



NOVA ROYALS BASEBALL CLUB

Player Handbook

We are committed to our community, our program, and to one another
Est. 2013



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The NOVA Royals Baseball Club

Welcome to the NOVA Royals Baseball Club!

The NOVA Royals Baseball Club is a travel baseball organization that provides baseball training, skills development and game competition for Northern Virginia area youth ages 7-15. The Fairfax Royals Baseball Club was established in 2013 and transitioned to NOVA Athletics in 2019 and became the NOVA Royals. The Royals have teams from the 8U through 14U levels. The NOVA Royals Baseball Club is committed to the greater Northern Virginia baseball community. Our teams consist of players and coaches who are committed to our communities, our program and one another. Our players embrace our philosophy and enjoy growing in the "game of baseball" together.

Our mission

Is to develop the skills, discipline and strong character necessary for our players to reach the highest level of personal growth and how to play winning baseball while emphasizing a strong commitment to our community.

Our vision

Prepare young baseball players to be successful at the high school level while teaching valuable life skills who can contribute to a strong community.

We are excited about the upcoming fall 2019 season and look forward to having you on the NOVA Royals Baseball Club!

Sincerely,

A handwritten signature in black ink that reads "Greg Crawford". The signature is fluid and cursive.

Greg Crawford
General Manager, NOVA Royals Baseball Club



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The NOVA Royals Baseball Club

Coach Freeman's Expectations for Royals Players

1. Be a Team Player
 - **WIN THE DAY! Make each day a MASTERPIECE! Have the right Perspective.**
 - **"Synergy"** If you put personal achievement in front of the team achievements we will fail.
2. Care For Your Teammates and Coaches
 - Treat your teammates and Coaches as you want them to treat you.
 - Trust and Respect your teammates.
 - Understand the "Big Picture."
3. Give Maximum Effort
 - In the classroom.
 - At practice.
 - In Games.
4. Communicate
 - With Coaches and Teammates
 - "Open Door Policy" for all players.
5. Do Your Best in The Classroom
 - Remember the "Big Picture."

Always Be 5 MINUTES EARLY

Understand that the **Process dictates the Outcome!**

NOVA Royals Baseball Club Established in 2013

novaroyals.com

Dynamic Warm Up

Benefits of Dynamic Warm-ups

By using dynamic warm-up routines and exercises, players can be ready to take the field for specific baseball activities, such as throwing or batting.

A dynamic warm-up routine:

- ❖ Gradually prepares the muscles for baseball-specific movements
- ❖ Decreases the chance of injury while enhancing strength, flexibility, and power
- ❖ Increases motor unit recruitment and synchronization, whereas static stretching decreases motor unit function.

Dynamic Warm-up Principles:

- ❖ Warm-up to throw, not throw to warm up.
- ❖ Focus on the purpose of every warm-up exercise
- ❖ Keep your head over your hips
- ❖ Stay in the Universal Athletic Position on the balls of your feet
- ❖ Whenever possible, maximally dorsiflex (extend) your foot and toes upward
- ❖ Perform each exercise through a complete and full range-of-motion
- ❖ Perform each exercise over a distance of 10-15 yards
- ❖ Lateral movements should be performed to both the right and left.

Activity

Jog Out, Backpedal In	Tapioca
Knee Pulls	Air Squats
High Knees	Pushups
Butt Kicks	Arm Circles
Walking Lunges	Fast Feet
Hurdle Kicks	Start –Steals
Carioca	Fall-Starts

Progressive Throwing for Warm Up

After completing the Dynamic Warm Up, players will play catch and get their arms warmed up by a progressive throwing routine.

Grip & Throw & Catch (Coaches demonstrate proper technique for each throwing drills/exercises)

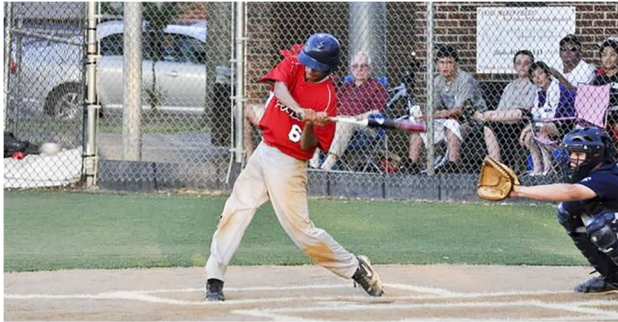
Players warm up along the right field line

- ❖ Players will sit on the ground, legs spread, drag their throwing hand with ball on the ground, reaching back (peace sign facing away), throwing softly to their partner, finishing their follow through by touching the ground with their throwing hand, hand should finish in the center between their legs
- ❖ Wrist flick short distance, glove under throwing elbow and flick ball to partner
- ❖ Play catch standing in athletic position from short distance
- ❖ Play catch standing/athletic position/ move to ball and using legs when throwing
- ❖ Lengthen to long toss (not throwing hard/crow hopping)
- ❖ Finish close together/athletic position/using legs when throwing

Pitchers Progressive Throwing Drills:

- ❖ Towel Drill
- ❖ Two Knees
- ❖ One Knee
- ❖ Cement Feet
- ❖ Step Behind
- ❖ Step Behind with Leg Lift
- ❖ Balanced Position
- ❖ Wind Up

Message from Cal about Hitting



The hardest thing to do in any sport is hit a baseball. Consistency and power are two measurements with which we determine great hitters, and the best professional batters have honed their swings to produce the most efficient path to the baseball. Yet, even with all of the advanced video technology we have today, most people speak about the swing with mysticism.

