

3-16-10 FCAA Coaches Meeting

Brett Isaacs – Althoff Catholic High School Baseball

1. FCAA Board – Get involved.

2. Coaching:

- You don't have to know the game that well if you are:
 - o Organized
 - o Good with kids

3. Planning/Practice Ideas:

- Keep kids busy. Never do anything longer than 15 minutes.
- Avoid one player busy, 11 players standing practices.
- 12 Players – Break into 3 groups of four (Practice plan/Practice diagram)
 - o 4 kids hitting, 3 taking ground balls, 3 taking fly balls (15 minutes at each spot)
- Split players into two groups when throwing at beginning of practice.
 - o ½ play catch, other ½ take ground balls. Then flip after 10 minutes. Maximizes time and your coaches.
- Play an Intersquad Game – 3 teams of 4 kids.
 - o 4 hitting, 4 IF, 4 OF
- Pressure Infield
 - o Hit them ground ball and they throw to first under a certain amount of time. Use Stop Watch. If they don't succeed, they run or do push-ups.

4. Game Ideas:

- Count your errors in pre-game infield
- Race on and off field – against stop watch
- Let them play different positions sometimes.

5. Throwing

- Things to look for in young kids:

- Getting squared up
- Stepping towards target
- Grip – Thumb underneath
- Have them throw long toss – Strengthens arm
 - Put a hump in it
 - Have contest – Try to throw it over the fence.

6. Pitching

- Flat Ground
- Balance
- 1, 2, LIFT – Wind up

7. Hitting

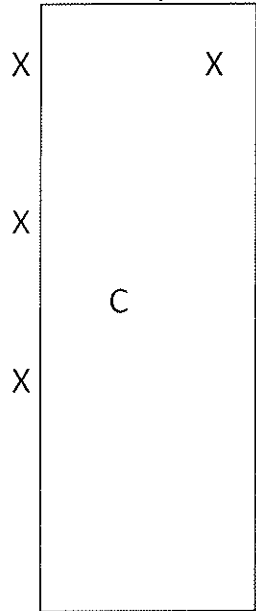
- How to use the Tee
 - Inside, middle, outside Pitches – See diagram
 - Separate
- Drills:
 - High Tee
 - Front Toss
 - Wiffle Balls

8. Get your kids actively involved

- Take them to high school games
- Watch it on T.V.

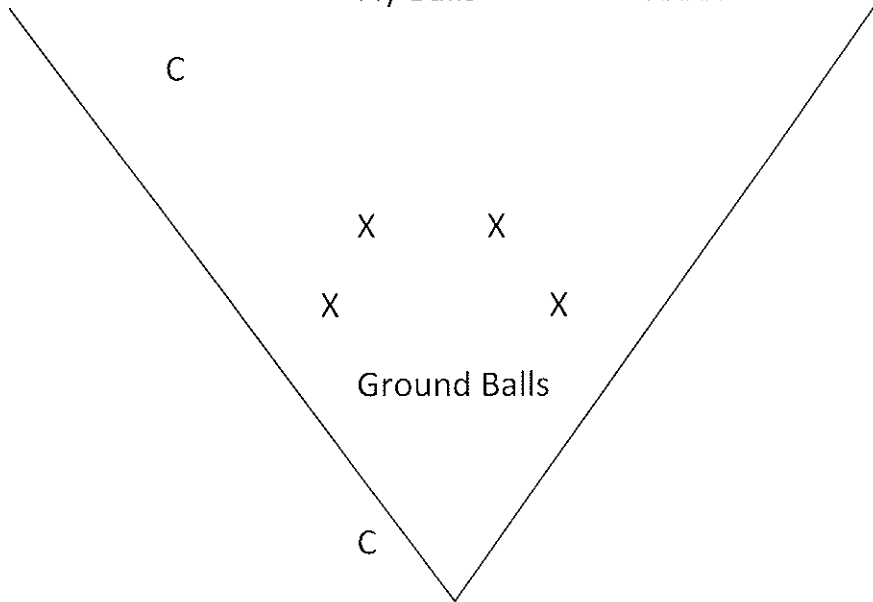
Practice Organization:

Tee Work/Hit



Fly Balls -

XXXX



Tee Work:

A = Outside Pitch

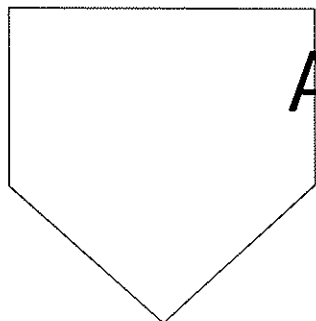
B = Down the Middle Pitch

C = Inside Pitch

C

B

A



3-16 (outside) SAMPLE HIGH SCHOOL PRACTICE PLAN

330 – 340 Stretch/*Sign Roster*

340 – 355 Everyone Throw (Perfect Catch)

355 – 405 Discussion

405 – 430 1. OF/Catchers – hit in cage

2. IF – Spots (buddy ground balls), Ground balls, Pressure

430 – 455 1. OF Drills/Fly balls – Pressure Cut Offs

2. Catchers Throw to bases

3. IF hit in cage

455 – 520 Situations – Coach Hit

520 – 545 1. PFP (Fullmer, Wahlig, Nowak, Jones, Sintzel, Schoenborn, Schwoebel, Svec + Sinovic, Hoernis, KJ)

2. Others – Bunt or Rake field and bullpens

3. Soph pitchers throw:

DJ to Wicklein (10-5-5)

Helman to Heitzman (10-5-5)

Wuller to Goetz (10-5-5)

545 – 600 Condition

** Varsity will be done with practice tomorrow by 445.

SAMPLE OF T BALL PRACTICE

T-Ball Practice – Practice #1

- 6:00 – 6:10
1. Intro's
 2. Pass out schedules
 3. Play Catch

6:10 – 6:40 Groups

1) Ground Balls 2) Hit off Tee's 3) Hit wiffle balls

Travis	Zach	Seth
Isabelle	Caleb	Jake
Spencer	Megan	Taylor
Austin	Mason	Noah
Kolby		

6:40 – 7:00 Game Situations/Base Running

- 1) Travis, Zach and Seth
- 2) Isabelle, Caleb, Jake and Spencer
- 3) Taylor, Austin and Mason
- 4) Noah, Megan and Kolby