



**Czech Republic
Player Manual
2013/14**

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Player Expectations

1. Character

- Working hard at doing the right things, the right way, for the right reasons, even when no one is watching
- Commitment to growth
- Character is exposed under pressure situations

2. Preparation

- Preparation brings Confidence
- Preparation is exposed in opportunity
- Review the Daily Plan before practice and games
- Leave no room for excuses

3. Hustle

- High energy baseball
- Run out every ball put in play
- Outwork our opponent mentally and physically

4. Teamwork

- Positive team talk
- Good communication
- Ask yourself, "How can I help this team be better today?"

Quotes

" Failure to Prepare is Preparing to Fail."- John Wooden

" Change is inevitable. Growth is optional. If we are growing we will always be outside of our comfort zone."- John Maxwell

"It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better." – Tony Dungy

Team Rules

1. Be on Time

- This means be 10 minutes early for all meetings, practices, games, and events so that you will be mentally and physically prepared to get the most out of that day
- Injured players are expected to attend all team events unless given special permission from the coach or unable to do so because of physical ailment.

2. Be Ready to Play

- 7-8 Hours of sleep before breakfast- Be in accommodation by midnight
- Alcohol- If a player shows up to practice, games, or any other event not able to perform at his highest capability due to alcohol, he will be immediately suspended. Recommended one beer 24 hours prior to practice or games, after that performance can be hindered

3. Uniform

- Players must wear Czech sponsored uniforms and equipment during national team events if required by sponsors
- During international travel all players must wear kaki pants and Czech polo (If provided), and be clean shaven.

4. Tobacco

- Currently there is no tobacco use allowed in minor league baseball and college baseball despite the age. More importantly it can be a health risk.
- No tobacco in Czech uniform

5. Czech Training Programs

- All players must perform all requirements given in the program including weight lifting, speed and agility, and baseball training programs.

If your focus is to do what is best for the group and yourself, to be prepared for every opportunity, the rules will not be a problem.

Goals

Short Term

1. Improve evaluation times and speeds by 2-4% (evaluation criteria below)
2. Win Prague Baseball Week
3. Win 60% Games in USA

Long Term

1. European Championship Medal
2. Top 16 IBAF Rankings
3. Play in WBC

Obstacles

1. Time- Family, Work, Baseball Demands
2. Personal Bad Habits (Negative Thinking, Poor Time Management, etc.)
3. Other- List Individual items

Plan of Action

1. 5 days a week training program (good time management)
2. Regular Evaluations
3. High Level Competition- Top 16 ranked teams or pro or college competition

2013 Schedule

Preparation must be a lifestyle. The schedule was made by the staff with consideration of player's demands such as work and family. There are two important camps, PBW and USA. Players are expected to be at those two camps to get the necessary teamwork needed.

May 8	All-Star Game Pitching Clinic- Corey Lee
*June 15-22	Czech Staff Scouting and Evaluations Watch EXL Games, Individual Work
June 23	Official Players and Coaches Meetings Evaluations and Training
June 25-29	Prague Baseball Week 5 Games, Practices, Individual Work
*September 25- October 3	Czech Staff Scouting and Evaluations Watch EXL Games, Individual Work
October 3-15	North Carolina, USA 9 Games, Practices

- Coach participation only

2014

March	Spring Training- Europe
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Evaluations

Typical MLB Rating System

Many MLB Clubs use a 2-8 point rating system for evaluating players:

60 Yard Dash

8.	6.4 seconds	Exceptional
7.	6.5- 6.6 seconds	Exceptional
6	6.7- 6.8 seconds	Acceptable
5.	6.9-7.0 seconds	Acceptable
4.	7.1-7.2 seconds	Positionally Acceptable
3.	7.3-7.4 seconds	Below Average
2.	7.5-seconds	Poor

Pitcher's Velocity

8.	99 mph	Exceptional
7.	94-98 mph	Exceptional
6.	92-93 mph	Good
5.	90-91 mph	Average
4.	86-89 mph	Acceptable
3.	83-85 mph	Below Average
2.	82 mph	Poor

