

Wildcat Baseball



Coach Packet

Wildcat Baseball Daily Practice Misc.

- **Dynamic Warm-Up** together *as a team*.
- **Arm Band/Weight Can** routine *as a team*.
- **6 Baserunning Sprints** together *as a team*.
- **Warm up catch / long toss** together *as a team*.
 - warm up with a purpose, always giving a target to throw to
 - always moving the feet and catching with two hands, especially infielders
 - move from short, to long (8-10 air-outs), back to short (finish with rapid fire)
- **3 Man Relay/Cutoff** drill together *as a team*. (*Alternate with Daily's*)
 - 2 grounders (left/right) – hit cutoff
 - 1 grounder (middle) - throw through
 - 2 fly balls (left/right) - hit cutoff
 - 1 fly ball (middle) - throw through
- **Wildcat Daily's** (drill series) 10 minutes (*Alternate with 3-Man Drill*)
 - IF: no glove, glove, backhands, short hops, box drill
 - OF: crow hops (flies/grounders), over the shoulder, communication
 - C: receiving/framing, blocking, pop-ups/bunts, footwork/throws
 - P: form throwing/mechanics, comebackers, cover 1st, fielding buntsNote: Pitchers and Catchers should alternate their daily's with their other def. position.
- Try to keep **total practice time** no longer than 2 hours unless special needs.
 - 3:00 to 3:30 dynamic/arm bands/throw/daily's or 3-man (“our daily work”)
 - 3:30 to 4:30 daily specialized practice plan
 - 4:30 to 5:00 conditioning/field work/extra BP or fungos/etc.
- 2 days a week in **weight room** before or after practice. Can do in am or in PE class also.
 - there will be a chart up in the weight room to fill out which day they lifted
 - our in-season weight program will also be posted in the weight room
 - please monitor the sign-in chart to make sure this aspect of our program gets done
- **Pitchers** should throw live to a catcher 2 times a week between games and practices
 - have them throw shorter distance or at three-quarter speed if arm is not 100%
 - use pitchers for BP, it does help with developing accuracy
- **Team conditioning** should be done in a meaningful way, somehow related to base running if possible. Doesn't mean you can't use other means for conditioning at times.
- **Field maintenance:** nobody leaves until everything is done right, make a responsibility list
 - **pitchers:** rake, water, tamp, and cover mound with turf every day (bullpens also)
 - **catchers:** rake, water, tamp and cover plate area with turf every day
 - **infielders:** rake baselines, around your base, and any other rough spots in the infield
 - **outfielders:** pick up all equipment and garbage, sweep dugouts, and help as needed
 - tarp mound and plate area if rain is expected
 - make sure L-screens are laid down in cages and all gates are shut
- Each level has helmet bag (6-7 helmets), bat bag (6-7 bats), 1 full set catcher's gear, and
- Each level has 3 buckets of balls
 1. baseballs (for on field practices and games)
 2. whiffle balls (for BP on away games and various practice drills)
 3. yellow balls
 - half bucket hard dimple balls for cage BP and also for wet ground practices
 - half bucket lite-flite balls for tee/soft toss and other drill work

Wildcat Baseball Game-Day Misc.

- **Designate duties** within your team for who is responsible for equipment, water, ice, med kit.
- Each level has a bag of whiffle balls for **BP** on road games. Home games use cage for **BP**.
- Make sure everything is returned to **training room** neatly and **locker room** is picked up. - All coolers and water jugs must be emptied and tipped upside down to drain in training room
- Make sure all players are gone before coaches leave.

