



Jackets Championship Playbook

Optimism
Positive Energy
Servant Leadership
Process

W.I.N. What's Important Now



Jacket Baseball

Your belief in yourself, teammates and coaches will dictate how close we come to winning a championship.

Some of you are at the tail end of your journey as a baseball player and some of you are just beginning. Regardless of where you are on your journey, this year will be a great adventure. I can guarantee one thing; this year will be unique and have its own story to tell. All of us have the opportunity to make this our best year individually and as a team. This year is a blank slate. Everyone comes in with a fresh start. All of you will have an opportunity to expand your role through your daily habits. Your attitude and effort will dictate how your season goes individually and as a team. Your BELIEF in yourself, teammates, and coaches will dictate how close we come to winning a championship.

CHARACTER – WE not ME. Be where you're supposed to be, when you're supposed to be there. Every decision I make has a direct impact on my entire team/family. Be humble, be classy. Person – Student – Athlete

COMPETE –

OPTIMISM is built upon grit, resilience and a Growth Mindset. The power of YET. Your belief in yourself, teammates, and coaches will dictate our future outcomes. Believe in the process.

POSITIVE ENERGY – Physiology + Focus = Mental State. Positive Energy requires ACTION, it is PROACTIVE and Assertive. Motion creates Emotion. Be a faucet (energy giver) not a drain.

SERVANT LEADERSHIP – Be the first one to **DO WHAT'S RIGHT**. Clean up after yourself and our team. Leave it cleaner than you found it. **Be a FINISHER. Protect the FAMILY.**

PROCESS over Outcome – Be present in the moment. Have FUN by working hard and being a great teammate. Winning is something that builds mentally every day that you work toward your goal and every night that you dream.

HABITS – be great at the routine play. **Being great is being boring.** Embrace the boredom of REPETITION which is the process. **REPETITION is the mother of all SKILL.**

AWARENESS – social, physical, intellectual, and personal. Control the controllables.

ATTITUDE of GRATITUDE



Compete with Confidence

**Breathe A.I.R.
AWARENESS**

What can you control? Your ATTITUDE and Effort
Who do you control? You control you
“You won't have success, if you can't handle failure” Mike Trout

Growth Mindset = Resilient Mindset (the power of YET)
Get comfortable being uncomfortable – 10 +1

Trust the PROCESS – Breathe A.I.R.

Acknowledge

- Label feeling, self-awareness
- Negative Mind, Positive Mind (neutral), Flow (no mind)
- How fast can you change?

Interrupt – How fast can you change?

- Reframe your thoughts... Thoughts create feeling, feelings create behaviors
- **Physiology + Focus = Mental State** (mind)
- Control what you can control - Breathe, Posture
- Ask better questions, What are you grateful for? How do I create success? What makes me the dude?
- Is it logical... Neutral mind to eliminate emotional response

Replace

- Process oriented, **proactive**, positive self-talk (affirmation statements)
- Triggers - **Attitude is a Decision**
- **Motion creates emotion**

Negative Mind → Positive Mind → Flow

Negative mind

- Demeaning self-talk
- Focused on things out of your control
- Throwing things

Positive mind

- Positive/proactive self-talk
- Belief in self and team
- Find your release (scream therapy)

No mind (Flow, the Zone)

- Elite performance
- Present in the moment
- Playing game 1 pitch at a time

Self-Talk

Be Assertive
Firm tone of voice
Strong Body Language

Alter Ego → I CAN DO THIS

You must be able to get it done with your A game, your B game, and your C game.
Feeling “good” is overrated.



ACADEMIC EXCELLENCE

Our goal as a program is to GRADUATE every one of our STUDENT-athletes

Be Great STUDENTS!

- Attend EVERY class, be early and prepared
- Sit in front half of class
- Participate, comment, be engaged, and turn in all assignments in timely manner
- Team GPA goal is 3.0 +, do your part and be a great teammate

Class Schedule:

As a student-athlete, you are required to register for **15-18 credits** a semester. This will help with eligibility and getting you on track to graduate. You need a minimum of 120 credit hours to graduate, this is an average of 15 credits for 8 semesters.