Pitcher's Pop to Pop to Home

8	1.10-1.20 seconds	Exceptional
7	1.21-1.30 seconds	Good
6	1.31-1.40 seconds	Average
5	1.41-1.45 seconds	Acceptable
4.	1.46-1.50 seconds	Below Average
3.	1.51-1.55 seconds	Poor
2.	1.56-1.60 seconds	Poor

Catcher's Pop to Pop

8.	1.74 seconds	Exceptional
7	1.75-1.79 seconds	Exceptional
6	1.80-1.84 seconds	Exceptional
5	1.85-1.90 seconds	Good
4	1.91-1.99 seconds	Average
3	2.00-2.10 seconds	Acceptable
2	2.3 seconds	Poor

Infielder's Throw Across Infield

8.	88-90 mph	Exceptional
7.	85-87 mph	Exceptional
6.	82-84 mph	Good
5.	80-81 mph	Acceptable
4.	78-79 mph	Below Average
3.	76-77 mph	Below Average
2.	74-75 mph	Poor

Middle Infielder Pop to Pop Double Play

8.	1.20-1.24 seconds	Exceptional
7.	1.25-1.30 seconds	Exceptional
6.	1.31-1.35 seconds	Good
5.	1.36-1.40 seconds	Average
4.	1.41-1.45 seconds	
3.	1.46-1.50 seconds	
2.	1.51-1.55 seconds	

Outfielders

Average College Player	83-85mph
Average Professional	85-88mph
Exceptional	90+mph

* Not recorded by MLB

Czech Republic National Team

Evaluation Sheet

Name: _____ City _____ Team Name _____

Baseball	Date	Date	Date	Date	Date
60 Yard					
Agility					
MPH					
Pop Time					
Bat Exit Speed					
Fitness					
DB Bench					
Lat Pulldown					
Squat					
Core- Plank					

Notes:

Improvement Plan:

Weight Lifting Program

In Season

1. All exercises must be tracked on tracking sheet
2. All exercises must be performed with correct technique
3. The first number listed is number of sets and the second number listed is the number of repetitions
4. The weight must increase for set number two and three
5. 30sec-1min rest between sets
6. Approximately 5 minute warm-up
7. Approximately 30 minute weight session
8. Approximately 10 minute stretching

In Season- 3 Day Program- 45min-1h

Day 1

Bike- 3-5min
 10x Body Squats
 10x Side to Side
 10x Lunge
 10x Rotations
 10x Pushups
 Small Weight Program

* No rest in between warm-up exercises

1. Squats- 3x10-8-6
2. Step Ups/Speed Step Ups- 3x10
3. Calf Raise/Shoulder Shrugs- 3x10
4. One Arm Row- 3x10-8-6
5. DB Bench Press- 3x10-8-6
6. Lat Pulldown/Decline Pushups 3x10
7. Bicep Curls 3x10
8. Tricep Extensions 3x10
9. AB Program
10. Stretch

Day2

Bike- 3-5min
 10x Body Squats
 10x 3 Way lunge
 10x Pushups
 10x Rotations
 Small Weight Program

1. Leg Press- 3x10-8-6
2. Lunge Burnout
3. Pullups/Pushups- 3x10
4. Incline Bench- 3x10
5. Reverse lat Pull 3x10
6. Shoulder Shrugs 3x10
7. DB One Arm Snatch 3x10
8. Medicine Ball Program
9. Stretch

Day 3

Bike- 3-5min
 10x body Squats
 10x Side to Side
 10x Lunge
 10x Rotations
 10x Pushups
 Shoulder Tubing

1. W. Deadlift 3x10-8-6
2. DB Swing 3x10
3. Box Jumps 3x10
4. Back Row 3x10
5. DB Bench press 3x10
6. DB Bicep Curls 3x10
7. Tricep Kickbacks 3x10
8. Ab. Program
9. Stretch

- For a change of pace and in season exercises, players may replace non-core exercises such as arm exercises. They may also add exercises based on past successful workout programs. All of the exercises must be cleared by Head Coach.
- **During an intense part of the in season schedule. Workouts may be performed 2x week.**

