters to be getting ready. A weight shift back and the hands getting into a power position are paramount. If a hitter weighs 75 kilos we want them to get 75 kilos ready to hit.
- b) See's the ball- There is a difference between watching the ball and seeing the ball. We want hitters to see the ball out of the hand and see it all the way onto the barrel of the bat.
- c) Swing at a good pitch- It is important that players swing at a pitch that they can handle. A lot of hitters down fall come from poor pitch selection.
- d) Get's a good follow through- It is important that hitters release the barrel and get a long, high follow through in the direction that the ball has been hit.

### Getting ready to hit:

- Stance- Has a hitter got their weight 50/50 to start? Is your posture good or are you hunched over? Are the eyes level? Are you balanced?
- Load- You have to get your front foot down early and load hands. Are you getting ready with the INTENT to hit a long hard line drive?
- Stride - If you stride to the ball are you separating your stride from the ready position? Hitters should Get Ready, Stride and then HIT.

### Eyes in at contact

- Track the ball all the way in
- Soft focus /Hard focus. Don't zero in on the ball until the pitcher presents itself to you to see. Soft focus on the pitcher on the mound, when he's about to throw start to Hard focus on the ball

### Swinging at good pitches

- Get a pitch you can handle
- Then make adjustments

What's the count?

### Follow through

- Follow through going with the direction of the ball

We want our hitters to have a YES, YES, YES mentality.

Have **INTENT** to execute in situations. (Do not be selfish). Understand the importance of pitch selection in these situations and are disciplined in swinging at those pitches.

Have the approach to drive the ball to the big part of the field.

Have the ability to handle all kinds of pitches and use their hands and athletic ability to hit line drives on those pitches.

Have the ability to expand their contact zone.

Have a 2 strike approach

### **Batting & Tee Work**

- Top Handed Drill – Take cuts with top hand. Set up both hands on bat, take bottom hand off and hit wiffle off tee or soft toss.
- Bottom Hand Drill – Turn top hand over so both palms are facing back to catcher. When hitting off the Tee of soft toss wiffle, at point of contact the top hand is released throwing off the bat and forward with the bottom hand hitting the ball only.
- Two Hands Drill – as it says
- Soft Toss – wiffle balls – In pairs, lob balls from 45° into hitting zone, hitter hits ball as directed. Emphasize a quiet head and an aggressive swing.

Stance and look to imaginary pitcher

Load & Stride, hands and feet move as one, then vision back to ball

Hands to the ball

Hips squared with hands to ball

Extension through the ball

Finish high

# Pitching Philosophy

## Not scared to pitch to CONTACT

- 9 to 1 mentality – 9 in a fight against 1 is better odds
- Take philosophy to mound: concentrate on throwing effective strikes pitching to contact
- Pitch to contact and trust your defence

## Learn to pitch with the Fast Ball

- Simply: If you want to be a good pitcher, learn to throw your fastball for a strike
- If you want to be a great pitcher, learn to throw your fastball low in the zone
- If you want to be an outstanding pitcher, learn to throw your fastball for a strike low in the strike zone to both sides of the plate.

## 1st Pitch K

- It builds team confidence as the hitter is on the back foot from first pitch being 0-1 rather than 1-0.
- This way we can disrupt the hitter's rhythm and balance by throwing strikes early, then we can change speeds

## 3&4's

- On or out in 3 or 4 Pitches
- If we believe in pitching to contact then our efficiency rate should be a pitch in 3's mentality
- We want quick inns.
- Quick inns are an enormous momentum swing and a positive to the team for offensive endeavours
- Our teams want another at bat not our team needs another at bat

## Be a Pitcher not a Thrower

- Lets be knowledgeable. Lets watch hitters and take note what type they are; pull, crouch, slap, open, upright, contact, power, what happened last AB, as all types are beatable.
- Pitchers will work quickly and set a tone for the team as baseball is about momentum. I want our pitchers to get on the mound and attack. This helps keep our defenders in the game and focused, limit their distraction time

## Tilts

- We need to be able to throw to all areas of the zone and we need to practice throwing Tilt sequences in the bull pen so we can throw them in a game to be effective and efficient

## GOALS

1. Awareness
2. Feel
3. Ability to adjust
4. Focus and concentration – going from pen to mound
5. Health/Arm maintenance