Practice will be held during the week in the afternoons between 1:00-5:30 in the fall and 12:00-5:00 in the spring. When indoors, practice times will vary and may start as early as 12 noon. There will be some conflict with upper division courses. **If you have a problem with class scheduling, contact Coach Waddoups.**

***** Have your D2L email forwarded to your regular email account *****

Add/Drop:

Before you add or drop a class you need to clear it with Coach Waddoups and our compliance office first.

Study Hall:

All freshman, new student-athletes to MSUB, and members of our team with a MSUB cumulative GPA below 3.0 will be required to attend study hall for 4 hours a week. This includes both fall and spring semesters.

Study Hall will be completed in the Academic Support Center on Monday and Wednesday from 5:30 – 7:30pm.

Progress Reports/Grade Checks:

Academic progress and grade checks will be done with the coaching staff through D2L. If you need support, the best way is to be proactive and to act before “being caught” and needing help. Take pride in your education!

Weekly Goal Sheets:

Weekly goal sheets are provided through a google drive link. Each player must fill out and submit each Sunday at 5pm. Goal Sheet: <https://forms.gle/pf34VZ9yNodPJz89A>

Graduation Application

Applications for Spring 2025 graduation are due November 15, 2024.

<https://www.msubillings.edu/reg/graduation.htm>



NCAA Continuing Eligibility Requirements

To stay eligible for Yellowjacket Athletics you must:

- 1.) **Always be enrolled full-time** (12 credit minimum, 15 credits for anyone on an athletic scholarship).
 - If you are thinking of dropping a class – **you must talk with coach Wad first**, then notify the Compliance Office. Dropping below full-time at any point will render you ineligible for practice, competition, and your athletic scholarship!
 - Exception: If you are a graduating senior in your last semester of eligibility, please turn in a plan of study to the Compliance Office for part-time enrollment.
- 2.) Pass a minimum of 9 countable credits per semester.
- 3.) Pass a minimum of 24 countable credits per year (fall, spring & summer).
 - If you do not pass 24 credits during the year, you may take a maximum of 6 credits during the summer.
- 4.) Maintain an institutional GPA of 2.0 each semester (MSUB GPA ONLY).
- 5.) Maintain Good Academic Standing.
- 6.) Officially declare your degree by your JUNIOR year (this includes a minor if you choose).
- 7.) Take countable credits toward your declared degree during your Junior and Senior year.
- 8.) Be aware of D's! Most D's will not be accepted as credit toward your major. If that is the case, they cannot be counted for athletic eligibility purposes during your Junior and Senior year (some exceptions may apply).

Take pride in your education. At the end of the day, compliance, academic advisors, and coaches are here to help. It is your education, it is your life, it is your degree and career. Be where you are supposed to be when you are supposed to be there. You take charge of your education. **Complete and Graduate!**



GENERAL CONDUCT

We represent Montana State University Billings and our Yellowjacket baseball program with CLASS and RESPECT. **Do not do anything that will put our family or you individually at risk.** If you make a mistake, own it, report it, and learn from it. If you make a poor decision that may put the program or yourself in jeopardy, notify Coach Waddoups immediately. If we hear the news from some other source, it may be too late to help you. Report any situations that may involve you directly or indirectly. Always PROTECT the TEAM by reporting responsibly.

- If you are arrested and charged with a criminal violation, you will be automatically suspended pending a review of the charges by Coach Waddoups and Administration.
- If you are arrested and convicted of a felony, you will be removed from the team and forfeit any athletic scholarship, gear, and equipment.