By creating hitters with more homeruns, higher batting averages, and fewer strikeouts, we will change the culture of how hitting is taught. These statistics are attainable for any player at any age as long as we tackle the problem at hand diligently.

The job is simple: ***match the plane of the pitch with the barrel of the bat for as long as possible with maximum force.***

We are committed to developing consistently powerful swings. Using the language of Ted Williams, Don Slaught, and Chuck Hoyle, it is our mission to take a scientific approach towards obtaining a Hall of Fame swing.

Cal Baxter, Professional Hitting Instructor

Fairfax High School Varsity Hitting Coach

<https://baxterbatting.com/>

Hitting Drills

Ted Williams about Practice and Goals

I don't think you can emphasize enough the importance of practice. When I say practice, I mean with a bat. In the spring that means hitting pepper, or down at the iron mike machine getting some extra licks, or just swinging a bat. As a kid I was always swinging a bat, an old Bill Terry model, pretending I was in the Polo Grounds, two outs, two strikes, two on, "Here's the pitch . . . pow!" another tremendous imaginary home run. Even as I got older, I'd have a bat handy all the time, a heavy bat to swing during the winter, something to fool around with under the coconut trees on the Florida Keys.

I know at my boy's baseball camp in Lakeville, I always got such a kick out of seeing a boy with talent, wanting to help him, wanting to be available to help him. I loved that. But if he didn't have the interest, if he wasn't willing to practice, to sacrifice, I didn't want to waste my time. I think that every player should have goals, goals to keep his interest up over the long haul, goals that are realistic and that reflect improvement. For me, if I couldn't hit 35 home runs, I was unhappy. If I couldn't drive in 100 runs, if I couldn't hit at least .330, I was unhappy. Goals keep you on your toes, make you bear down, and give you objectives at those times when you might otherwise be inclined to just go through the motions. You certainly cannot go through the motions and be a great hitter. Not even a good hitter. It's the most difficult thing to do in sport.



A man has to have goals – for a day, for a lifetime – and that was mine, to have people say, 'There goes Ted Williams, the greatest hitter who ever lived.'

- **Ted Williams**

The Swing:

Set up, Load, Stride, Swing, Follow through

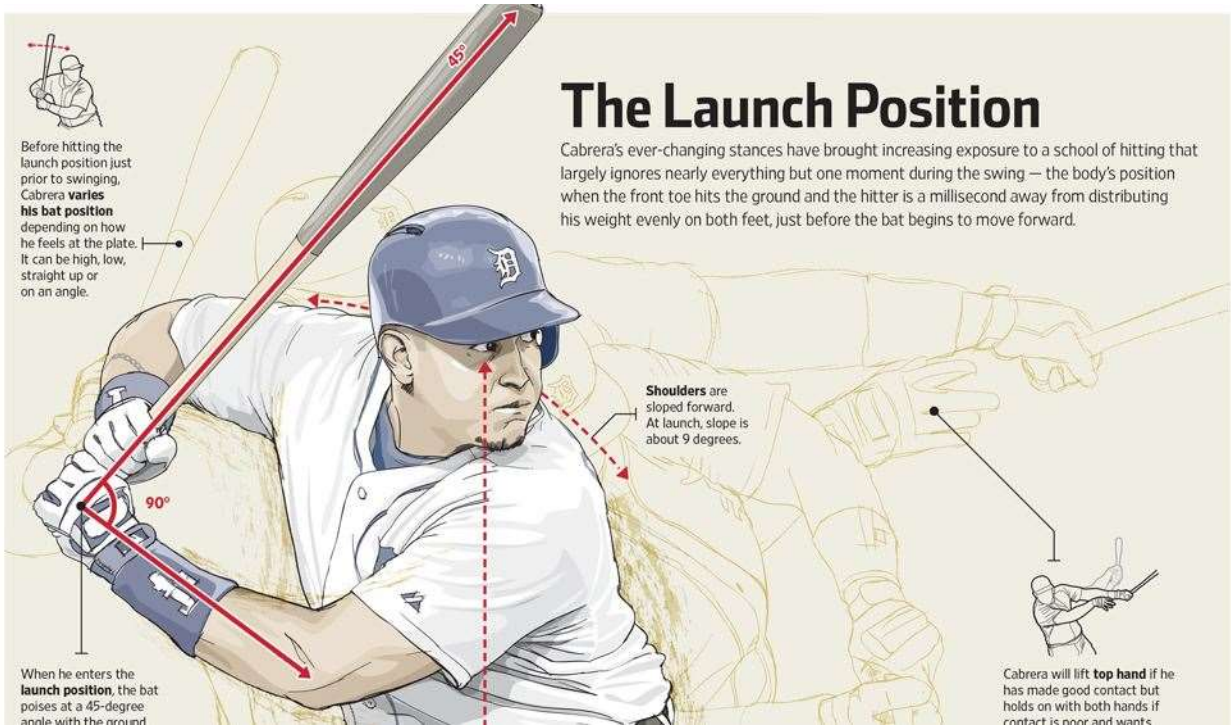


Set Up

Load

Stride - Swing - Follow through

1. Practice Hitting Positons 1-5 (See Resources for Video Link)
2. Tee work (Start swinging at 75% effort, gradually increasing, never max speed)
 - a. One-hand, opposite field, focusing on keeping your front shoulder in, setting the tee up on the outside part of the plate.
 - b. Two-hand, opposite field, focusing on keeping your front shoulder in, setting the tee up on the outside part of the plate.
 - c. Two-hand, up the middle, move the tee to the center of the plate.
 - i. Note: keep your hands on the chalk line of the batter's box as long as possible through contact
3. Heavy Bag Drill
 - a. Starting from the one or two position to contact, high pitch/low pitch
 - b. Load to contact with heavy bag, high pitch/low pitch
4. Frisbee Drill
 - a. From your starting point in your stance, load, swing with the Frisbee lid, release- keep bottom hand out front (piece of pizza in the oven), and finish the top hand while rotating the body
5. Wall Drill (See Resources for Video Link)
 - a. Start in two position, back foot against the wall, rotate body without hitting the wall

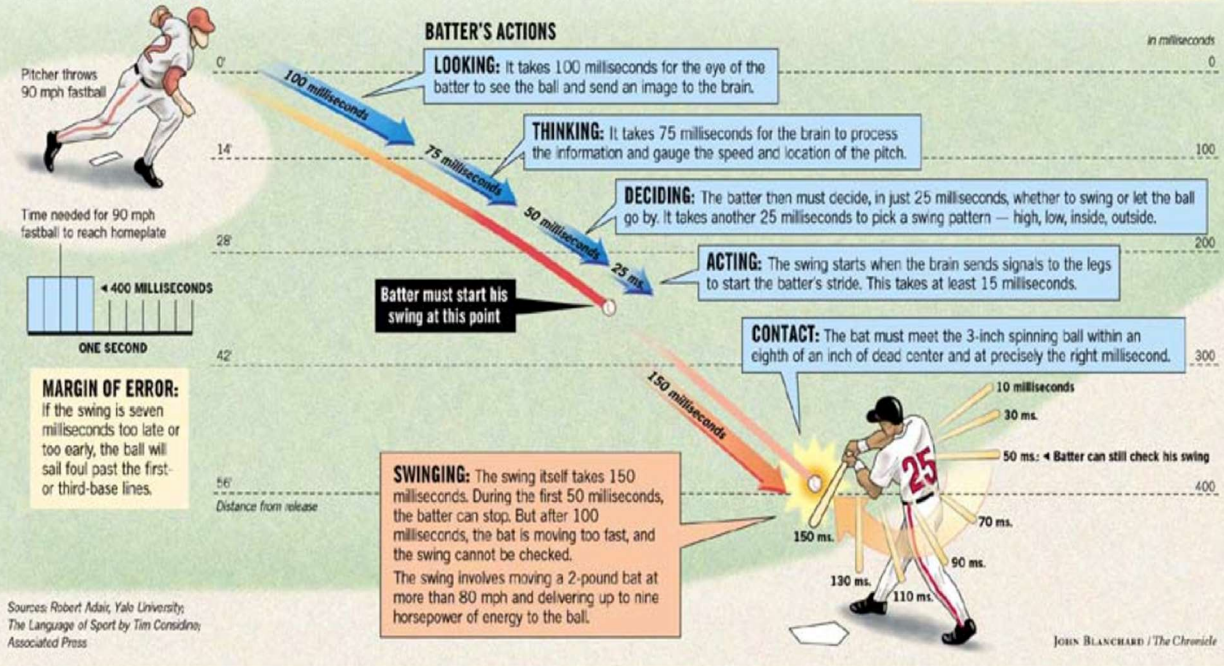
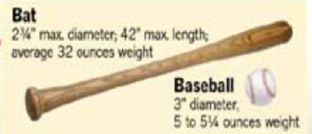


The Launch Position

Cabrera's ever-changing stances have brought increasing exposure to a school of hitting that largely ignores nearly everything but one moment during the swing — the body's position when the front toe hits the ground and the hitter is a millisecond away from distributing his weight evenly on both feet, just before the bat begins to move forward.

THE SCIENCE OF THE SWING

When a big league pitcher throws a 90 mph fastball, a batter has less than a quarter second to see the pitch, judge its speed and location, decide what to do, then start to swing. The bat must meet the ball within an eighth of an inch of dead center and at precisely the right millisecond as the 3-inch spinning sphere whizzes by. It is a superhuman feat that is "clearly impossible," said Robert Adair, a Yale physicist who has studied the science of baseball.





As long as I have fun playing, the stats will take care of themselves.

- Ken Griffey, Jr



There is nothing better than walking out and hitting a home run.

- Barry Bonds



When you got guys on base, you have to hit. I concentrate on getting that done.

- Miguel Cabrera

Pitching Drills

Max Scherzer on being prepared

"It's all the work that goes in between the start that allows you to be mentally tough during the start.

For me, when I'm on the mound, I know I'm fully prepared. I know I'll put in all the running and the lifting, all the work on the mound, to be at my best. That mentally gives me the edge of what I need to be able to go out there.

When your mind's right, you feel right."

- **Max Scherzer**



Throwing Progression

1. Sitting
2. Two Knees
3. One Knee
4. Cement Feet
5. Step Behind
6. Step Behind Leg Lift
7. Balanced Position
8. Wind Up

1. Towel Drill

You can do this drill on the field or at home in front of a mirror. Create a "T" by using something like painters tape. Get a small towel. Have the pitcher stand on the top part of the tee (pitching rubber): Rock, Pivot, Balance, Break. Rest of the tape is the power line. Pitcher should snap the towel as he is releasing the baseball (towel).