Off Season- Phase 1

4-6 Week Preparation Program

- Every exercise 1x30
 - 3x week
 - 20-30sec rest between sets
1. DB Swings
 2. Pushups
 3. 3 Way Lunge
 4. DB Reverse Row
 5. Squat Jumps
 6. Bicep Curls
 7. One Arm DB Snatch
 8. Tricep Pushups/Extensions
 9. V-Ups/Bicycle/Toe Touch/Russian Twist/Superman
 10. Stretch

Off Season- Phase 2

6-8 Week Intense Program

(Same rules above apply- adjust to context)

Day 1

Bike- 3-5min
10x Body Squats
10x Side to Side
10x Lunge
10x Rotations

* No rest in between warm-up exercises

1. Squats- 5x5

2. DB Deadlift 3x10

3. Calf Raise/
DB Swing 3x10

4. Shoulder Exercises

5. Medicine Ball Program 5. DB Bicep Curls 3x10

6. Stretch

Day2

Bike- 3-5min
Arm Circles
Rotations

1. Pullups/Pushups 3x10

2. DB Bench 5x5

3. One Arm Row 5x5

4. Reverse Grip Lat Pull/
Incline Bench 3x10-8-6

5. DB Bicep Curls 3x10

6. Tricep Extensions 3x10

7. AB Program

Day 3

Bike- 3-5min
10x Body Squats
10x Side to Side
10x Lunge
10x Rotations

1. W. Deadlift 5x5

2. Step Ups 3x10

3. Ice Skaters 3x10

4. Shoulder Exercises

5. Shoulder Shrugs 3x10

6. AB program

Day 4

Bike 3-5
Arm Circles
Rotations

1. DB Bench 5x5

2. Row 5x5

3. Reverse Pec./
Pushups 3x10

4. Bicep 7's

5. Tri Rope 3x10

Medicine Ball Program

1. Full Sit-up Toss

Player 1 will stand lightly on player 2 feet. Player one will toss the ball slightly over the head of player 2. Player 2 will perform a sit-up and on his way up he will toss the ball to player 1.

2. Full Sit-up Russian Twist

Similar as exercise one, however, player one will toss the ball to player 2 chest. Player 2 will quickly turn and touch the ground gently with the ball on the right and left side and toss back to player one.

3. Side Rotations

Player 2 will sit on the ground and have a side of his body facing player one. Player 1 will toss the ball in front of player 2 body. Player 2 will receive the ball and continue to turn to the opposite side of player 1, rotate back and toss back to player 1. Perform each side.

4. Flat Ground Rotations

Player 2 will place the medicine ball in between his two bent knees while lying on his back on the ground. Keeping his back on the ground he will rotate and touch the ground with the outside of each leg.

5. High Touches

Player 1 will stand over player 2. Player two will lie on his back on the ground. Player 2 will hold the medicine ball above his chest with straight arms. Player 1 will move his hand around over player 2 body and player 2 must reach and touch player 1 hands.

Ab Program Options

1. 200 Abs

Choose 4 Ab Exercises and perform each 50 repetitions.

Exercises Include: Toe Touch, Bicycle, Double Crunch, Leg Raise, Scissor, V-Up, Superman, Knee Ups, Russian Twists, Planks (50sec.)

2. Circuit

- 20x Leg Raise
- 20x Scissor
- 20 Bicycle
- 20x Russian Twist
- 20x Toe Touch
- 20x Superman- One Arm, One Leg (Opposites)

Round 2

- 30sec Side Plank (each side)
- 30sec Plank

Speed and Agility Program

1. Speed and Agility Exercises can be performed at team practices
2. 15 Minute Program 2x Weekly

Day 1

1. Box Drill: 2x Each Side
2. Shuffle Box: 2x Each Side
3. Sprints:
 - 10 Yards
 - Falls 2x
 - Superman 2x
 - Steals 2x
 - 30 Yards
 - Steals 2x