Jackets Standards – Dress like a CHAMPION

- **Be on TIME**, be where you are supposed to be before you are supposed to be there
- **Team issued Jackets gear will be worn to all practices and workouts**
- Strength – Jackets team issued shorts, pants, and shirt. May wear prior years gear.
- Practice – Baseball pants, navy socks, navy belt, fall hat and team issued shirt
- Shirt **MUST** be tucked in when in baseball pants
- No earrings worn while representing MSUB Baseball at team workouts and practice
- Clean haircut, facial hair must have a **defined line** and be short enough that it looks **groomed and clean**
- Necklaces and chains **MUST** be tucked into shirts or not worn
- No tobacco, no profane, obscene, or vulgar language, no pornography (no nudity in movies)
- **CLEAN music at team workouts**
- Respect women. No means no. Always respect and protect women.
- Be **CLASSY** and **CONFIDENT** and treat everyone with RESPECT, even when they don't deserve it
- Seniors oversee leaving the facilities we use cleaner than we found it – **SERVANT LEADERSHIP**

Alcohol

If you are cited (Dorm Write Up, MIP, MIC, DUI) you will be suspended pending an investigation. Each situation will be evaluated and punished on a case-by-case incident.

Drugs and PEDs

If you are cited (Dorm Write Up, MIP, MIC, DUI) you will be suspended pending an investigation. Every student-athlete at MSUB is subject to **random drug testing** and can be asked to complete a **drug test at any time**. If you fail a drug test (which includes marijuana and/or caffeine) you will follow the MSUB athletic department guidelines which may include classes, community service, and other requirements to fulfill. This also applies to NCAA Drug testing that can be administered at random to our baseball team.

Tobacco

MSUB campus is a Tobacco free zone and we as a baseball program support that. No TOBACCO at the field, in the clubhouse, in class, or when you are representing the team. If at any time you have an incident on campus, cited or not, Coach Waddoups needs to be the first one to know. If we hear about the incident from an outside source the consequences will be worse. All consequences will follow the Montana State University Billings Student-Athlete Handbook. That you should review for your benefit.



Yellowjacket Baseball Agreement

1. I understand that being a member of the **JACKETS BASEBALL PROGRAM IS A PRIVILEGE**. I agree to be responsible and accountable to myself, teammates, coaches, the University, and the Billings community.
2. I agree to keep confidential the daily affairs of the team. If I talk with outside media, I will speak in a **POSITIVE MANNER** regarding any of my teammates and coaches. I will be responsible and make good decisions with social media. If I have any problems or concerns over the well being of the program, I will discuss them with Coach Waddoups.
3. I agree to **BE ON TIME** and present at all team functions. If an emergency or illness prevents me from fulfilling this obligation, I will personally contact Coach Waddoups ahead of time.
4. I agree to contact Coach Waddoups immediately if any problems arise that may put my future or the program in jeopardy. I agree to behave in a professional manner by representing my family, the community, the university, and the baseball program with **CLASS and DIGNITY**.
5. I agree to maintain a **professional, groomed, and clean** appearance based on the standards set by the coaching staff and players. This appearance will be followed on and off the field. I will take pride in the way I wear my baseball uniform and represent the program. I will hold myself and teammates accountable to the Jackets standards.
6. I agree to fulfill my academic obligation by **attending class daily and completing all work** necessary to achieve my bachelor's or master's degree. I understand the eligibility requirements and standards set by the NCAA and the Yellowjacket baseball program. I will complete my own work. I will be an active participant in class and attend study hall as required. I will be an outstanding student.
7. I agree to the rules and regulations set forth by the NCAA and Yellowjacket Athletic Department regarding chewing tobacco, alcohol, drugs, and performance enhancing drugs. As a member of the MSUB baseball program, I understand that I may be drug tested at any time during the school year.
8. I agree to use only what is mine or issued to me by the program. I will clean up after workouts and put everything away that I used. I will ask permission to use something that is not my own. I will look out for my teammates and the program. **I will not sell any gear or items given to me by the program**. I understand the penalty for stealing. I will repay the cost of any stolen item to the program. I understand that stealing may lead to dismissal from the program.
9. **I acknowledge that playing time and team travel are not guaranteed**. I will earn opportunities through my performance, attitude, behaviors, and effort. I agree to be a great teammate and to support the decisions of my coaches. I will support my teammates when it is their turn to shine. I will be prepared to be the NEXT MAN UP.
10. I understand the importance of **DOING MY JOB** to help the team win. I will accept the role assigned to me and will do everything in my power to make the team better.