2. The Leverage Drill

- a. Get your baseball pitcher into his balance position, have the pitcher post on a slightly bent back leg and have him bring his knee to the height you'd like to see it during his pitching delivery. Measure the height by placing your hand palm-facing down.
- b. Next, without a baseball, have your baseball pitcher go through his pitching delivery (as a coach, you should stand to the side out, of your pitcher's way, but in a spot where you can easily put your hand out to the spot where you initially measured your pitcher's high-knee to be in the balance position).
- c. Have your pitcher go through his pitching delivery and have the top of his knee touch the bottom of your extended hand. This will force your pitcher to stay tall on the back leg. If he collapses, your pitcher won't be able to bring his front knee to the same height that you had previously measured when he was in the balance position.

3. Pause and Balance Drill

Have the pitcher go through the full wind up without a baseball. When he gets to the balanced position, the pitcher will stop, hold, turn his head and wait for the coach to hand him the baseball (3-5 seconds). Once the pitcher has received the ball from the coach from the balanced position, he will turn his head again and throw to his target emphasizing a good follow-through.



4. One Knee Drill



Purpose is to isolate the lower body to focus on developing proper arm action. Pitchers can pair up and kneel on their posting leg (right leg for right handers,

left for left handers). The pitcher with the ball will rotate his shoulder toward the throwing partner, bring his arm back with his hand on top of the baseball, using a good circular motion, and throw the ball. Make sure the pitcher bends his elbow and finishes throwing elbow past the opposite knee.

5. Bucket Drill



- a. The purpose of this drill is to encourage a correct follow through.
- b. Pitchers pair up and kneel on their posting leg (right knee for right-handers, left knee for left handers) while placing their kneeling foot on an upside-down 10 gallon bucket.

How to perform drill:

- a. Players get on one knee about 45 to 55 feet from each other, kneeling foot on upside-down 10-gallon bucket.
- b. The pitcher with the ball will rotate his shoulder toward his throwing partner, bring his arm back with his hand on top of the baseball, use a good circular arm motion, and throw the ball, and popping up and over the bent stride leg
- c. Make sure the pitcher bends his elbow and finishes throwing elbow past the opposite knee.

Fielding Drills

Derek Jeter on Defense

"Defense usually doesn't make many headlines, but it goes a long way towards winning baseball games. There are a number of ways to make an impact during the course of a game, and playing solid, sound defense is one of them."

- **Derek Jeter**



1. Drop Step Drill

- a. A ball is thrown by a partner or coach over one of the player's shoulders.
- b. The player drop steps (or hop steps) and tracks down the fly ball and makes the catch.
- c. Balls can be thrown over both shoulders to work on drop steps (or hop steps) to both sides.

2. High Five/Low Five Drill

- a. A partner/coach tosses a ball to the player. If the ball needs to be caught above the waist, a high-five glove position is used.
- b. If the ball needs to be caught below the waist, a low-five glove position is used.
- c. If at the waist, the player bends his knees and high-fives the ball. This can be done using the glove and normal baseballs or with a bare hand (glove hand only) using tennis balls.

3. Behind the Ball Drill

- a. A ball is thrown or hit into the air. The outfielder squares up a step or two behind the ball and moves forward to catch the ball using the proper footwork and timing on the catch.

4. Zig-Zag Drill

- a. This drill is similar to the Drop Step Drill.
- b. The player drop steps to one side. The partner/coach then tosses the ball to the other side.
- c. The player whips his head around (temporarily losing sight of the ball) and turns to go after the ball in the other direction.

5. Across the Middle Drill

- a. The player sets up about 20 feet left of the partner/coach.
- b. The player runs straight ahead about 15-20 yards and makes a sharp right turn and proceeds across the middle.
- c. The partner/coach throws a line-drive pass leading the player so he has to catch on the run.
- d. After a few reps, the player sets up on the other side of the partner/coach to receive throws while going across in the other direction.

6. Corner Drill

- a. If done in a gym, the outfielder(s) line up in the corner of one side of the gym.
- b. A coach (in the opposite corner in the other side of the gym) rolls a ball to the vacant corner on the players' side.
- c. The outfielder runs to cut the ball off. After getting to the ball the outfielder spins and throws to a cut off man in the far corner of the gym.
- d. Outfielders should do the drill in both directions.
- e. This play mimics a ball hit to the gaps or corners where the outfielder must cut the ball off and return it to the infield quickly.

7. Crow Hop Drill

- a. A player starts with the ball in his glove with his glove side foot forward.
- b. When set, the player crosses over with the other foot in a hop towards his target and proceeds through the proper outfielder throwing motion – big circle and over-the-top.
- c. The crow-hop with allow for a longer distance throw so the partner/wall can be a bit farther away.

8. Long Toss Relay Drill

- a. This uses multiple players in a continuous relay.
- b. All players line up in the far end of a gym.
- c. The first player in line crow hops and throws to a spot on the far wall.
- d. The ball rebounds off the wall and bounces towards the next player who charges, fields, and throws to the same spot on the wall using the proper footwork to and through the ball and proper throwing mechanics as well.
- e. The relay continues like that through all the players until time is up or when each player has gone a specified amount of times.

