

Our Way! The River Falls Way! Wildcat Baseball!

Smart, aggressive, hard-nosed baseball!

Hitting: Get a good pitch, BE READY to hit! Short to contact, long through contact. Keep it simple.

Know your APPROACH

Stance, Rhythm/Load, Stride/Separation, Swing LOAD & EXPLODE

FB timing, react to off-speed pitches.

Tee work / Side toss flips / Front toss flips

Bunting and baserunning The Wildcat Way

Infield: Good glove positioning, good footwork, and never rush! Solid base, directional, good throws.

Stationary ball – approach and directional

Leg burners – do it right, everytime! Repetition = habit

Short hops – “play the ball”

Rapid fire - quick hands / exchange

Double play feeds and turns

3 ball drill – go get it!

Outfield: Fast/Slow/Fast – stay directional and on top of the ball!

Stationary ball – approach and directional

Leg burners - do it right, everytime! Repetition = habit

Crow hop drill – momentum and direction

Over shoulder – drop step and go

3 ball zig zag – go get it!

Communication / priority

Pitching: Directional balance and rhythm with sound mechanics.

Physical and mental preparation

Balance and separation

PFP's – comebackers and cover 1st

Holding runners and pick offs

Focused bullpens

Catching: Soft hands beat the ball to the spot. HUSTLE/ HARD WORK!

Receiving - to help pitcher AND ump.

Blocking - “around the ball” and kept in front

Footwork - gain ground

Exchanges - good grip and good base

Popups and bunts

The “Little” Things: make the BIGGEST difference.

Running EVERYTHING hard, ALWAYS keeping the defense on edge!

Always get an out when the opportunity presents itself

Willingness and eagerness to sacrifice self for team

Staying even keeled with a humble confidence in every situation

Knowing the situation at all times