Game-Day Routine

- Dressed and ready on field 1 ½ hours before game time
- Sample pre-game schedule for a 4:30 start time:
 - 2:45 to 3:00 - Dressed and ready on field
 - 3:00 to 3:25 - Cage BP / tee work / soft toss
 - 3:25 to 3:50 - Team warm up (dynamic / arm bands / 6 sprints / throw / 3-man)
 - 3:50 to 4:00 - Regroup (drink / full uniform on / pre-game prep)
 - 4:00 to 4:12 - Pre-game (intensity / talk / snappy throws)
 - 4:12 to 4:25 - Watch opponents pre-game (study arms, etc.)
 - 4:25 to 4:30 - Team talk / game prep / National Anthem
 - 4:30 - Play Ball!!!
- Away games – adjust to the time, but try to have a similar warm-up routine as home games

Pre-Game Routine

- Double fungos
 1. All IF's come home / All OF's 2 lines - communication fly balls
 2. 3B to 1st / OF to 2nd base with SS/2B relays
 3. SS to 1st / 3B slow rollers back home / OF to 2nd base – throw through
 4. 2B to 1st / OF to 3rd base with SS relays
 5. SS/2B double plays to 1st / OF to 3rd base - throw through
 6. 3B to 2B double plays to 1st / Catcher throws to 2nd (SS) / OF's communication
 7. 1B to SS double plays (2B cover 1st) / Catcher throws to 3rd / OF's communication
- Outfield come home twice - regular and do-or-die (OF's bring it in, rally IF's)

“The Little Things”

- All players run on and off the field in between innings.
- All bench players jog down the foul line and back in between each inning.
- Everyone stands when we are at bat (with the exception of stats/charters).
- Everyone has a job on every play! If you're standing still, you're not doing your job!
- On deck batter should be taking an “at-bat” or tracking the pitches.
- Infielders backing up all “routine” throws:
 - catcher throws back to pitcher = 2B and SS pinch middle
 - 1B throws back to pitcher = 3B moves in and backs up pitcher
- **EVERYTHING..... EVERY TIME GAME SPEED!!!**

1st Base Coach Responsibilities

Batter running to 1st base

- Routine ground ball – encourage runner to run hard through the base
- Re-direct runner to second base – be vocal
- Clean single – make runner take aggressive turn and pick up the ball
- Ball hit in right field gap/corner – tell runner to pick up the 3rd base coach
- Ball hit in left field gap/corner – tell runner to pick up the ball

Runner on 1st base

- Bring the runner back down to earth, he is excited and pumped and needs to be re-focused
- Direct runners attention to 3rd base coach for signs
- Give number of outs
- “Moving on contact” - if 2 outs
- “Freeze on line drives” - if less than 2 outs
- “Break up double plays” - if less than 2 outs
- Check the outfielders positioning
- Don't let the 2nd baseman tag you
- Be vocal – get him back on pickoff attempts
- Give any information on pitchers move

Batting Practice Routine (try to keep game field BP meaningful and competitive!)

- ONE MINUTE BP DRILL – hitter gets 1 minute in the box
 - 2 bunts (1 “must sac” and 1 base hit bunt – drag/slash)
 - live swings - at good pitches only – for the remainder of the ONE MINUTE
- 3 OUT BP DRILL – hitter swings until they get 3 outs
 - start with a sac bunt, if they don't get it down in fair territory it's the first out
 - hitter stays in the box until they get 3 outs determined by the pitcher or coach

Note: Both of these drills are designed to keep players focused and limit the time needed for BP. Also to create a meaningful, competitive atmosphere in which players' success determines how many live BP swings they actually get.

Basic Bunting Technique

- Position up in the box
- Pivot feet toward pitcher
- Slide top hand up barrel – don't wrap fingers
- Bat head up, and at chest level – anything above let go unless suicide squeeze
- Bend knees to adjust to lower pitch height – don't drop bat head
- “Catch the ball”
- Get out of the box
- Make bunting a part of daily practice, **CONVINCE THEM IT IS IMPORTANT**
- Live bunting with game speed pitching and runners on base is a must

Drills: Baseline bunting drill and 3 – man pepper drill

Pickoffs (acknowledge each other with eye contact and tip of the hat)

1. Step off move - set up play
2. Jump picks - to 1st and 2nd base
3. Open glove - to any base
4. Timing play - to 2nd base or backdoor to 1st
5. Spin move - to 2nd base
6. Lefty move to 1st - Righty to 3rd