9. Find the Wall Drill

- a. This drill uses the outfield wall/fence or similar wall/fence found in foul territory.
- b. Outfielders get about 20-30 feet away from the wall/fence.
- c. A fly ball is thrown into the air near the wall/fence.
- d. Outfielder must get to the wall/fence and try make the catch while contending with the wall/fence in fair or foul territory.

10. Wall Ball

- a. The player stands about 4 yards away from the wall in a low crouched position with his hands apart. (The closer the player is to the wall, the more quickly he will have to react.)
- b. The player throws the ball against the wall and drops into fielding position.
- c. The player slides to the right or the left to get in front of the ball and catch it. He cradles the ball into his body as he catches it.
- d. If the ball goes to the right, the player must use a backhand catch. If the ball goes to his left, the player will use a forehand catch.

11. Charge the Ball Drill

- a. This play is not designed to field with two hands. This play is used when an accurate, quick and strong throw is needed to the plate.
- b. Charge the ball
- c. Field it to one side of your body and get directly into the crow hop throwing motion
- d. Scoop the ball with one hand
- e. The glove should be on the outside of the glove side foot.

12. Ozzie Smith Drill [See Video in Resources]

- a. Short hop drill, player starts on his knees and fields short hops thrown by a coach or teammate.
- b. After catching the ball, quickly fire back to the coach or teammate.
- c. Use different angles, backhand, glove hand, be on knee

13. Last Man Standing Drill

- a. Brings competition to the end of practice
- b. All players start at shortstop position (lefties go to first)
- c. Coach fungos the ball to short. If the player cleanly fields the ball, releases quickly to first, they stay in the game and go to the end of the line.
- d. If they boot a ball or make a bad throw, they go to the sideline and take a knee.
- e. Keep a quick pace.

14. Four Corner Drill

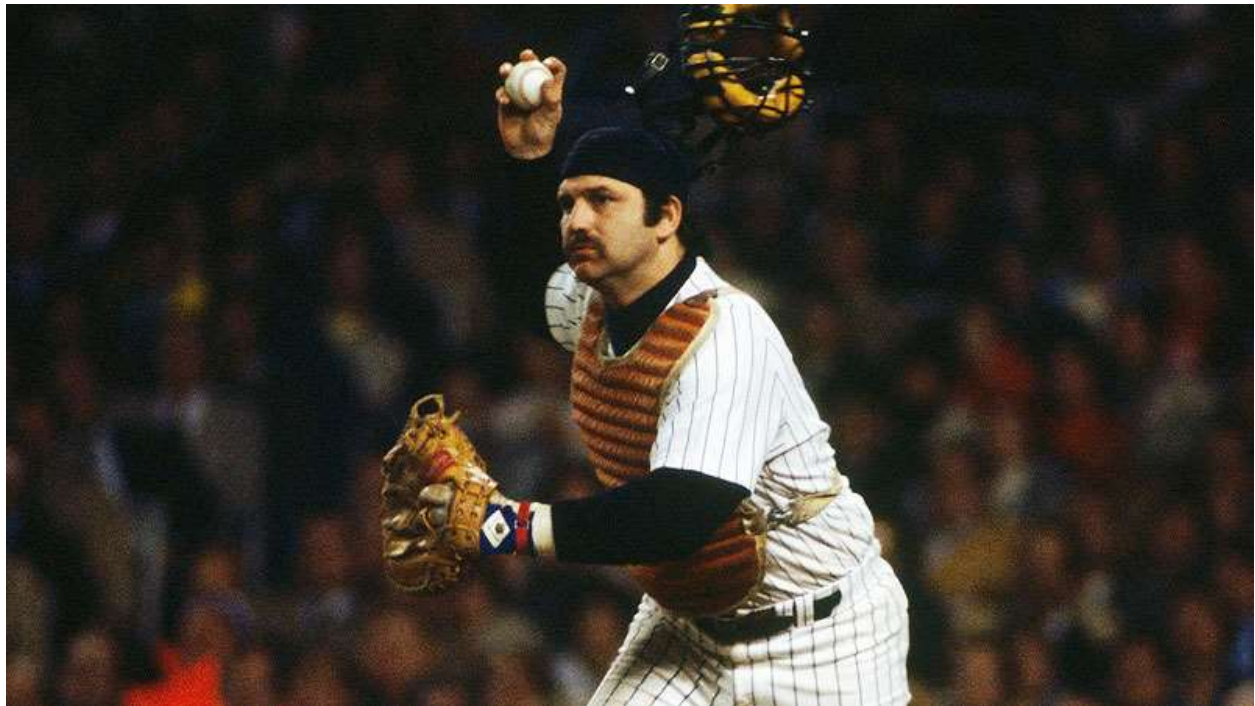
- a. 4 kids in a square, about 10 feet apart
- b. Practice flipping, tossing underhand, overhand as if you're turning a double play.
- c. Go both ways, start left (as if shortstop), then right (as if second basemen).

Baseball Catchers Practice Plan: The “Gold Glove” Workout

Thurman Munson on the importance of Catching

“I like hitting fourth and I like the good batting average. But what I do every day behind the plate is a lot more important because it touches so many more people and so many more aspects of the game.”

