

2026 Sluggers Winter Team Practice- Week 11

BODY LANGUAGE IS A BILLBOARD FOR MENTAL TOUGHNESS AND MATURITY.

@G.O.A.T_MENTALITY

Mental Approach- Body Language

- Video 1- [Monte Lee \(Clemson Baseball Coach\)](#)
- Video 1- [Geno Auriema](#)
- Video 2- [John Calipari](#)
- Article - [Mental Toughness and Body Language](#)
- Article - [How College Coaches See Body Language in Games](#)

Our body language is a powerful component of how we see ourselves and how others see us. Our body language can tell everyone around us if you are mentally tough, how you respond to adversity, or what kind of leader you are to others.

- First of all, players should be aware of their body language at all times. Are you exuding positive energy with your:
 - **Posture:** Are you small and closed (arms crossed, head down, slouching) or are you big and open (head up, shoulders back, athletic posture)
 - **Communication:** Are you talking to teammates or pouting on the bench. Are you smiling, making eye contact, nodding affirmatively.
 - **Movement:** Are you moving with a purpose, or wandering slowly like a sloth with no purpose. How do you walk into a classroom, or run onto the field? Do you have a purpose? Are you thinking about your next action of making a great play, or what you will learn in class....or a negative event that is in the past.
- Examples of Positive Body Language
 - **Walking into a Room:**
 - Walk with a purpose. Show energy, move quickly and act like you want to be wherever you are.
 - Make eye contact and engage with someone in the room. Good morning, Hi Coach, How are you today). Say something positive to someone. You will affect everyone around you with positivity.
 - Smile!!!
 - **Reacting to a Negative Event**
 - Take a deep breath
 - Look up and out (not down)
 - Good Posture- Shoulders back,
 - Engage with a teammate or coach (talk, eye contact, signal the outs, etc.)- “Get out of your mind and into the game with your teammates”
 - Focus on the next play or your next task- Think of strategy or plan for next play



Goals - Best Body Language / Energy Giving Actions

- Show your best body language. Show your coaches and your teammates that you are having fun, positive energy and ready to work
- Energy Giving Actions (EGA) - Find ways throughout practice to increase positive energy with your coaches and teammates

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

a. Dynamic Warmup

- 20 foot wakeup (20 feet up and back- 5 times for each movement)
 - Forward/backward run
 - Side Shuffle
 - Karaoke (big steps forward and back)
- Knee/Hip Circles - 10 each side - [Video](#)
- Over/Under the Fence - [Video](#)
- Single Leg RDL Airplane - [Video](#)
- Walking Lunge with Reach and Rotation - [Video](#) (add reach up to sky on lunge with back foot side)
- Lateral Power Shuffles- [Video](#)
- A-Skips - [Video](#)
- Single Leg Diagonal Hops - [Video](#)
- 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. 2 (or 3) ball juggling - 120 seconds

- Switch directions after 60 seconds

g. 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

h. 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



- i. **Partner Ground Balls- Getting Around Ball**
 - Video- <https://youtu.be/R3gra149xjA>
 - 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
- j. **Partner Ground Balls- Backhand Focus**
 - Partners throw 20 backhands to each other- Fielders focus on proper backhand mechanics
- k. **4 Person Gauntlet Drill (Short Hop Pepper)**
 - <https://coachesinsider.com/baseball/infielders-gauntlet-drill-with-tyler-gillum-sa-vannah-bananas/>
- l. **Partner Drop Step Fly Balls**
 - Tennis ball, no glove
- m. **Tennis ball run downs**
 - 3 groups, play “hot box” (rundowns) on the basketball court
 - No hesitation between plays.
- n. **Two line tag and throw drill**
 - Get in two lines...catch, tag, throw as quickly as you can to your partner.
 - Focus on perfect tag mechanics, quick feet and hands
- o. **3 person (short swing) pepper - with tennis balls**
 - No gloves
 - Hitters choke up, and watch ball hit bat
 - Short, easy swing (not much more than a bunt)
- a. **Fielding- Turn Drill**
 - Two Lines
 - Player 1 has ball, player 2 about 30 feet away, facing away from Player 1
 - Player 1 throws a short hop at Player 2
 - When player 1 is about to release the ball, the next person in line behind player 2 yells “Turn”.
 - Player 2 has to turn quickly and react to catch the short hop

Baserunning

- **Turns around 3rd**
 - Base hit to the outfield with a runner on 2nd is an automatic “GO” until the coach stops you!!
 - Players responsibility is to sprint with the most efficient turn around 3rd possible
 - Speed up around third and accelerate toward home to score...unless coach stops you.
- **Dirt Ball reads from 3rd base**
 - Athletic Walking lead into maximum lead length
 - Land in time for ball to cross home plate
 - React to ball
 - Dirt Ball - Go