Day 2

1. Ladders: Finish with 10 Yard Sprint
 - Run Through 2x
 - Side to Side 2x
 - Crossover 2x
 - In and Outs 2x
2. Sprints:
 - 10 Yards
 - Steals 2x
 - 30 Yards
 - Steals 2x
 - 60 Yards
 - Steals 2x

Exercise Explanations

Box Drill- 4 Cone Box setup 5 yards between each cone. Sprint to first cone, shuffle to second cone, back pedal to third cone, shuffle to fourth cone, sprint back to first cone and around back to fourth cone

Shuffle Box- Shuffle on an angle from cone one to cone three, back pedal to cone four, shuffle from cone four to cone two, back pedal to cone one and sprint it out to cone two

Falls- Stand up tall. Lean as far forward as you can and then land on one foot and sprint. Good posture. 90 degree arms

Supermans- Lay on your stomach with hands and feet straight forward. Get up and explode forward.

Ladders

Runthrough- Two feet in each square

Side to Side- Start on the side of square one. Shuffle side to side in and out of the ladder

Crossovers- Start on the side of square one. Take your outside foot and crossover and place it in square one and then the opposite foot lands on the opposite side of the square.

In and Outs- Two feet in and two feet out

* New agility exercises will be replaced throughout the year

Baseball Training Program

1. Throwing Program: Position Players Throwing and Arm Care
2. Hitting: Fundamentals, Drills, and Expectations
3. Defense: Infield/Outfield Fundamentals, Drills, and Expectations
4. Pitching: Throwing Program, Arm Care, Fundamentals, Drills, and Expectations
5. Playbook: Team Approach

1. Position Players Throwing Program- Long Toss (Approx. 10min)

15 Yards- 10-15 Throws (Turn Drill Optional)

30 Yards- 10-15 Throws

45 yards- 10-15 Throws (Begin Shuffle)

60 Yards- 10-15 Throws

Long Toss- 10 Throws max. (Individual but MUST maintain good throwing mechanics)

Bring it In- 10 Throws

- Infielders finish with quick toss
- Catchers finish with foot work
- Pitchers Finish with Short Box (50ft. 15 Pitch Mix- Touch and Feel)

Shoulder Exercises- Small Weights (5lbs.)

1. Front Raise 10x
2. 45 Degree Raise 10x
3. Side Raise 10x
4. 90 Degree External Rotation 10x
5. Bent-over Laterals 10x

Shoulder Tubing

1. Low Internal Rotation 10x
2. Low External Rotation 10x
3. High Internal Rotation 10x
4. High External Rotation 10x
5. Low Row 10x
6. High Row 10x
7. Baseball Throwing Motion 10x

2. Hitting Fundamentals

Key Hitting Fundamental #1- Plate Setup

1. Strong Balance
2. Rhythm
3. Vision (Timing)

Strong Balance

- 1) Weight on the inside and on the balls of the feet.
- 2) Knees inside the feet throughout the swing. Slight bend at the waist and in the knees is recommended for strong balance.
- 3) Approximately 60-40 weight balance (50-50 is acceptable) for the stance and stride positions.
- 4) Head in the middle of the body in between knees.

Rhythm

- 1) Small movements with the body, either in between the feet, hands, or both.
- 2) Sync movements with the pitcher for good timing going into the load position
- 3) Keep hands relaxed and loose

Vision (Timing)

- 1) Soft Focus- Two eyes relaxed on the pitchers head



Key Hitting Fundamental #2- Load

- 1) Shift weight to the inside of the back leg, keep shoulders square
- 2) Knob of the bat loads back towards catcher for good bat angle
- 3) Shift weight behind head to maintain balance

Load 1- Stride: Simply step towards the pitcher and bring hands back towards catcher.

