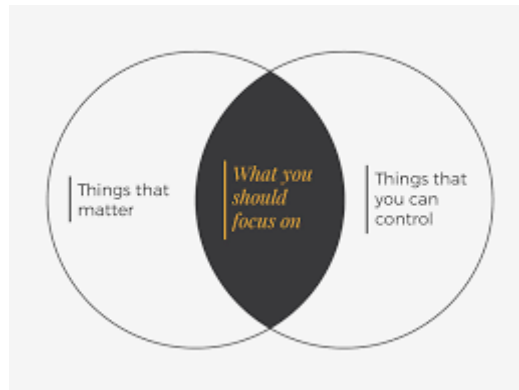


2025 Sluggers Winter Team Practice- Week 8



Mental Approach: Control the Controllables

<https://www.facebook.com/headsupbaseball/videos/411350639411512/>

Mechanical Approach

Baserunning: Reading Contact from Second Base (Next week- Dirt Ball Reads) **Hitting:** Power and Launch Angle

Fielding: Slow Rollers, Jump Throws and Holding Runners (situational defense)

Throwing: Off Balance and Jump Throws (Edition2)

Pitching: Change Up Day / Battling Back from 2-0 count

Mental Approach- Control What you Can Control (Getting to the next Pitch)

1. Our success as a player hinges not upon what happens during the game, but how we react to it to get to the next pitch.
2. Great players learn from previous plays/games/seasons, to help them get prepared for the next pitch/play/game/season.
3. List of things you can control:
 - a. Your attitude
 - b. Your effort
 - c. Your thoughts
 - d. Being a good teammate
4. What you cannot control
 - a. Field conditions
 - b. Weather
 - c. Umpires calls
 - d. Coaches decisions
 - e. Other team and coach
5. Great players work hard to maintain a positive attitude in a game of failure
 - a. How do you react to striking out in a big situation. Does it affect how you play defense the next inning (tip: a strikeout has nothing to do with how you play defense)
6. Great players work hard to maximize effort throughout the game
 - a. On and off the field
 - b. Hard 90
7. Great players focus on their process (thoughts) to get to the next pitch
 - a. Example: Umpire makes a terrible call. How does that change the next pitch??
 - i. Reset -- Focus on the process and how to get ready for the next pitch.

Obscure Rule or Game Strategy

1. Holding Runners on Second (middle infield)
 - a. Shortstop and 2nd baseman (with coach) determine who will hold the runner on. The other fielder plays his position and focuses on defense/fielding.
 - b. Typically, the shortstop holds runner on unless we have a definitive shift.
 - c. Shortstop holds runner by positioning at or just outside the runners max lead position. They do not jockey with the runner to make him go back.



- d. Shortstop then has the option to run a "daylight pickoff" or hold position to play defense. They do not stand next to the base and out of defensive position.

Players and Coaches Please Read: [Situational Defense- Holding Runners on Bases \(Pickoffs\)](#)

