

FPA Program-wide CTR Training

Catch - Throw - Receive

Utilize this progression to create a consistent set of throwing mechanics for all athletes.

CATCH

POSTURE

- On balls of feet
- Slight hip hinge
- Equal/opposite
- Shoulders loose
- Square & ready



GLOVE

- Arm = soft bend
- Elbow relaxed
- Thumb @ 4'o clock = neutral.
- Head behind ball



THROW

PREP

- 4 Seam Grip
- Glove to target
- Equal/Opposite
- On balls of feet
- Firm Front side



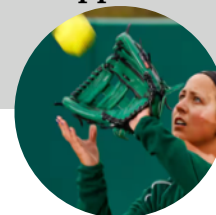
TRANSFER

- @ chest height
- Smooth/Quick
- Break = Palms down
- Open chest / Scap load.



TARGET

- Front side directional
- Active glove elbow = comes up then down
- Follow through to opposite hip



FOOTWORK

- Cover ground during transfer
- Transfer @ chest quick & precise
- Pro-step = Instep to target



RELEASE

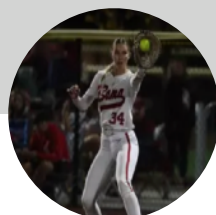
- Elbow to 90 deg
- Pro-Step w/feet
- Seq: Hip, chest, elbow, wrist
- Elbow at shoulder height
- Follow through



RECEIVE

BE ACTIVE

- Balanced, Relaxed, Ready
- Quick feet
- Narrow posture
- Ready to attack



TIMING

- Read ball in air
- Catch and step
- Attack ball with glove-side
- Stay rhythmic



**STAY
BALANCED
AND BE
PREPARED
FOR THE
NEXT PLAY**

1

1 - KNEE

- On-one knee
- Scap-load to break
- Scap-load to equal and opposite
- Scap-load to elephant throw

2

CEMENT FEET

- Active receive
- Face target
- Feet hip width
- Dominant side slightly in front
- Soft knees
- Rotate core
- Throw from break position

3

PRO-STEP

- Active receive
- Face target
- Instep of dominant foot cross in front to target.
- Target w/glove
- Long follow thru

4

360 Throws

- Receive 3 ways
 - Tag
 - Force
 - Dbl Play
- 3 different direction breaks
 - 90
 - 180
 - 270

5

LONG TO SHORT

- 5X Rainbows
- 3X On a line
- 10x dart throws with active feet



Add your favorite drills into practice to keep things fresh and exiting for the athletes

FPA Program-wide Baserunning Mechanics

Smart - Efficient - Aggressive

Utilize this progression to create a consistent set of base-running mechanics for all athletes.

IN THE BOX

- Explode thru first 3 strides
- Create a running lane
- Run it out! Every Time!

1B

- Time out strides
- No lunging
- Hit front of base
- Lean forward
- Break it down
- Take a peek
- Be aggressive

LEADS

- Height + a step
- Dive back - Right hand to back corner
- 45 deg hip angle
- Get a good read
- Passive @ 3

ROUNDING

- Efficient paths
- Lengthen strides
- Hit corner of base
- Lean in
- Pick up coach 1/2 way

SLIDING

- Go hard
- Get low early
- Read the play
- Avoid the fielder
- Obstruction: BR has right to vert. plane of leading edge of base

Cont. Walk

- Jog thru 1B
- Slow back - fair
- No second touch @1B - take 2B
- Keep momentum moving to 2B

EXTRAS

- Be aggressive
- Look for the extra base
- Running = pressure
- Pressure = opportunity

TEAMWORK

- Protect each other
- Create opportunity for each other
- Pick each other up
- Stay aggressive

@ THE PLATE

- Obstruction: BR has right to vert. plane of leading edge of base
- Score, turn, get bat, help the next runner

TAGGING

- Good reads
- Explode thru tag footwork
- Explode on 1st touch by fielder
- Draw a throw
- Take extra bases
- Slide hard

FPA Program-wide Hitting Mechanics

Ground Connection - Get on Plane - Work Through the Ball

Utilize this program-wide progression to create a consistent set of mechanics for all athletes.

GRIP

- Loose Grip
- Knocking knuckles aligned
- Relaxed wrists



STANCE

- Hip width apart
- Knees slightly bent/inside feet
- Grip ground w/ inside of foot
- Weight 50/50



LOAD/COIL

- Posture: back knee inside foot
- Hip hinge/load - internal rotation of front hip
- Weight 70/30



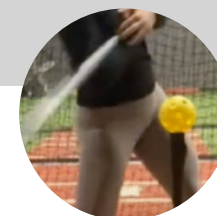
LAUNCH/ SEPARATION

- Stride forward to toe touch
- Hands stay over back foot
- Front side resistance



HIP FIRE

- Front side heel trigger
- Back glute fire
- Hips drive hands
- Barrel turns and snaps thru ball
- Torso Tilt



HANDS

- Get on plane early - stay thru
- Inside ball
- Elbow angle to barrel - power triangle



CONTACT

- Hands lead barrel
- Transfer power from core thru hands
- Strong front side



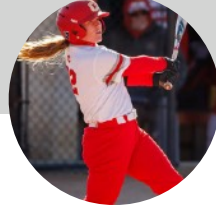
EXTENSION

- Hit through the ball vs rotation
- Palm up palm down
- Front elbow to height of mouth



FOLLOW THRU

- Relax though the back swing
- Dump a bucket of water up and over your front shoulder



**STAY
BALANCED
WITH GOOD
HEAD
CONTROL
THROUGH
THE SWING**

FPA Program-wide Bunting Mechanics

Ground Connection - Power Box - Through the Ball

Utilize this program-wide progression to create a consistent set of mechanics for all athletes.