- **Thurman Munson**



Soft Hands Drill – Complete 15 reps

The Soft Hands Drill is excellent for building correct framing technique. The Framing pitch is something that all players have to be good at, because we have to do it on a regular basis. One way we can achieve this is to start with the bare hand. This will help you get the nice, soft hands so when the ball hits, it sticks.

Check out the video of this drill here: <http://www.baseball-tutorials.com/soft-hands-drill-catchers/3104/>

Framing Drill – Complete 15 reps

Framing is the art of making a pitch that is near the zone appear to be a strike when in fact it may not be. A catcher, who can frame well, can be extremely helpful to a pitcher working the corners of the plate. Framing correctly is a difficult task and one that should be practiced during bullpen sessions and in drills.

Check out the video of this drill here: <http://www.softball-spot.com/catchers-drill-framing/2715/>

Wrist Flicks Drill – Complete 25 reps

Wrist Flick drills isolate the forearm and wrist, and allow players to focus on their throwing knee and pointing the throwing side elbow to the partner at shoulder height and releasing the ball to a partner with a flip of the wrist.

Check out the video of this drill here: <http://www.softball-spot.com/throwing-progression-drill/2754/>

One Knee Throwing Drill – Complete 20 reps

This baseball throwing drill helps develop correct follow-through and improves accuracy by isolating the top half of the body to make sure release and follow-through are correct.

Check out the video of this drill here: <http://www.baseball-tutorials.com/baseball-throwing-drill-video/2219/>

Blocking Drill – Complete 15 reps

It is important to work on blocking technique on a daily basis to perfect these valuable skills. Incorrect technique will take pitches away from your pitcher and you are going to give up runs and you're going to allow baserunners to advance when they shouldn't have that option. The key in blocking pitches is DO NOT catch the ball. You want to focus on stopping the ball from getting by, by blocking the hole.

Check out the video of this drill here: <http://www.baseball-tutorials.com/blocking-pitches-catcher-drill/3062/>

Bunt Technique – Complete 15 reps

Bunting technique is not a difficult concept to teach. But what is difficult is making sure you keep on top of it. If your catcher makes a mistake in the game, you want to be sure you can get it corrected, so that when he goes after that ball, he can take charge of the situation, call loudly, take the appropriate steps, and make a good strong throw to first base.

Check out the video of this drill here: <http://www.baseball-tutorials.com/bunt-technique-drill-for-catchers/3113/>

Strengthening Exercises – Focus on Core Strength

“Don’t be upset by the results you didn’t get with the work you didn’t do.”

- **Anonymous**

Weekly Exercises: 3 x’s per week

3 Rounds, rest in between each round about 30 seconds

- Push-Ups
- Sit-Ups
- Air Squats
- Planks (30-60 seconds)
- Lunges
- Squat Jumps
- Wall Drills
- Air Squats
- Heavy Bag with Bat
- Kettle Bell Swings
- Med Ball Baseball Swings

Agility Drills:

<https://www.verywellfit.com/best-agility-drills-for-athletes-3120599>

Ladder Drills:

1. One Step
2. Side Step
3. 5 Hops + Run
4. Crossover
5. Side Straddle Hop
6. Carioca
7. In & Out
8. Centipede
9. Ickey Shuffle
10. River Dance
11. Back & Forth
12. Single Leg Shuffle
13. Double Trouble

<https://kingsportstraining.com/7694405-13-agility-ladder-drills-for-faster-footwork>

Cone Drills:

1. X-Drill
2. 123 Back
3. L-Drill
4. Pro Agility Shuttle
5. Run Shuffle Run
6. Cone Alley V1
7. Cone Alley V2
8. Cone Alley V3
9. Staggered Shuttle
10. Run Shuffle Shuffle Run

<https://kingsportstraining.com/8269753-10-best-speed-and-agility-cone-drills>

Summary of Peak: Secrets from the New Science of Expertise by Anders Ericsson and Robert Pool

This is about the ability to create, through the right sort of training and practice, abilities that they would not otherwise possess by taking advantage of the incredible adaptability of the human brain and body. And, in the broadest sense, this is about a fundamentally new way of thinking about human potential, one that suggests we have far more power than we ever realized to take control of our own lives.

Three types of practice: naive, purposeful, deliberate

According to Ericsson there are three types of practice: naive (generic, with mindless repetition), purposeful (well defined, with specific goals) and deliberate (pushes you out of your comfort zone and involves feedback and focus). The key to expertise is deliberate practice: "Deliberate practice is purposeful practice that knows where it is going and how to get there."

10,000-hour rule

10,000-hour rule was the original Ericsson's research on expert violinists, which was popularized by Malcolm Gladwell in his book *Outliers*. In short, if you practice for 10,000 hours (about 3 hours a day for 10 years), you will become a world leading expert.

"Purposeful practice is all about putting a bunch of baby steps together to reach a longer-term goal."

"So here we have purposeful practice in a nutshell: [Get outside your comfort zone](#) but do it in a focused way, with clear goals, a plan for reaching those goals, and a way to monitor your progress. Oh, and figure out a way to maintain your motivation."

"To effectively practice a skill without a teacher, it helps to keep in mind three Fs: Focus. Feedback. Fix it. Break the skill down into components that you can do repeatedly and analyze effectively, determine your weaknesses, and figure out ways to address them."

A woman went up to Gary Player, the golfer, after he'd just played a particularly difficult shot very successfully. "You were lucky there," she said. Gary Player looked at her thoughtfully and replied, "You know, it's a funny thing. I find that the more I practice, the luckier I get."