DAILY ROUTINES - FIRST 30 (Players lead - Everyone Together in open areas) via

- a. **Dynamic Power Warmup - 5 minutes**
 - Over the Fence Hip Openers- Lateral
 - Knee/Hip Circles - 10 each side
 - Under the Fence - Wide Stance
 - Lateral Power Shuffles
 - One Leg forward hops
 - Quick High Knees / Form Run
 - One leg side jumps
 - Power High Knee Jumps
 - Power Shuffles to Sprint
- b. **2 (or 3) ball juggling - 120 seconds**
 - Switch directions after 60 seconds
- c. **Resistance Band**
 - Pull Aparts, Overhead Pull Aparts, Diagonals, External Pulses
- d. **Towel Drills**
 - Rocker
 - Quick Shoulder Turn (Head Still)
 - Hop Stride Throw
 - Quick Pivot Pick
- e. **Heavy Ball Throws**
 - Flips
 - Shoulder Turn
 - Rocker Drill
- f. **Short Hops- [Ron Washington Short Hops](#)**
 - 10-10-10 from knees
 - 10-10-10 on feet
 - 10-10-10 Drop step and drive short hops
 - One left, one middle, one right
 - Work back through every short hop
- g. **Quick Catch (focus on catch and release efficiency and timing)**
 - [Always throw lengthwise \(not toward windows or drywall\)](#)
 - With Tennis ball on basketball court
 - No feet/stride- Partners at about 25 feet apart
 - 1- Straight Catch, no stride, 20 each (feet stay planted)
 - 2- Short Hop (20 each player) - One player take 20 in a row, switch
 - One foot throws
 - Balance on throwing side foot, catch, throw, finish all on one foot
- h. **Partner Ground Balls- Getting Around Ball**
 - **Video- <https://youtu.be/R3qra149xjA>**
 - Partners roll ground balls to each other
 - Fielder works from outside of ball, field and set feet to throw, two low shuffles
 - Work on getting around the ball, Field through the ball, funnel, footwork to throw
- i. **Partner Ground Balls- Backhand Focus**
 - Partners throw 20 backhands to each other- Fielders focus on proper backhand mechanics
- j. **4 Person Gauntlet Drill (Short Hop Pepper)**



- **PFP Situations with runners-** Quick moving and faster than game speed (let the players make mistakes and correct quickly)
 - a. 1-6-3 double play
 - b. Bunt plays
 - c. 3-6-1 double play
 - d. 1st and third double steal
 - e. 1st/3rd Comebacker to pitcher
 - f. Run through these plays as quickly as possible, almost like a conditioning drill
- **Short Hop Triangle Drill- Quick Hands**
 - a. 3 player triangle drill for speed
 - 1- Short hop fielder, 2- catch/throw, 3- feeder
 - All Back hand short hops

Pitching Focus- Articulate and Commit to your Pitches

- During Bullpens and Live BP all pitchers must describe to the catcher in detail the pitch that they are going to throw.
 - “Fastball Down and away to right handed hitter, 0-2 count”
 - “1st Pitch Curve ball - Called Strike”
 - “Fastball Up , Just above the strike zone”

Pitching Focus- Change Up

- **Mechanics Overview- Change Up**
 - a. Change Up has slower, and diagonal backspin (not side spin)
 - b. Grip: 2-Seam grip, with middle and ring finger between seams, thumb underneath
 - c. Keys to Release
 - Thumb stays down, index finger (circle) stays sideways
 - Reach out to target
 - Stay aggressive, and let the grip reduce speed/spin



[Change Up Demo](#)

[MLB Best Change Ups](#)

[Picture- Degrom Change Up](#)

Team Hitting

- **Swing Build Routine**
 - a. Windshield Wipers- 10 each arm
 - b. Forward/Backward Bat Raises- 8 each arm
 - c. Pendulum Swings- 10 each arm
 - d. Contact Pulses- 20 seconds
 - e. Stride and Separate - 30 reps
 - f. Contact Position - 5 oppo, 5 middle, 5 pull
 - g. Donaldson Swings with Balance hold at finish
- **Bunting Pepper (5 minutes)**
 - a. Groups of 3 players
 - b. Fast moving and athletic (1 bunt every 2 seconds!!)
 - c. Off balance throws- catch and release



Hitting Clinic- Power and Launch Angle

Theme: 1) Stance/Posture 2) Weight Transfer /Bunting 3) Hitting Extreme Pitches 4) Push Off 5) Bat Speed Training/Hitting High Velocity 6) Back Side Path / Hit and Run 7) Hitting Off Speed Pitches 8) **Power and Launch Angle**

Mechanics Overview- Read this Link: [Bat Speed + Quality Contact = Power \(Exit Velocity\)](#)

- Hands Back (early)
- Weight Transfer (100% / 100%)
- Front foot down and Grounded (entire foot into ground with front shoulder stacked over front foot)
- Pull bottom hand and knob of the bat through the ball (Explode hands through the ball)
- Drive back hip, shoulder, and top hand down the line through the ball

