



Fundamentals of the Week

Recipe for Winning Plays

[Pre-Game Checklist](#)

[Sluggers Standards- In Game Fundamentals](#)

Reminders for Players and Coaches

Before Every Game

- Take 1 minute and visualize plays
- Shake Hands with fellow players

During Every Game

- **Sprint to (past) Position:** All players gather together before inning and sprint to their position together.
- **Bench Players to foul pole each inning**
- **Acknowledge Teammate after score:** After score, all players give player that scored an “air high five”
- **Hard 90’and Great Turns-** We are hitters in the box, and sprinters after we hit.
- **Thank Umpire-** After every game, thank umpire

Recipe for Winning Plays That Win Games

This week, we are drilling down into the essentials to win moments of the game to win games. Great players do not think about winning games. Great players are focused on winning each pitch, at bat, each play, each inning. If our players compete to win each moment of the game, the team wins will come to us.

Hitters must have a strategy to create a successful outcome before each at bat. Use the information the game is giving you and ask the following questions -

- What are the Pitchers tendencies
- What did I learn from my previous at bats - What is your adjustment to the next at bat
- What is the game situation - Runners on base, leading off inning, score of the game, early or late in the game all shift your strategy slightly in each at bat.

Pitchers must have a strategy to create a successful outcome against each hitter. Use the information the game is giving you and ask the following questions -

- What are the Hitters tendencies - Every swing, foul, take, and previous at bats give you information about the hitter. Use everything the hitter gives you as data to put into your approach or pitch selection to the hitter.



- What did I learn from my previous experience - What did you learn from competing against that hitter last time? Was he/she ahead of the pitch (pull) or behind, ground ball....on what pitch and location?? Most importantly, what pitches and locations are the most effective for you in this moment. Use your strengths to win the at bat.
- What is the game situation - Runners on base, first batter of inning, score of the game, early or late in the game all shift your strategy slightly throughout the game.
- Communicate with your catcher to discuss this information before and during the game.

Fielders must have a strategy to create a successful outcome for our team defense. Use the information the game is giving you and ask the following questions -

- What are the Hitters tendencies - Every swing, foul, take, and previous at bats give you information about the hitter. Use everything the hitter gives you as data to adjust your positioning on the field and anticipation of where the ball may go.
- What did I learn from my previous experience - What did you learn from competing against that hitter last time. Was he/she ahead of the pitch (pull) or behind, ground ball....on what pitch and location?? Communicate with your teammates and position yourself accordingly.
- What is the game situation - Is it a bunt situation? Who is covering the bases on a steal or bunt? What base am I throwing the ball as priority 1 and priority 2? What is my cutoff priority?
- Then relay this information to your teammate neighbor on the field.

Thinking strategically and creatively on the field will lead to better communication, more anticipation, and more wins during the game for team wins in our tournaments.

Winning Statistics for our Players and Teams

Coaches, Players and Teams will focus on the following statistics to win more plays than the other team.

Hitters

- QAB - Goal is to have 2/3 (.667) QAB
 - Hit
 - Walk
 - Hit by Pitch
 - Quality contact/Barrel
 - Moving runner over with no outs
 - Score runner from 3rd with less than two outs
 - 6 pitches in an at bat without a strikeout.
- Lead off hitter on base % over 60%
 - If you are leading off the inning, do what it takes to get on base
 - Look for a bunt for hit (make sure you show bunt late and the bunt is either down the 3rd base line or foul
 - See 6 pitches or more
 - No strikeouts - Protect and put the ball in play.



Pitchers

- First Pitch Strikes!! Goal is to be at 2/3 or 67%
- Overall Strike Percentage > 60%
- Throw your secondary pitch (Change, Curve, Slider) > 20%
 - Basically 2-3 per inning. This is achievable if you are getting ahead in the count and throwing a lot of first pitch strikes.
 - Strike percentage must be over 50%

Team Defense

- Win the Freebie War!!
- We will add walks, errors, pass balls/stolen bases and compare against our opponent.
- 1-2-3 Inning!! These innings are momentum builders. When you get two outs, pitchers attack the hitter with quality strikes and let the defense make plays.

Team Offense

- Score first! - Attack in the first inning or early in the game. Grind through every at bat to get on base and keep the pressure on their defense.
- Two Out On Base % - Do not make the last out. Get on base and extend the inning. 2 out runs win games!!

If we win in these areas, and hit our benchmarks, we are giving ourselves a chance to win.

[Winning Measurements- The Game Within the Game Fundamentals of the Week](#)

Reminders for all games and practices:

At Silver Sluggers, we look at our tournament season as a journey that builds into the season, developing our skills and knowledge of the game. Our competition will throw (sometimes literally) curve balls at us with adversity, failure, and excitement, challenging us to react, adjust, and overcome.

In addition to all of this, we ask our players to focus on specific aspects of the game each week that will increase their knowledge and on the field skills. Our Fundamentals of the Week are our "extra hill" to climb that challenges us to improve faster than just showing up and playing.

[The Sluggers Way- In Game Fundamentals Sluggers Pre Game Checklist](#)

** Our hustle, sportsmanship, pre-game preparation and positive attitude are non-negotiable at Silver Sluggers. We will be better than the other team in these categories.



Players: Read the information in the links above to understand what we expect of you this weekend on the field. During our games (or practices) we will focus on these details so that you can improve skills and knowledge of the game.

Our coaches will be reviewing our Fundamentals of the Week with the teams, and focusing on these details during our games and practices.

Have a great weekend on the field!!

Silver Sluggers