Failure to comply with any of the TEAM AGREEMENT STANDARDS will result in disciplinary action. This action will depend on the individual violation and situation that took place at the time of the infraction. The result could be dismissal from the Yellowjacket Baseball Program.

PLAYER'S PRINTED NAME: _____

PLAYER'S SIGNATURE: _____ DATE: _____



Yellowjacket Fundraising

To give each player the opportunity to meet our programs fundraising expectations we have the following opportunities.

The Goal for returning players is \$600. Which will include Spikes/Turfs, Team Hoodie, Team Polo, Travel Suit for third year players and any new gear items the program has invested in. **The Goal for new players is \$750.** Which will include Spikes/Turfs, Team Hoodie, Team Polo, Team Jacket, Team Travel Suit, Team Backpack, and a Helmet for hitters.

All players must sell 20 Raffle Tickets in addition to meeting the fundraising goal.

Yellowjacket Championship Fund

Tax Deductible donations given to our Championship Fund will be collected throughout the fall. As a team, we will have a letter writing campaign via ETEAMSPONSORS, **each player will be required to supply 20 email addresses of potential donors.** This may include parents, family, business, and other known potential Jacket supporters.

Dugout Club Membership

\$350 Membership in the dugout club includes 4 season tickets to all home games, exclusive stadium Dugout Club blanket, and invitations to all Dugout Club socials and watch parties throughout the year. (There will not be a player pass list for games. Only members who join the Dugout Club or individuals/families that make a large donation/contribution to the program will be given tickets.)

Auction Items and Tickets

Individual student athletes who bring in auction items will receive 100% of the selling price in the auction towards their fundraising goals. Items that have auctioned well in the past are **trips or hotel experiences**, events and activities, sports memorabilia, and **large baskets** of goodies or items. You may also sponsor or **sell a table** for individuals or groups to attend the Annual Athletics Halloween Auction. \$760 VIP Table (8 guests), \$660 Table of 8, \$165 couples tickets

Raffle Tickets

Raffle Tickets, \$10 each, will be sold during fall semester and over the winter break. All tickets and money will be turned into the coaching staff by the start of spring semester. The winning raffle ticket will be drawn at the “Buzzies” awards in April. **Each player must sell 20 Raffle Tickets.** Every ticket sold after 20 will be counted towards your fundraising goal.

Weekend Game Sponsorship

\$900 for a weekend sponsorship of 4 Jacket home games. This includes announcements during, before, and after each contest about your business or family. Cost covers game balls and helps with umpire and field expenses.

Alumni Locker Sponsor

Find an alumnus or donate in your future honor or the honor of a former coach/student-athlete. \$500 per locker which includes the home plate plaque and action picture on a locker in the clubhouse.

Once you have REACHED YOUR GOAL you will receive your player packet of gear for the year

As a current member of the Montana State University Billings baseball team, I accept my fundraising responsibilities and understand my efforts contribute to the overall development of the baseball program. I understand that raising funds for the program does not guarantee playing time or travel roster opportunities. I also understand if I am released from the program for any reason, any funds I have helped raise for the program will stay in the program.

PLAYER’S PRINTED NAME: _____

PLAYER’S SIGNATURE: _____ DATE: _____



Jackets Agilities (Dynamic Warm-Up)

Arm Care – J-bands - Reverse throws - Mobility work - Foam Rolling (done on own or as a pitching staff after agilities)

Alligator Breathing – deep belly breathing 5 minutes, Breathe A.I.R., visualize success, meditation (on your own)

Jog – outfield fence and back

Arm Care (we warm up to play catch) – 5 each: Arms circles small to large, Scap Wall Slides, 90 degree OK pronation, hug palms down and squeeze the berry palms up, across chest swings, elbows on hips internal external rotation, up down opposite arms, hanging arm swings ok pronation, forearm stretches up and down, forearm prayer stretch up and down, shake it out