Load 2- Leg Kick: Pick the foot up higher and bring front knee back towards back knee. Maintain little head movement

Load 3- In Turn: Lift front foot heel to toe while turning in the front knee and hip. Slight turn, hip stays in line with the pitcher

Load 4- Toe Tap: Front foot steps back towards catcher and then strides forward



Key Hitting Fundamental #3- Stride

- 1) Land with strong balance, about 60-40% with head in the middle of body and in line with or behind belly button
- 2) Hips, shoulders, and feet should land square to maximum 45 degrees
- 3) Separation is when hands remain back when front foot lands into stride



Key Hitting Fundamental #4- Rotation

- 1) Transfer the momentum gained during the Load and Stride into and through the hitting zone.
- 2) Rotate back foot, knee, and hip to the ball, or, take your back thigh to the ball.
- 3) Back side closes front side just prior to contact
- 4) Stacked Position: Head, shoulder, hip, knee and to ground should line up at contact. Body stay behind the ball.

Key Hitting Fundamental #5- Bat Path

First Move- Hands work down and forward. Short and quick into the hitting zone

- 1) Knob to the inside of the ball, barrel will follow
- 2) Down and through the top half of the ball
- 3) Get into the hitting zone quick and stay through the plain of the pitch
- 4) Palm up and palm down at contact



Core Hitting Drills:

1. **Step In Drill**- Step in with back foot and ride to stride. Hold weight on back side. Stay on line and good direction to pitcher.
2. **Step Back Drill**- Step back with back foot, stride and swing
3. **Toe Tap Drill**- Step back with front foot and stride and swing
4. **Rhythm Drill**- Point end of bat to pitcher then bring it back. Don't stop hands
5. **High T**- Place T just under chest. Focuses on first move into zone
6. **Only Hands Drill**- Imagine feet in cement. Focus short into the zone and to contact. Keep head down in zone after contact
7. **High T Low T**- During load the coach will say hi or low. Hit the called ball. Focus on fastball (high T) and adjust to low T if called
8. **One Hand Drills**- Get backspin to the middle of the cage
9. **Grips**- **Cross Grip** for front side closed. **Split Grip** for top hand through ball
10. **Outside Screen**- Place screen on outside of plate, front toss inside. Focuses on inside pitch
11. **Outside T**- T with ball on outside corner, hit the ball if the tosser holds. Focus on keeping hands back during stride.

Hitting Approach

- 1) Hit in Positive Counts
 - If you lay 7 balls across home plate to cover the plate, our goal is to hit the middle 5 balls and the other 2 balls are pitchers pitches
- 2) Look Fastball and Adjust
 - If you look fastball and get a curveball you can adjust to the pitch, if you look off speed you cannot adjust to fastball
- 3) Think Middle and Trust
 - Trust your hands that you can get to the inside pitch

Back Burner- You can have a thought when you are not in the batters box based on information you have gained throughout the game such as he is consistently throwing 1-1 curveballs for strikes.

Front Burner- Once you step into the box its about seeing the ball and hitting the ball hard up the middle.

Two Strike Approach- Think opposite gap. This allows a hitter to see the ball a split second longer and adjust to an off speed pitch if necessary.

Hitters Count Approach- Look fastball in one of the nine hitting zones. Know your strength and be aggressive and disciplined.

Off Speed Hitting

1. Recognize Early
2. Recognize Up
3. Maintain Middle Approach

Adjustments

1. Pitchers Control- Adjust Aggressiveness
2. Pitch Count Patterns- Adjust Approach

Team Execution Expectations

1. Bunting- We are looking for one or two runs, advancing player to 3rd.
2. Hit and Run- Hard groundball anywhere.
3. Run and Hit- Hitter approaches pitch like a hitters count.
4. RBI Situation- Ready to hit fastball early in count to do the job. Stay within.

3. Team Defensive Fundamentals

- 1) Toughness
- 2) Repetition
- 3) Game Speed

Infield Expectations

1. **Positioning-** View catchers signals and adjust positioning. Adjust late.
2. **Communication-** Leadership positions must lead.
3. **Execution-** Consistent game-like practice. Trust your teammates. Want the Ball every play

Minimum Weekly Repetitions- 150 Total

- 75x Routine (Middle, Backhand, Forehand)
- 25x Double Play Turns
- 25x Double Play Pivots
- 25x Slow Rollers

