



# Fundamentals of the Week

## Measurements

### The Silver Slugger Way

Each weekend, in addition to us competing to win, hustling everywhere, showing the best sportsmanship, and being a great teammate, we will focus on a few fundamentals of the game to keep us in good habits throughout the season. These fundamentals will make us a better player and keep us improving during and beyond the season. As a Silver Slugger, we want to win the small battles with the other team. We will **WIN** the following:

- **Pre-Game Preparation**
- **Hustle**
- **Attitude- Body Language**
- **Sportsmanship**
- **Communication**
- **Handling Adversity**
- **Aggressiveness**

### Fundamentals of the Week

“Good luck is when opportunity meets preparation, while bad luck is when lack of preparation meets reality. ...”

#### Last Week Reminders

##### Before the Game

- **5 minutes before the game-** Take 1 minute and visualize plays
- **Immediately before game-** Shake Hands with every player and coach before the game

##### During Game

- **Gloves and Hats Together:** Gloves and hats in the same area between innings
- **Sprint to Position:** All players gather together before every defensive inning. Everyone sprint to their position together.
- **Bench Players:** Bench players run to the nearest foul pole and back between every ½ inning
- **Acknowledge Teammates after score:** Every time we score, all players get off bench to acknowledge the score
- **Hard 90°-** We are hitters in the box, and sprinters after we hit.
- **Acknowledge the Umpire-** After every game

## FOW- Week (Measurements)

### Measurements- Winning Measurements- The Game within the Game

- **Quality at Bats:** Players Keep track of their quality at bats (Goal = 65% QAB or .650 average)
- **Freebies +/-:** Team Defense Freebie war against other team. (Win Freebie War)
- **First Pitch Strikes:** First Pitch Strikes for our pitchers (Goal = 65% FPS)

### Baserunning

- **Baseball--Aggressive Leads-** Left - Right - Shuffle - Shuffle
- **Baseball--Aggressive Secondary Leads-** Hop - Hop (land on second hop as ball crosses home plate).
- **Softball- Max leads on pitch.** Focus on getting that extra 2-4 feet

### Defense

- **Fielding Position-** Every player moving into the pitch!!
  - Creap Step to Fielding Position with Hands at side (i.e. basketball defense position)-
- **Stay Down!--** On every ground ball, all players tell fielder to STAY DOWN!!
- **Communicate with Your Neighbor-** Fill in the Blank
  - “Be ready for \_\_\_\_\_(Steal, bunt, ground ball to your left...)”
  - On a base hit I am doing \_\_\_\_\_, and you are going to \_\_\_\_\_”
- **Infielders-** After every play, tell your outfielders how many outs and outfielders return the outs
  - “2 outs- find me for the cut-off on a base hit

### Hitting

- **No K Looking.** Swing early and swing hard!!!
- **Slap Hit (Fake Bunt and Hit)** We will be introducing fake bunt and hit this week, and using it in the games. Look for defense overreacting to bunt, then use slap hit as an offensive weapon.
- **Pick a Hitting Coach-** Find a teammate/partner on your team to watch you hit and help with your swing. Let them know what you are working on and what you want them to help you with, and they can look for specific things in your swing and approach. In essence, start the “hitting discussion” with someone on your team to help each other hitting.

### Pitching

- **Baseball- Quick Step and Set/Hold** with Runners on Base 100% of the time.
- **First pitch strikes-** Attack hitters early in the count. 65% FPS (First Pitch Strikes)