GRIP

- Split grip or narrow grip
- Strong and relaxed
- Control the barrel

STANCE

- Rotate chest to 45 degree angle
- Barrel in front of the plate
- No reaching
- Stay contained

POSTURE

- Loose shoulders
- Bent elbows
- Balanced
- Head behind the barrel

ANGLES

- Bat tip angled toward infield
- Barrel slightly angled up
- Hinged in the hips

CONTACT

- Head behind the barrel
- Catch the ball with the bat
- Soft and strong hands
- Hands work together as one
- Angle ball down

1

TOP HAND

- Top hand ball catch
- Athlete squares into bunt stance
- Catch w/top hand
- Head behind hand

2

SWEET SPOT

- Hands grip the barrel
- Square to bunt
- Bunt off of dead spot
- Head behind barrel

3

KNEE

- On back knee
- Hip hinge
- Hands work together
- Work top of zone down

4

SAC/SNEAK

- Square early for sacrifice
- Square late for sneak
- Keep mechanics learned in previous progressions

5

SQUEEZE

- Must execute situation
- Normal stance
- Square to bunt
- Work on bunting balls

FPA Practice Calendar

Focus Points by Month

SEPT

- Team Building
- Basic Mechanics
- CTR
- Every Days
- Full team drills
- Positional drills
- Simple Plays
- Pre-game
- Tournament Prep
- Strength Training

OCT

- Team Bonding
- Application of basic mechanics
- CTR
- Every Days
- Positional Drills
- Plays
- Adjustments
- Priority Systems
- Strength Training

NOV

- Deep dive mechanics
- Individual player meetings after last competition
- Small groups?
- Individual/team Goal setting
- Mental Performance
- Strength Training

DEC

- Strength and agility drills
- Increase difficulty of basic mechanic drills
- Thinking the game
- Range Drills
- Mental Performance
- Strength Training

JAN

- Skills Clinics
- Practice scrimmages
- Training in the jungle
- Strength Training
- In depth mechanics
- Mental Performance

FEB

- Goal Assessment/adjustment
- Game-like drills
- Team/ind. Competitions
- Strategy in the box
- Mental Performance
- Strength Training

MAR

- Tournament /HS season preparation
- Pre-game routine
- Strategy in the box
- Defensive strategy
- Mental Performance
- Strength Training

APR

- HS - OFF/voluntary
- Private lessons
- 12U competition
- Adjustments
- Mental Performance
- Defensive strategy
- Strategy in the box
- Strength Training

MAY

- HS - OFF/voluntary
- Private lessons
- 12U competition
- Adjustments
- Strategy in the box
- Defensive strategy
- Mental Performance
- Strength Training

JUN

- HS - ON
- Review Plays
- Mechanics reset
- Adjustments
- Full team Situations
- Defensive strategy
- Mental Performance
- Strength Training

Post Game Talk - Coach's Pointers

Listen - Think - Respond

TONE & DELIVERY

- A lot can be conveyed by the WAY we say things and the EMOTION in our voice as we communicate our thoughts
- Non-judgmental tone
- Objective reflections
- Inclusive statements
- Redirect vs punish
- Motivate vs. tear down

RIGHT PLACE RIGHT TIME

- "It's not enough to be in the right place at the right time. You have to be the right person in the right place at the right time."
— T. Harv Eker
- Assess the situation
- Give appropriate/timely feedback

TRUTH + ACTION

- The sandwich method doesn't work - old news
- Be objective and honest and then give the athlete something to adjust
- Both coach and team should leave the conversation having a clear idea of what they need to do next
- Give them ownership

START WITH SELF

- Do a short self-reflection before sharing your thoughts with others
- What are my emotions?
- What do I want to say?
- How might my emotions affect my message?
- What are my biases?
- How can I see the bigger picture/be constructive?