Team Agilities

- **Adductor and Abductor Walk** (45 feet each) – Going forward take knee outside up to 90 with hip and swing in front of body to step, walking backwards lift knee in front above hip and swing to side maintaining 90 before dropping to step <https://www.youtube.com/watch?v=JPa9bjpwwf0>
- **High Knees** (2xms 45 feet) – Tuck your elbows, eyes up, forward lean
- **Flying Shuffle** (2xms 45 feet, once each direction) – side shuffle and fly arms to create blood flow
- **Shuffle-Shuffle, Lean-Lean** (2xms 45 feet) – 2 side shuffles, lean to stretch groin side to side, keep toes turned in
- **Lunge Twist** (world's greatest stretch) (45 feet) – Lunge and reach with outside arm over front knee, outside arm on ground elbow to instep, lift arm toward knee and follow with eyes back to elbow to instep
<https://www.youtube.com/watch?v=-CiWQ2lvY34> https://www.youtube.com/shorts/Y_wVvxRfidU
- **Reverse lunge with reach** (45 feet) – maintain proper pelvic tilt, flex abdomen, reach both hands above head
- **High knee karaoke** (2xms 45 feet, once each direction) – Traditional Karaoke, lift back knee high for flexibility
- **Hip swivel (quick feet karaoke, Russell Wilson's)** (2xms 45 feet, once each direction) – Keep chest and shoulders square, separate hips from shoulders in rotation, foot work is short and quick like karaoke
- **Hamstring Walk** (45 feet) – Every third step, toe up with heel on the ground, hips go back and back stays straight, reach down to stretch hamstring, keep shoulders square
- **Quad Reach** (45 feet) – Quad stretch, opposite arm reaches to sky, extend to toe to active calf while stretching
- **Ankle - Knee Pull** (45 feet) – Pull ankle and knee to chest with internal rotation, extend onto toe, take step
- **Walking RDL stretch (Tabletop)** (45 feet) – Keep hips flat and fight against rotation, get chest parallel to ground and straighten post leg for stretch of hamstring. Feel hip hinge and maintain balance.
https://www.youtube.com/watch?time_continue=2&v=nX3rO6Fd7l&feature=emb_logo
- **Frankenstein Walk** (45 feet) – Straight leg walk to open hamstring, keep ups up and good posture
- **Shuffle-Shuffle Squat and inside pivot** (45 feet) – Two side shuffles, deep squat, rotate inside to face, repeat
- **Quick Skips** (2xms 45 feet)- Concentrate on high knee drive and arm swings
<https://www.youtube.com/watch?v=ic55qHEISDk>
- **Power Skips** (2xms 45 feet, once each direction) – Looking for height and distance at 45-degree angle, keep body square and maintain running form. https://www.youtube.com/watch?v=7U4lN_7CVs4
- **Side Skips** – Skip sideways keeping elbows tucked and inside the frame, no cross over

Sprint Work – Baserunning

- **Prime Times** - <https://www.youtube.com/shorts/hY2S45f0C18> <https://www.youtube.com/shorts/RiaBX0L4RQk>
- **Delay Steal** – 90 FEET - 3 big secondary shuffles with shoulders square and eyes level, complete
- **Sprint Work** – Focus on form and baseball base running techniques



Jackets Pitching Philosophy – Be an Athlete!

Priority of development: STRIKES, Change of Speeds, Movement, Velocity

3 Staples of Jackets Pitchers

1. **Fastball glove side DOWN** (this mechanic gets us in line and out front)
2. **Off speed for strike** spin in the bottom, between the black, at the knees
3. **1.3 and under**, control run game and field your position

If there is ever a question... Throw your fastball DOWN and AWAY

Balance → Timing → Direction

1. Balance

- Tall and Athletic: Maintain hip hinge by keeping **back heal grounded** as long as possible
- Stacked in front of hips, stacked ears over shoulders, shoulders over knees, knees over toes
- Tuck knee to back hip (counter rotate), down with leg before out
- Elbows must be opposite and equal at foot strike

