

TO THE COACH

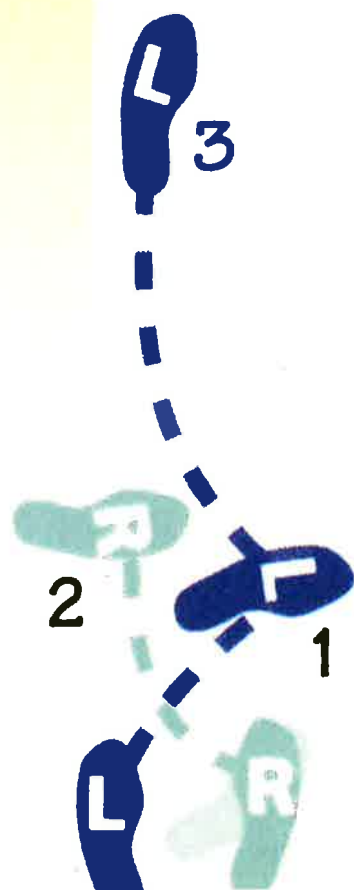
- 1 Meet with each player and their parent or mentor 6-8 weeks before practice begins.
- 2 Work through Home Practice Routine (Cards 105-112) with the player, giving technical instruction.
- 3 Instruct parent in recognizing technical aspects of the practice. Discuss use of Drill Cards to correct technique (Cards 113-120).
- 4 Assign a Home Practice schedule for player to perform each week. In Practice Log, have player write down reps expected for each drill.
- 5 Encourage player to practice with a nearby buddy or teammate.



PERFECT CATCH

Build arm strength through repetition. Find a partner and play Perfect Catch. Throw into a net if you can't find a partner.

- 1 Begin carefully! Throw at $3/4$ speed for the first two weeks. After that, throw as hard as you can without losing accuracy.
- 2 Start each session at 30 feet, eventually building up to the maximum distance at which you can maintain good form.
- 3 Throw until your arm gets tired. This will make your arm grow stronger.
- 4 Refer to Cards 67-71 for proper throwing technique.
- 5 The step-behind footwork shown here will help you maintain good balance and posture as you throw.

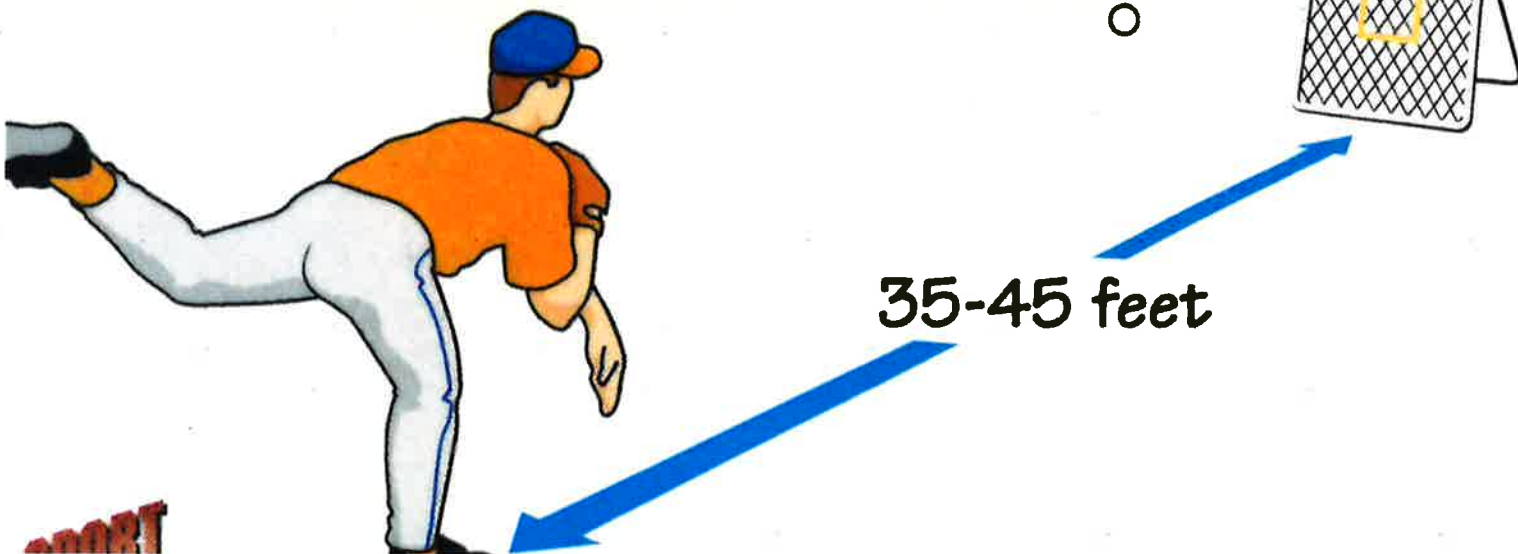


SHORT WORK

After Perfect Catch, come in close for Short Work. Throw at a distance of 45 feet (35-40 feet for youth leaguers), throwing at $\frac{3}{4}$ velocity.

Make 15-30 throws, mixing in all your pitches. Choose one specific point of focus for the session:

- 1 **Command** (hitting your target, *Card 48*),
- 2 **Mechanics** (the 5 imperatives, *Card 30*) *or*
- 3 **New pitch** (learning or refining a specific pitch, *Cards 42-47*)



LIVE FIELDING

Have your parent or partner hit you 50-75 live balls.

- ◆ Position yourself at shortstop.
- ◆ Field each ball, and throw it home.
- ◆ If you have other players, put them at first, home and in the outfield. Rotate after each bucket of balls.
- ◆ Start with easy hits and work up to hot shots as you improve.
- ◆ Focus on performing each step of the process correctly on every ball.

Refer to the fielding sequence cards (Cards 60-63).