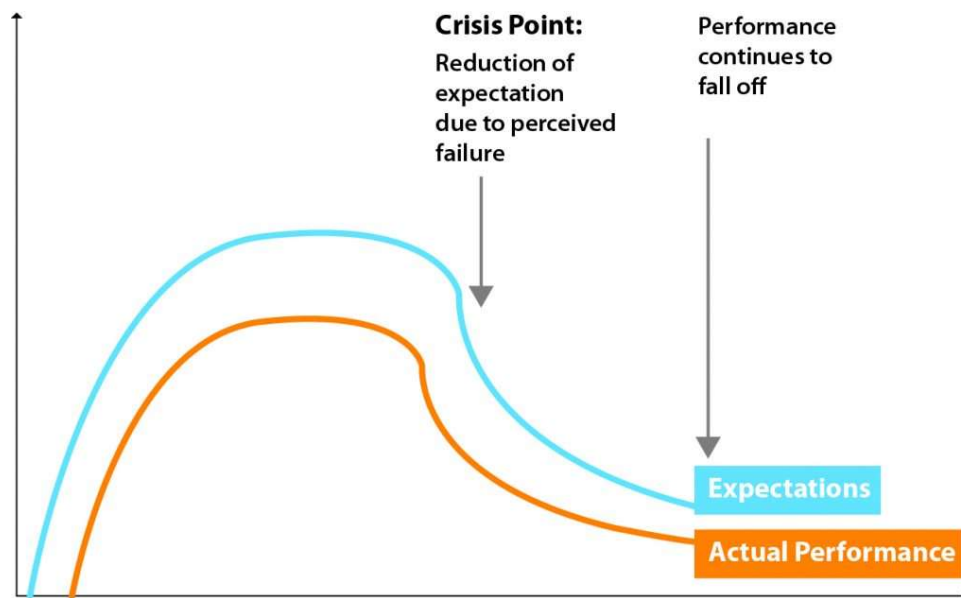


“If you never push yourself beyond your comfort zone, you will never improve.”

Raise your expectations – push yourself beyond your comfort zone

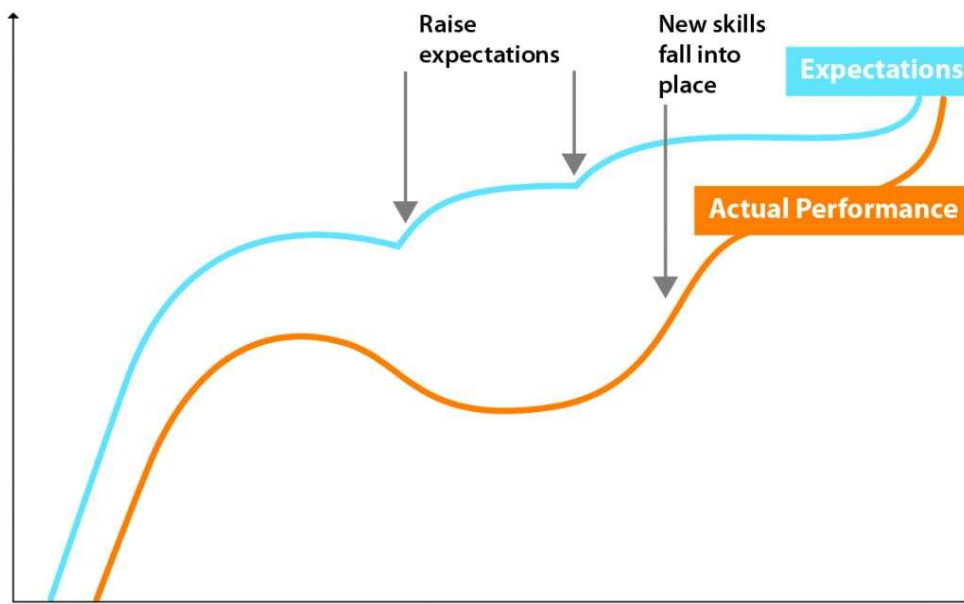
Actual performance almost always falls short of expectation. You rarely do quite as well as you think you’re going to. Initially, while you are gaining expertise and experience, this is not so obvious because you can see growth. However, as you gain in expertise, there usually comes a point when you ‘plateau’ – you don’t feel you’ve learnt everything there is to learn, but you don’t seem to be making progress (see graphs). Read more about [why pushing yourself beyond your comfort zone is essential for learning](#)

A common response at this ‘crisis point’ is to feel a sense of failure and to lower expectations.



Unfortunately, if you lower your expectations, then your actual performance is likely once again to fall short of the revised lower expectation, leading to fewer and fewer positive results.