Basic Drills

1. Short Hop Drills- Middle, Backhand, Forehand (Move feet to power position)
2. Knee Drill- Field groundballs on two knees
3. Short Distance DP's- Fungo from behind the pitchers mound
4. Count the Bounces- Work on getting good hops
5. Timed Groundballs- Add a stopwatch as much as possible

Outfield Expectations

1. **Positioning-** View infielders signals and adjust positioning. Adjust late.
2. **Communication-** CF leads
3. **Execution-** Consistent game-like practice. Trust your teammates. Want the ball every play

Minimum Weekly Repetitions- 75 Total

- 50x Fly balls
- 5x Throws to 2nd
- 10x Throws to 3rd
- 10x Throws Home

Basic Drills

1. Drop Drill- First Step Back. Add no glove to the drill.
2. Do or Die- Game speed play at plate. Under 7 sec.

Catcher Expectations

- 1. Communication**
- 2. Control the Game-** Pitch Calling, Tempo
- 3. Lead the Team**

* Communicate with Coaches in between innings

Weekly Repetitions- 75 Total

- 25x Blocking
- 25x Bare Hand Receiving
- 10x Throws to 2nd
- 10x Throws to 3rd
- 5x Catcher Fly balls

Basic Drills

1. Blocking Drills- Middle, Left, Right
2. Bare Hand Receiving
3. Throws to Bases
4. Fly balls
5. Communicate with Pitcher following bullpens or outings

4. Pitching Philosophy

Pitchers Expectations

1. Identify and Pitch to your Strengths
2. Field your Position (Bunt Defense, Cover Bases, etc.)
3. Control the Running Game
 - Ability to be 1.35 and Under to Home
 - Vary Looks and Holds
 - Pick Off Moves
4. Be in Shape (Arm and Body)
5. Develop Good Mechanics

Goals of the Pitching Delivery

1. Maximize Accuracy
2. Maximize Velocity
3. Maximize Deception

Key Pitching Fundamental #1- Rhythm

1. Good tempo and flow throughout the pitching motion
2. Consistent and repeatable delivery

Key Pitching Fundamental #2- Load

1. Shift Weight to Back Hip
2. Feel Weight on Inside of Back Leg



Key Pitching Fundamental #3- Direction

1. Stay in Between the width of the Mound
2. Drive Towards Home Plate



Key Pitching Fundamental #4- Separation

1. Front Arm and Throwing Arm Separate from Power Source (Back Leg)
2. Hands and Lifted Knee Drop and Separate Together



Key Pitching Fundamental#5- Finish

1. Release Ball out Front- Extension
2. Explode with Hips
3. Pull Top Half Down- Arm Finishes by Passing by Opposite Knee



Pitching Mentality

Throw EACH ball to a spot with PURPOSE and 100% CONVICTION

Pitching Approach

1. First Pitch Strike Baseball
2. Get the Hitter Out in 3 Pitches or Less
3. Good Tempo in Between Pitches

Getting the Hitter Out

Three ways to get the hitter to miss or miss hit the ball by manipulating the hitters timing:

1. Unexpected Velocity (Slow/Fast)
2. Unexpected Location (Four Quadrants)
3. Unexpected Movement (Deception)

Pitching Fitness

Post Game Flush- 10 Minute Bike or Jog, 10 Minute Jump Rope if Available

Monday- Off

Tuesday- 10 Poles- Jog, Run, Walk

Wednesday- 10x 70 Yard Striders- Walk Back

Thursday- Shuttles- 2x 300 Yard Shuttles- Rest 3min

Friday- 10x 30 Yard Light Striders

Saturday- Post Game Flush

Sunday- 20 Minute Jog

Arm Care

- Tubing- Everyday as a throwing warm-up
- Small Weights- 2x Weekly minimum following mound sessions

Core Program- Follow weight training routine. Can be done at the field.

Weekly Pitching Routine

- Pitching Routines can be Individualized (If you prefer to do another routine that has given you success, email Corey Lee to approve)
- Differ from Starter to Reliever Roles- Relievers can throw 30 Pitch bullpens
- Develop a Pre-Pitch Routine to Accomplish the Goal of each Pitch. Be committed to each pitch.

* In order to develop arm strength you must throw the baseball! 5 Days a week is minimal in season.