Base Running Conditioning (game situations whenever possible)

1. Swing – ground ball in the infield – dig it out – look – run through
 - Delayed steal – shuffle, shuffle, go
 - Secondary lead – score! (look when you round 3rd to see the ball – “what number”)
 2. Swing – double
 - Secondary lead – score! (look when you round 3rd to see the ball – “what number”)
 3. Swing – ground ball that you beat out and look for ball past 1B man
 - Secondary lead – 1st to 3rd on a hit (find ball if left side, watch 3B coach if right side)
 - Suicide home on pitchers break to home
 4. Swing – single – round it and back
 - Secondary lead – score from 1st (pick up 3B coach and look back after rounding 3rd)
 5. Steal Sprints – on pitchers move
 - 4 separate lines from 1st to 2nd
 - Break and give quick glance half way
 - Can do however many you want / or use number of errors during “21 Outs” drill
- **Base running sprints** can be incorporated into the middle of practice at anytime to keep players in game mode. A sample routine that takes about 2-3 minutes total and can be done one after another on their own:
 - ground ball, run through 1st
 - steal second (pick up throw 2/3 way)
 - score on a hit from second (look back after rounding third)
 - double, continue jogging to 3rd
 - score on a safety squeeze bunt (visualize the bunt lead, read, and go!)
 - inside the park home run

Wildcat Baseball Coaches Contact Info:

Varsity Coach – Ryan Bishop (high school 425-1830 ext.3102) Home 426-4791 Cell 307-1393

Junior Varsity Coach – Cory Klinge (middle school 425-1820) Home (651)487-3490 Cell (651)308-7322

Freshman Coach – Mike Birenbaum (high school 425-1830 ext. 2136) Home/Cell (763) 913-1145

Varsity Assistant Coach – Joe Paatalo (high school 425-1830 ext. 2129) Home/Cell 684-9918

Varsity Assistant Coach – Jim Day (high school 425-1830 ext. 1173) Home/Cell 828-3446

Junior Varsity Assistant Coach – Derk Hauser (715) 209-0112

Freshman Assistant Coach –

Wildcat Baseball Team Rules

Attendance Policy

1. All scheduled team functions, practices, and games are mandatory.
2. Be on the field, with all equipment on and ready to go, on time. By my definition, on time means 5 minutes early. You need to do what you need to do to be on time!
3. School attendance will be checked daily. By school policy, anyone home sick for any part of the school day is ineligible for practice or games that day. Doctor, dental, etc. appointments are excused with the proper form of note turned in to the office.
4. School and team attendance will be monitored daily. Any absence without letting a coach know *ahead of time* will be considered unexcused. Talk to a coach at school, leave a note in their mailbox in the office, or call and leave them a message. But you must let them know *ahead of time, no exceptions!* Don't let your teammates down!
Unexcused absences will result in the following consequences:
 - a. 1st unexcused absence = 1 game suspension
 - b. 2nd unexcused absence = 2 game suspension
 - c. 3rd unexcused absence = season over, 3 strikes and you're out!
5. Communication is the key. If you talk to a coach ahead of time about different situations that may arise, we will be a lot more understanding and willing to work things out.
6. Participating in any other form of organized practice or game play during the season is strictly prohibited and will result in suspension. Your teammates are depending on you to be there and be healthy for your current baseball season.
7. Attendance order of importance: 1. Family 2. School 3. Baseball

Practice Expectations

- 1. All players will walk or jog out to their respective practice field, on time!**
- 2. Players will have the appropriate practice apparel and equipment.**
- 3. Players may not wear cutoff sleeve shirts at any time inside or outside.**
- 4. Your RF Baseball hat will be worn forward at all times unless conditioning.**
- 5. Long sleeves will be worn to every outdoor practice until told otherwise. Be prepared and dress for the weather.**
- 6. Players may wear shorts for indoor practices but pants will be worn for all outdoor practices. Varsity and JV players will wear actual baseball pants.**
- 7. No jewelry whatsoever, period. My definition of jewelry is anything “extra” on any body part.**
- 8. Work 110% every day yes that is possible. That extra 10% is what separates the great from the good, and the good from the average.**