BE AUTHENTIC

- Acknowledging and assessing our emotions in the moment is one of the most important aspects of effective communication
- Communicate how you are feeling to the team
- Name your emotions
- Model appropriate behavior at all times

BE SPECIFIC

- What type of feedback are you giving?
- **Appreciation:** specify effective action, acknowledge, recognize, motivate
- **Skill/Improvement:** Real-time performance/role assessments. hone skills and capabilities
- **Evaluation:** Objective & constructive redirection, Assess and rate performance as effective or non-effective - Do not use "good/bad" language

MAKE IT UNDERSTANDABLE

- Always make sure to tell athletes what type of feedback they are receiving before it is given
- Effective feedback is: specific, well-timed, authentic, understandable, and motivational

MAKE IT MOTIVATIONAL

- Don't just criticize and leave it there - follow up with how the team can make it happen next time with real examples of how they have already done it in the past
- Lay out the action plan for next time
- Remind them what they are capable of

Post Game Talk - Coach's Outline

Reflect - Listen - Respond

MAKE IT MOTIVATIONAL

● STEP 1: REFLECT

- **How did the game go? Zoom in.**
 - Did we clearly define our goals before the game?
 - Did we execute the plan?
- **What emotions am I feeling? Zoom out.**
 - Take a moment to release negative emotions
 - Take a moment to calm heightened emotions
- **How can I counter my biases? Balance.**
 - Your viewpoint is not the end all
 - Everyone owns a piece of the truth
- **What do I want to say? Distill.**

● STEP 2: PREPARE THE TEAM

- Set a precedent on your team that all feedback is nonjudgmental and that everyone should stay in a learning mindset during pre-and post game talks.
- Have everyone take a deep breath and pause for a moment before you begin. Allow time to think.

● STEP 3: OBSERVATION VS. JUDGEMENT

- The first few statements you make to the team should be observational in nature. Use nonjudgmental statements that accurately/factually describe the facts of what happened out there. Do not evaluate. Observe.
- Try to use phrases like: "This is what I'm seeing" or "From my point of view what happened out there was". This type of language allows coaches and players to express their observations of the team in competition

while still allowing space for other's viewpoint to be heard. It invites a conversation versus an ultimatum.

- **Flip the script:** Ask them what they observed. Be ready to assist them and redirect them if they are judging vs. observing. No finger pointing. AT ALL.
- Don't forget to listen. No interrupting. Be present.
- **STEP 4: COLLABORATE VS. EVALUATE**
 - Try to use the word "we" instead of you. As a coach, it's important we view ourselves as being a part of our team. In truth, if our team doesn't know how to complete a certain task, on some level as coaches, we are partially responsible. If our team isn't playing well, we are responsible to prompt a redirect. This is where self reflection and clear communication come in.
- **Truth + Action**
 - Remind the team of the goals set before the game. If you didn't clearly set goals before the game own up to it as one of the reasons why the team didn't perform well and promise to do better next time as their coach.
 - Invite action. "We've just shared our perception of what happened during the game. How can we adjust our execution so we can get closer to our goals next time?"
 - If your players are struggling with this model this behavior. Walk them thru it.
 - Be open. Be honest. Be vulnerable.
- **STEP 5: REVIEW THE ACTION PLAN**
 - Review what was said and agree to follow through.

Post Game Talk - Coach's Script Example

Reflect - Listen - Respond

● STEP 1: REFLECT

● How did the game go?

- Goal: clean defense, selective at the plate, limit walks on the mound.
- Execution: 5 errors, lots of walks by our batters w/good pitch selection, 2 walks by our pitchers.

● What emotions am I feeling?

- I am frustrated with the defense for not executing the things we worked on in practice. I am content with the performance at the plate and feel we need to work more on baserunning to capitalize on our good pitch selection, I am happy with the limited walks and know that we need to focus on working the zone as pitchers, not just throwing strikes, based on how many hard hit balls there were today.
- Take a deep breath. Then another.

● How can I counter my biases?

- What are my biases: A player that I have a strong connection with did very well today and it seems like they were the only one able to focus on defense. I need to make sure I do not praise them too much or compare them to others in a demeaning way to the team.
- Remember: everyone owns a piece of the truth

● STEP 2: PREPARE THE TEAM

- "Before we reflect on what happened in that game I want to remind the entire team that all feedback given

should be nonjudgmental and that everyone should work hard to stay in a learning mindset while we talk."

- "If everyone could take a deep breath and reflect for a minute that would be great. Then we will begin."

● STEP 3: OBSERVATION VS. JUDGEMENT

- "Here are my observations: _____"
- "At the plate we set a goal to _____. What I saw in terms of execution on defense was _____."
- **Flip the script:** "What do you think? How did you feel at the plate? Did we accomplish our team goals?"
- Don't forget to listen. **No interrupting.** Be present.

● STEP 4: COLLABORATE VS. EVALUATE

● Truth + Action

- "Ok so let's refocus on our goals. What were they?" Have the team say them out loud ____.
- "We've just shared our perception of what happened during the game. How can we adjust our execution next time so we can get closer to our goals/"
 - Let the team answer first. Don't offer your opinion until you hear from them.
 - Allow silence. Encourage participation.

● STEP 5: REVIEW THE ACTION PLAN

- "Ok, the conclusions we have come to as a team are that we need to follow through with our goal to focus on every pitch on defense, to use our physical resets to stay in a positive mindset, and to keep doing a good job with pitch selection. Take some time to reflect a bit more on your own and write some new goals down."