Option 1- 2x Bullpens Weekly

Monday- Off
Tuesday- Heavy Bullpen 40-60 Pitches
Wednesday- Throwing Program
Thursday- Light Bullpen 20-25 Pitches
Friday- Throwing Program- Light
Saturday- Game
Sunday- Off

* 5 Throwing Days are Necessary! Pitchers can begin 5-day program on Monday and have Friday off of throwing.

Option 2- 1x Bullpen Weekly

Monday- Off
Tuesday- Throwing Program
Wednesday- Heavy Bullpen 40-60 Pitches
Thursday- Throwing Program Light
Friday- Throwing Program
Saturday- Game
Sunday- Off

* 5 Throwing Days are Necessary for Building Arm Strength! Pitchers can begin 5-day program on Monday and have Friday off of throwing.

Bullpen Routines

Heavy Bullpen Routine- 40- 60 Pitches

Windup

- 8 Fastballs- 4 Away, 4 In (4 Seam and 2 Seam)
- 4 Changeups
- 1 Fastball
- 4 Breaking Balls
- 1 Fastball

Stretch

- 4-6 Fastballs
- 4 Changeups
- 1 Fastball
- 4 Breaking Balls
- 1 Fastball

Finish with Two Batters- Imagine a hitter and execute a pitch sequence.

Light Bullpen- 20-25 Pitches

Windup

- 6 Fastballs- 3 Away, 3 In (4 Seam and 2 Seam)
- 3 Changeups
- 1 Fastball
- 3 Breaking Balls
- 4 Fastballs

Finish with One Batter

Team Playbook

Warm-up

Phase 1- 15 Yard to 30 Yard- 10 Minutes

1. Knee to Chest- Jog Out
2. Hip Roll Out- Jog Out
3. Lunge with Twist- Jog Out
4. Quad Pull and Reach Down- Jog Out
5. Toe Touch- Jog Out
6. Lateral Shuffle- Jog Out
7. Shuffles and Switch Halfway
8. Karaoke and Switch Halfway
9. High Knees and Sprint Out
10. Butt Kicks and Backpedal Out

Phase 2- Dynamic Stretching- 5 Minutes (Catchers lead)

1. Arm Circles- Small, Medium, Large
2. Crossovers
3. Internal/External Rotations
4. Twists
5. Bent-over Twists
6. Leg Swings
7. Side Leg Swings
8. Lateral Lunge
9. Individual Stretching- 2 Minutes

Phase 3- Optional Agilities and Sprints

Throwing Program- 10 Minutes

Total- 25 Minutes

Infield/Outfield Routine- 8 Minutes

Keys to a Good Infield Outfield:

- Do not chase balls if you miss them
- Quality footwork and throwing mechanics
- Good energy but do not rush

Outfielders:

1x throw to 2nd base

2x throw to 3rd base

2x throw home

* Last throw the catcher will throw it around the infield

Infielders:

1x throw to home plate, catcher makes a tag

2x throws to 1st base, the 2nd round the catcher will throw back

*Last ball the catcher will field a bunt and infield throws it around

2x double plays, 2nd round catcher throws SS and 2nd base man cut and throw home

1x slow roller and off

* 1st baseman will throw home

1x catcher popup

Pre Game BP Routine

Plans Based on Hitting Group

Bunt Defense

3rd Baseman will relay signal

1. One Touch to Glove= Normal
2. Two Touches to Glove= Aggressive
3. Three Touches to Glove= Pick-off

1st and 3rd Situation

Catcher will relay signal

1. Throw to 2nd
2. SS or 2nd Cut Play (Read)
3. Throw to 3rd

Rundown Philosophy

1. Get Ball out of Glove and Up
2. Create a Throwing Lane
3. Get the Runner in a Sprint
4. Close the Gap

Offensive Signals

Key= Right Elbow

Wipe Off= Hat

Bunt= Right Wrist

Steal= Chin

Hit and Run= Chest

Run and Hit= Leg

Squeeze= Right Shoulder, Right Elbow, Right Wrist in Order