Pre-Game Expectations

- 1. All players will dress according to what the team decides as a whole. If the team decides to wear specific shirts or undershirts to school then everyone wears it.**
- 2. Your team hat will be worn to all games. No other hat is acceptable.**
- 3. Players will wear their team pants and an RF Baseball undershirt or pullover to all games. Be sure to pack your neatly folded jersey in your bag.**
- 4. Bus times are final. If you miss the bus it is considered an unexcused absence.**
- 5. All players will ride the team bus to any away game. Only extenuating circumstances will be considered.**
- 6. The final 15 minutes of the bus ride should be somewhat quiet and focused on the game to be played.**
- 7. Players should be already dressed with everything except jersey and spikes when getting off the bus.**
- 8. Put all equipment and bags neatly in the dugout. Jerseys on and tucked in before leaving the dugout for warming up.**

Game-Day Expectations

- 1. All ball players will dress like a ball player. That means wearing RF Baseball apparel during any game. Layering with your team pullover on the outside is a good tip for cold weather games.**
- 2. Players on the bench during the game should be attentively watching. If you're not keeping stats/charts you should be helping with equipment, etc. during games.**
- 3. Players on the bench will jog down to foul pole and back at the end of each full inning. It is important that you stay loose and are physically warmed up when called upon so you are not injured.**
- 4. All communication is to be positive in nature. The coaches are there for a reason and will constructively address items that need it.**
- 5. You are representing the River Falls High School and the River Falls Community as a whole. Do not do or say anything that will harm the reputation of this program, your teammates, or yourself. Be respectful to other teams, fans, and coaches even if they are not respectful to us.**

Game Conduct Expectations

- 1. Learn to control your emotions. Do not hang your head for making a mistake and do not over-celebrate when you do something good. Anger and frustration merely fuel the opposing team.**
- 2. Make the best of your role on any given game day. Whether it be doing charts, being a relief pitcher if needed, or courtesy running for the catcher, every person is important to the team's success. Pouting will not be tolerated and you will be asked to take your negativeness back to the bus.**
- 3. Do NOT question an umpires call, period! Your coach will take care of anything that he may feel needs an explanation.**
- 4. Cheer for our own players, but not against the opposing players. There is a big difference.**

Post-Game Expectations

- 1. Always shake hands with the opposing team and say good game. Nothing further is needed to be said regardless of anything that may have occurred during the game.**
- 2. Make a point to tell the umpires good game and if appropriate shake their hand as well. Catchers and pitchers should always shake the umpire's hand after the game.**
- 3. Home games: all field duties will be completed before anyone leaves the field.**
- 4. Away games: our dugout will be spotless with all equipment and garbage picked up. A travel duties list will give every player a job on every road trip.**
- 5. Your team hat will be worn after every game until you get back to the school.**

General Expectations

- 1. All players will be responsible for purchasing their own navy tube socks as part of their game uniform. They should simply be a solid navy.**
- 2. Players may wear their own navy/gold mock undershirt as part of their game uniform. It just must be a solid color that matches the jersey.**
- 3. Uniforms will be washed promptly after any game which they get dirty. Wearing a wrinkly, dirty uniform to a game is unacceptable. It also shortens the life of the uniform as they get permanent stains as well.**
- 4. Players will have either white, navy, or black spikes. No flashy gold or silver spikes that stand out and separate you from the team.**
- 5. Your RF Baseball hat will always be worn forward, on and off the field.**
- 6. All players will maintain an acceptable GPA that will be monitored throughout the season. Players will not be allowed to travel with the team if they are failing a class. You are students first, athletes second.**
- 7. Make smart decisions wherever you are. Do not do anything that will disgrace your teammates, this program, or your family.**
- 8. Give 110% every time you step onto the field or into the gym. Playing time is not based completely on talent. Work hard and you WILL see the benefits.**