Launch Angle

- Launch angle is not swinging up on the ball
- It is hitting the ball at a trajectory that that ball goes far.
- Level swing + hitting the bottom ½ of the ball
- 25-30 degrees up = home run or double

Hitting Drill Set

1. **Tee 1- Offset Open Stance**
 - a. Drive top and hand back hip through the tee
2. **Tee 2: Offset Closed Stance**
 - a. Drive top and hand back shoulder through the tee
3. **Tee 3- Crossover Stance**
 - a. Generate rotational speed from set up
4. **Tee 4- Kershaw Hover to stride**
 - a. Generate momentum to the target with stride
 - b. Head moves with stride to center between feet
5. **Short Toss Hit Downs** (wiffle balls, hitting into cement wall)
 - a. No home runs or ground balls. 1 point for hitting wall in the air
 - b. Compete!!
6. **Optional - Heavy Ball Launch Angle** (Do not hit into wall, hit into a net if possible)
 - a. Low pitch, hit the bottom of the ball for a long line drive to the outfield
7. **Pitchers Pitch to Hitters- (long cage) Pitchers- Start with 2-0 count. At least one pitch each sequence of 3 pitches must be a change up (15 pitches)**
 - i. Hitters- 3 Hit and runs, then compete starting in a 1-1 count
 - ii. Catchers catch if available
7. **Pick off Moves-** After pitchers throw, they must do 15 pickoff moves
8. **Pitcher BP (short cage)- ½ change ups**
 - i. After long cage pitching, Pitchers rotate to short cage.
 - ii. Rocker Drill BP- ½ of pitches are off speed
 - iii. Hitters Dig in and compete
9. **Ground Ball/Fly Ball** (basketball court)
 - i. Coach or player throw tennis ball ground balls or fly balls

Game Speed Finishers: Coaches choose 1 or 2

1. **2- Ball Drop Step Fly Ball Contest**
 - a. First ball Diagonally across field
 - b. Second ball short, back into the line
2. **Triangle ground ball to throw drill**
 - a. Divide into 3 groups



- b. Group 1 is first baseman
 - c. Group 2 are shortstops
 - d. Group 3 Catching for coach
 - e. Coach hits (or throws) ground ball to forehand or back hand of shortstop.
 - f. Shortstop makes quick and accurate throw to first baseman.
 - g. Shortstop follows throw to get in line for first base
 - h. First baseman catches throw, quick shuffle to flips ball to player catching for coach
 - i. First baseman rotates to line catching for coach
 - j. HANDLE THE BALL!!!
- 3. Diagonal Ground Ball Drill**
- a. Two lines at opposite sides of facility (diagonal)
 - b. Player one throws ground ball to open end
 - c. Fielder runs to ball, fields and throws to opposite end of facility
 - d. Fielders continue to run/field/throw continuously.
- 4. Run Downs with Runners- [Run Down Rules Document](#)**
- a. Two run down stations- 4 players each if possible
- 5. The Gauntlet Fielding Drill**
- a. Five players spaced about 10 feet apart with ball in hand
 - b. Five players in line as first basemen
 - c. 1 Fielder
 - d. Five cones set up 10 feet away from each of the five players
 - e. Fielder must run around cone toward players with ball.
 - f. Players throw a ground ball to fielder
 - g. Fielder fields ground ball, throws to first basemen, runs around next cone
 - h. Next player throws ground ball to fielder as fielder runs around cone.
 - i. Fielder goes through all five cones and ground balls for time.
- 6. PFP Situations with runners-** Quick moving and faster than game speed (let the players make mistakes and correct quickly)
- a. 1-6-3 double play
 - b. Bunt plays
 - c. 3-6-1 double play
 - d. 1st and third double steal
 - e. 1st/3rd Comebacker to pitcher