2. Timing

- Separation of the front hip from the back shoulder, counter rotation to rotation
- Hands break as front knee goes down
- Maximum amount of separation occurs at foot strike, ball to corner infield base
- After foot strike the hips slow to a stop and the shoulders speed up
- Maintain good posture all the way through the pitching motion
- Chest and torso are perpendicular to home plate, **Take your spine to the glove**

3. Direction

- Finish in Line – eyes, head, and spine through the catcher
- Keep the glove stable
- Elbows stay in front of body, front elbow goes down to the hip
- Tall and Athletic: Maintain hip hinge by keeping **back heal grounded** as long as possible
- The front knee is bent at approximately 90 degrees
- The glove remains stable, shoulders are square to home plate

Touch turn balance → Down before out → Pull down → Release back foot up → Out front on top → In line

Change speeds & locations

- Have **command** of the strike zone with each pitch that you throw.
- You must have at least two pitches and preferably three. **You will learn a change-up.**
- **Work fast** (15 seconds or less between pitches) will keep our defense in the game
- You do not have a pitch unless you consistently throw that pitch for a strike at least 60% of the time
- Be able to pitch backwards, change up and off speed for strikes

Control the Running Game: You (the pitcher) are 100% responsible for holding runners

- 1.3 or faster to the plate - Vary pick-off patterns, vary release patterns, long hold and wrap
- KEY: Runner must be FROZEN (stop his feet) before delivering to the plate, long hold
- Wrap at 2B if runner is moving
- Runner at 3B less than 2 outs, stay in stretch to stop steal/squeeze

Be aggressive (out or on in three pitches). Aggressive behavior creates competitive situations.

- Most important time for a strike out is: runner on third base – less than two outs
- Your goal is to average 14 or less pitches per inning (98 in 7 – 126 in 9)



- 1 K per inning, less than 1 hit per inning
- 40% groundballs on ball in play
- Throw strike one, two out of first three in zone, win the evens
- Be completely committed to the pitch that is called or do not pitch. Throw every pitch with INTENT.
- Remember, you have the ball. You are on offense. The hitter reacts to what you throw. He is on defense.

Breathe A.I.R. Positive-Proactive Self Talk

Live “in the now”. Once a pitch is thrown it is in the past – no matter what happens. Get on the mound, refocus, and get ready to throw the next pitch.

- Control the controllable, umpires or errors do not change how you compete
- Be Mentally Tough and Resilient
- **Throw more often with less effort pain free**, learn to “play catch” and “pitch” when you are sore and fatigued

Strike Zone Command

- Good mechanics, balanced, on time, and in line with direction through the plate.
- Repeatable release point. Confidence through feel and repetition. (Proper **REPETITION is the MOTHER of all SKILL**)

Pitch Calls and Picks

Pitches

- 1 – Blow Away Fastball
- 2 – Curveball
- 3 – Fastball Inside
- 4 – Changeup
- 5 – Fastball Outside
- 6 – Slider/Cutter
- 7 – Specialty Pitch

Picks

Game Plans

36 pitches = 3 stretch, 3 windup

	<u>Right on Right</u>	<u>Right on Left</u>	<u>Left on Left</u>	<u>Left on Right</u>
Game 1:	5 – 3 – 1	5 – 6 – 1	5 – 3 – 1	5 – 6 – 1
Game 2:	2 – 5 – 1	2 – 5 – 1	2 – 5 – 1	2 – 5 – 1
Game 3:	4 – 3 – 2	4 – 5 – 2	4 – 3 – 2	4 – 5 – 2
Game 4:	2 – 5 – 6	2 – 5 – 6	2 – 5 – 6	2 – 5 – 6
Game 5:	K Pitches	K Pitches	K Pitches	K Pitches
Game 6:	Changeups/OS K	Changeups/OS K	Changeups/OS K	Changeups/OS K
	0-0 Any	1-0 CH/FB	2-0 FB/CH	3-0 FB/CH
	0-1 Any	1-1 3 or 4	2-1 CH/FB	3-1 CH/FB
	0-2 5 Freeze	1-2 3 or 6	2-2 5, 4 or 6/2 inside	3-2 5, 4, 3, 6/2 front hip