Rundown- Chaos Drill (with heavy ball / regular ball)

[Run Down Rules Document](#)

- Use a heavy ball to throw during rundowns – Players must make appropriate adjustments to get outs with the heavy ball
- 3 groups of players (2 groups of fielders, 1 group of runners)
- Run down starts on one side and players compete through run down to finish



- Immediately on finish on one run down, ball is thrown to the next fielder and run drops into baseline for the next rundown.
- No hesitation / constant movement and communication

Team Fielding and Throwing

Instructional- Holding Runners

Holding Runners on Base/Pickoffs (two large groups)

Read this – [Situational Defense- Holding Runners on Bases \(Pickoffs\)](#)

- **Group 1 - Pitcher first base holds**
 - Runner (taking leads), 1st baseman, pitcher
 - Pitcher and 1B holds runner, and runner takes maximum leads to attempt a steal.
- **Group 2 - Pitcher, Middle Infield Holds**
 - Runner (taking leads), 2B/SS, pitcher
 - Pitcher and 2B/SS hold runner, and runner takes maximum leads to attempt a steal.

Team Fielding- Quick Drills (quickly run through these 3-5 minutes each)

- **Short Hop Triangle Drill- Quick Hands**
 - 3 player triangle drill for speed
 - 1- Short hop fielder, 2- catch/throw, 3- feeder
 - All Back hand short hops
- **Throwing and Catching Detail (5 minutes)- Follow Throw Drill**
 - Players get in groups of 4 or 6
 - Set up Bucket or cone 15 feet in front of player
 - Player catches ball, athletic shuffle, Fire and follow throw through the cone/bucket
 - Next player be ready to catch and throw.
 - Catch and Tag Option - All players catch and tag, then set feet to make throw
 - Catch out front, Athletic positioning at all times
- **Sprint around cone to get around ground ball**
 - Fielder sprints right, around cone then attacks ground ball to the left
 - Set feet or running throw depending on ground ball
- **Touch Bucket Fly Ball Drill**
- **Two fly ball drill**
 - Player drop steps to run around cone, then sprints in to catch short ball, then drop step sprint back to catch second fly ball
- **TCU - Quick release (quick hands to release and footwork)**

Position Specific Work

- **1B**
 - First Basemen Feed to Pitcher**
 - Field Ground ball
 - Drive feet and body toward pitcher or 1st base (push toward throw)
 - Push ball underhand (not bowling), leading pitcher to catch the ball on the run
 - Follow throw (keep momentum)
 - Back Pick from Catcher - Tags**
 - Focus on feet setup and tag speed



- **2b/SS - Double Play Turns**
 - a. Videos
 - [Double Play- Second Base Turn Mechanics](#)
 - [Double Play Flips- Second Base](#)
 - [Shortstop Double Play Turn Footwork](#)
 - [Shortstop Feed Mechanics](#)
 - [Double Play Mechanics- San Fran Giants](#)
 - b. Keys to Double Plays
 - Feeds- Field, Firm Flip and Follow
 - Second Base Turns- Left foot on base, take right foot to ball (flip), quick right left throw
 - Shortstop Turns- Come through the base, right foot tap on outside corner of base, athletic throw
 - c. Holding Runners - Pick off Tags
 - Focus on footwork and tag speed/mechanics
- **3b- Slow Roller / Bunt Field to Throw**
 - a. On short ground ball, 3B must make decision to either field through the ball and throw to 1st base, or throw to second base.
 - Must assess time to throw to second and angle/momentum to first base
 - b. Catcher Back Pick Tags
 - Focus on footwork and tag speed
- **Catchers**
 - a. Receiving and Blocking drills
 - b. Back picks to 1st
- **OF**
 - a. Running through the fly ball (getting behind the ball and sprinting to the short fly ball)
- **PFP Situations with runners-** Quick moving and faster than game speed (let the players make mistakes and correct quickly)
 - a. Bunt plays
 - 10-14U Teams review and go through bunt plays
 - 1st base only (baseball)
 - 1st basemen stay at first (read bunt) with runner on first only.
 - Pitcher has 1st base line
 - 3rd baseman has 3rd base line
 - 1st and second
 - 1st baseman charge
 - 3rd basemen stay near 3rd and read bunt
 - Pitcher has 3rd base line
 - b. 3-6-1 double play
 - c. 1st and third double steal
 - d. 1st/3rd Comebacker to pitcher
 - e. Run through these plays as quickly as possible, almost like a conditioning drill

Pitching Focus (Baseball)

Pitching Mechanics Overview- Pitching Coordination and Athleticism

- a. Every great pitcher has great balance and is able to improvise athletically and still perform.
 - Ex- Quick Pitch, Johnny Cueto Turn, Brent Sutor Rhythm, Clayton Kershaw Pause