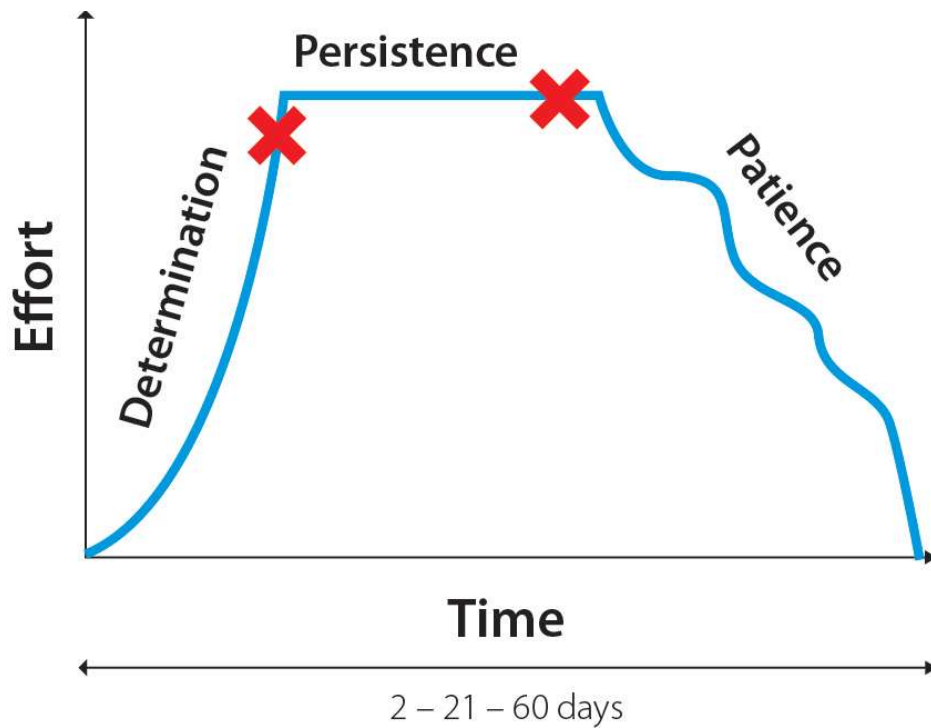
The way to break out of this vicious circle is to raise your expectations. Even if your performance doesn't match your expectation, you will still be improving.



Develop good habits

Initially, when you learn any new skill, it usually takes quite a lot of effort (see diagram). After that you don't need to put in more effort, but you do need to sustain the effort for a while. Then gradually you need to make less and less effort as your new skill becomes a habit.

By the way, if you combine raising your expectations with being satisfied when you achieve 80% of your purpose (see 80/20 rule, speed reading technique >5), you will continue both to improve your actual success rate, as well as feeling good about your progress – turning a vicious circle into a 'virtuous spiral'.



Ironically, people tend to give up just before things start getting easier – especially if they haven't seen this diagram. They think that if they have to keep putting in effort, then it isn't worth carrying on. Whereas all you need to do is keep putting the new skill into practice and maintain some initial determination, followed by persistence and patience, and at some point you will notice that this is something you can do effortlessly.

The Little Things

1. After a base on balls, hustle down to first...if the play is still live, you may be able to take 2nd base;
2. Being a good teammate and cheering them on while they are hitting or pitching;
3. Being enthusiastic- coaches love enthusiastic players, players that are happy to be at the ballpark, excited to cheer on teammates, and love to make great plays;
4. Being respectful to coaches and teammates, listening and saying "yes coach" when coaches are talking to you;
5. Communicating-yelling "I got it" if a pop up is hit to you, telling your teammate where to throw the ball, lining your teammate up on a cutoff play, etc.;
6. Everybody makes outs. Hall of Famers get out 7/10 times. If you make an out, hustle off the field and not let the frustration carry over to defense or spoil your next at bat;
7. Having focus, listening to your coaches, paying attention to the signs from the coach, knowing the score of the game, knowing how many outs there are, etc.;
8. Hustling out to your position at the start of the inning, and hustling into the dugout after the inning is over;
9. Staying within yourself, not trying to do too much;
10. Thinking about what you're going to do with the ball if its hit to you;
11. Being a good sport, win or lose, shake hands with the other team after the game;
12. Most importantly, you're a kid.... HAVE FUN!

"There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do – and I believe that."

– Derek Jeter

If You Think You Are Beaten

*If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but think you can't,
It's almost a cinch you won't.*

*If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will,
It's all in the state of mind.*

*If you think you're outcasted, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.*

*Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the man who thinks he can.*

- **Walter Wintle**

Resources

Fielding

1. **Ozzie Smith Infield Drill**
<https://www.youtube.com/watch?v=VRITzcl1iJl>
<https://www.youtube.com/watch?v=FGeAh8Pd2cc>
2. **Ripken Baseball Fielding Tip**
<https://www.youtube.com/watch?v=GfqSNwFVv1s>

Hitting

3. **Cal Baxter: Steps 1-5 Positions of Hitting**
<https://youtu.be/Sq6gkF72zsc>
4. **Wall Drill**
<https://youtu.be/32yxNIUxHmk>
5. **Freddie Freeman Tee Work**
<https://youtu.be/VBGjLcNTbLw>
6. **Finish Swing High**
<https://youtu.be/0DO9huzawQA>
7. **Baseball Tee Drills**
<https://youtu.be/vdKK15sWp5w>

Pitching

8. **Improve Baseball Pitching Mechanics with This ONE Drill**
https://youtu.be/Jx_KUp-8X9k
9. **The Towel Drill**
<https://youtu.be/SypTLJa7paM>

Reading

10. **Ted Williams: The Science of Hitting**
<http://herndonbaseball.com/2e5ca83d-a7fd-45d1-95f7-8735947a7429/Text/Documents/6033/59955.pdf>
11. **The 20 Best Baseball Books Ever**
<https://www.esquire.com/sports/g1557/best-baseball-books/>



We are committed to our community, our program, and to one another
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