2009 Wildcat Varsity Baseball

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Site</u>	<u>Bus Time</u>
Fri	April 3	4:00	St. Thomas (scrimmage)	Home	
Tue	April 7	5:00	Baldwin-Woodville	Home	
Fri	April 10	11:00	Lakeland	Metrodome	9:00
Tue	April 14	4:30	Spooner	Home	
Thur	April 16	4:30	Somerset	Home	
Sat	April 18	12:00	Baraboo (DH)	Away	7:00
Tue	April 21	4:30	St. Paul Johnson	Away	2:30
Thur	April 23	4:30	Chippewa Falls	Away	2:00
Mon	April 27	3:30	Hudson (DH)	Away	2:00
Thur	April 30	4:30	EC Memorial	Home	
Fri	May 1	4:30	Tartan, MN	Midway	2:30
Mon	May 4	4:00	Rice Lake (DH)	Home	
Thur	May 7	5:00	Durand	Away	3:00
Sat	May 9	11:00	RF Tri - New Richmond	Home	
Sat	May 9	3:00	RF Tri - Fridley, MN	Home	
Mon	May 11	5:00	EC North	Away	2:30
Tue	May 12	5:00	EC Memorial	Away	2:30
Thur	May 14	5:00	Chippewa Falls	Home	
Mon	May 18	4:00	Menomonie (DH)	Home	
Thur	May 21	4:30	St. Croix Falls (DH)	Away	2:00
Tue	May 26	5:00	Ellsworth	Home	
Thur	May 28	5:00	EC North	Home	

2009 Wildcat JV Baseball

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Site</u>	<u>Bus Time</u>
Fri	April 3	4:00	St. Thomas (scrimmage)	Home	
Tue	April 7	5:00	Baldwin-Woodville	Home	
Mon	April 13	4:30	Ellsworth	Away	3:00
Tue	April 14	4:30	Spooner	Home	
Sat	April 18	12:00	Baraboo (DH)	Away	7:00
Tue	April 21	4:30	St. Paul Johnson	Away	2:30
Thur	April 23	4:30	Chippewa Falls	Away	2:00
Mon	April 27	3:30	Hudson (DH)	Away	2:00
Thur	April 30	4:30	EC Memorial	Home	
Sat	May 2	10:00	Forest Lake, MN	Away	8:00
Sat	May 2	1:00	St. Frances, MN	Away	
Mon	May 4	4:00	Rice Lake (DH)	Home	
Thur	May 7	4:00	Ellsworth (DH)	Home	
Sat	May 9	11:00	RF Tri - New Richmond	Home	
Sat	May 9	3:00	RF Tri - Fridley, MN	Home	
Mon	May 11	5:00	EC North	Away	2:30
Tue	May 12	5:00	EC Memorial	Away	2:30
Thur	May 14	5:00	Chippewa Falls	Home	
Mon	May 18	4:00	Menomonie (DH)	Home	
Thur	May 21	4:30	St. Croix Falls (DH)	Away	2:00
Thur	May 28	5:00	EC North	Home	

2009 Wildcat Freshman Baseball

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Site</u>	<u>Bus Time</u>
Mon	April 13	4:30	Ellsworth	Away	3:00
Thur	April 16	4:30	Somerset	Home	
Tue	April 21	4:30	St. Paul Johnson	Away	2:30
Thur	April 23	4:30	Chippewa Falls	Home	
Mon	April 27	3:30	Hudson (DH)	Home	
Thur	April 30	4:30	EC Memorial	Away	2:30
Mon	May 4	4:00	Rice Lake (DH)	Away	1:00
Thur	May 7	5:00	Durand	Away	3:00
Mon	May 11	5:00	EC North	Home	
Tue	May 12	5:00	EC Memorial	Home	
Thur	May 14	5:00	Chippewa Falls	Away	2:45
Mon	May 18	4:00	Menomonie (DH)	Away	2:15
Thur	May 21	4:30	St. Croix Central (DH)	Home	
Tue	May 26	5:00	Ellsworth	Home	
Thur	May 28	5:00	EC North	Away	2:45