- b. If we practice different set up and movements within our mechanics, we become more balanced, athletic, and versatile on the mound.
- c. For example, if your body is working from a closed/open, crossover stance with knee back at balance, your body starts to learn how to adjust to realign and drive to the target...as well as discover what might work for your mechanics in game.
- d. Options are to explore different stances and positions within mechanics, such as
 - Big turn toward second in leg kick
 - Different heights of leg kick
 - Staying tall or sitting into stride
 - Different speeds and cadence of mechanics
- e. All of these should be explored while working to remain balanced, athletic, and creating extension (stride + release point) to the target.
- f. Formula for Velocity and control = Stride length + Extension to Target

Strategy Overview: Quick Study Scouting Report

- Every swing and every pitch the hitter is giving you information and data to use against him.
- Watch hitters in batting practice
- Watch hitters on deck (where do his practice swings land -- High Pitch, Low Pitch)
- Do their hands cast out in practice swings
- How do they react to pitches in game
 - Do they pull everything foul = offspeed away
 - Do they foul pitches over 1st base stands = FB in, or up and away
- Observe and assess why they swing and miss...or hit a line drive on a certain pitch

Team Hitting

Hitting Clinic- Hitting Coordination

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 9) Pull Side Power 10) Opposite Field Power **11) Hitting Coordination (Feet, Hips, Hands)**

Mechanic Overview- Coordination and Versatility

- Hitters should be able to find consistency and power from all stances and set ups
- Open Stance, Closed Stance, no stride, feet together big stride
- Bottom line -- All good swings from any set up have
 - Momentum to the target
 - Front foot into the ground
 - Back hip and knee drive
 - Quick hands down the line through the pitcher
 - Head centered and still through rotation

Strategy Overview- Be ready for the first pitch

- We are all first pitch hitters until the pitcher shows us otherwise.
- Look for your hot zone and unload on the ball in that zone
- Breaking balls up, fastballs middle up/down/away/in depending on your swing
- Do not let the pitcher dictate the at bat. Hitters are in charge of the at bat from pitch 1
- Each pitch gives you information to use later in the at bat - Great hitters improve every pitch

Tee Stations- (Partners)

- a. Tee 1- Offset Open Stance
 - i. Drive top and hand back hip through the tee
- b. Tee 2: Offset Closed Stance



- i. Drive top and hand back shoulder through the tee
 - c. **Tee 3- Crossover Stance**
 - i. Generate rotational speed from set up
 - d. **Tee 4- Kershaw Hover to stride (optional pushing from bosu ball)**
 - i. Generate momentum to the target with stride
 - ii. Head moves with stride to center between feet
 - e. **Heavy Ball Short Toss**
 - i. 5 open stance
 - ii. 5 closed stance
 - f. **Wiffle Balls**
 - i. 5 No stride
 - ii. 5 crossover big stride
 - g. **Pitching Machine Swings**
 - i. **2 Bunts - 2 Slash Hit (Fake Bunt and Hit) - 8 swings**
 - h. **Live Pitching - Pitchers**
 - i. **Pitchers First Pitch K → Hitters 1st Pitch Attack**
 - ii. **Continue through the at bat - Complete**
2. **Bunting Contest**
 - a. Set up bunting lane
 - b. Best of 5 attempts
3. **Tracking Station**
 - a. [Juan Soto Knob to the ball Drill](#)
 - b. Front toss close to hitters belly button
 - c. Hitter hits down on the ball with the knob of bat.
4. **Strength Station**
 - a. Med Ball (or water tube) Rapid Hip to Hip
 - b. Med Ball (or water tube) Rapid Golf swing stance shoulder to shoulder
5. **Core work - if time allows**
 - a. 30 Bicycle Crunches
 - b. 30 Mountain Climbers
 - c. 50 Flutter Kicks
 - i. Repeat all twice
 - d. 5 x 5 second Supermans
 - e. 30 second- Hollow Hold (feet and shoulders off ground and balance)
 - i.

Game Speed Finishers: Coaches choose 1 or 2

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1. **Step and Dive Drill**
 - a. <https://coachesinsider.com/baseball/outfield-step-and-dive-drill-with-kerrick-jackson-southern-univ/>
2. **Game Speed Cutoff and Relay Drill**
 - a. Set up Defense and baserunning situation
 - b. Run through situational cutoff and relays
 - c. Make it a game or competition of some sort.
3. **Wiffle Ball Game**
 - a. Divide up teams and play!!
4. **2- Ball Drop Step Fly Ball Contest**
 - a. First ball Diagonally across field
 - b. Second ball short, back into the line
5. **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 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!!!
- 6. 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.
- 7. Run Downs with Runners- [Run Down Rules Document](#)**
- a. Two run down stations- 4 players each if possible
- 8. 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.
- 9. 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