THROWING ROUTINE

“Play Catch with a Purpose”

Goal: Increase BODY AWARENESS, ACCURACY (COMMAND) and velocity – ability to CATCH and deflect the baseball

NO WASTED REPS! Pitching Staff

- 10FT – 20FT: **TEN TOES** – Upper half is rotational/bottom half is stationary. Front elbow down and inline.
- **30 – 55 FT: 3 PUMP TOUCHES – 5+ Reps**
- **30 – 55 FT: STRIDE RESET – 5+ Reps**
- **30 – 55 FT: KERSHAW – 5+ Reps**
- 50 - 60FT: **SHUFFLE SHUFFLE GO** – Bunt plays, DP turns, GB throws, on top out front, stay athletic.
- 65 - 75FT: **RHYTHM CATCH** – Stay loose and stay in rhythm. Get your heart rate up.
- 90 – 100FT: **WALK THROUGHHS** – Game like actions. DIRECTION. Follow your throw. Walk it out.
- 120FT: **SHORT LONG TOSS**: Be athletic, keep hips level, get on top out front
- 150+FT: **LONG TOSS**: Emphasize the lower half. Keep the arm loose. Increase trajectory of the release point.

LISTEN TO YOUR ARM

- 90 – 75FT: **FASTBALL/CHANGE UP COMMAND**: On top to keep movement below throwing partner waist
- 60FT: **FLAT GROUND CONTROL**: Sequence with partner, grip catch at knees in bottom, Strike Zone Command

NO WASTED REPS! Position Players

- 10FT – 20FT: **TEN TOES** – Upper half is rotational/bottom half is stationary. Front elbow down/inline catch/deflect.
- 20FT – 40FT: **POSITIVE MOVE EXCHANGE** – Throwing arm foot hits ground as ball hits glove, work on exchange.
- 40FT: **OPPOSITE FOOT THROWS** – Isolate hip/shoulder separation, elbows in front of body with short arm circle.
- 50 - 60FT: **SHUFFLE SHUFFLE GO** – Bunt plays, catch tag, DP turns, GB throws, on top out front, stay athletic.
- 65 - 75FT: **RHYTHM CATCH** – Stay loose and stay in rhythm. Get your heart rate up.
- 90 – 100FT: **WALK THROUGHHS** – Game like actions. Catch gb and follow throw. Walk it out. Catch and transfer/tag.
- 120FT: **RELAY ON THE FLY** – Visualize the relay and throw. Catch the relay and simulate a throw. Repeat.
- 150+FT: **LONG TOSS**: Emphasize the lower half. Keep the arm loose. Increase trajectory of the release point.

LISTEN TO YOUR ARM

- 150FT: **PULL DOWN HOP SELECTION**: Thrower works on long one hop throws. Partner receives and makes a tag.
- 90FT: **THROW THROW GROUND BALL**: Roll gb to partner, exchange return, partner rolls gb
- 60FT: **QUICK HANDS** – Face your partner. Right Trigger Transfer. Left Trigger Release. Smooth, Quick, Controlled.
- 40FT: **CLOCK WORK/SLOT MACHINE** – Work on different arm slots (3/4, sidearm, submarine)
- 40FT: **Athletic Catch** – Roll out to the left or right, throw at different arm angles, be creative and have fun.

Variations

- ▶ **Alter Pace, Alter Distance & Tasks, 1 or 2 Shuffles**
- ▶ **Target Competition, Single Leg or Arm Slot competitions, make it FUN, make it COMPETITIVE**

Everyday Skills for Position Players 3’s (5 minutes):

Catchers – receiving, catch to a tag, knee blocking

Infielders – knees: straight on, glove side, backhand – standing: straight on glove side, backhand

Outfielders – gb’s in throwing program, drop steps, drop step turns

Pitchers – flat ground, downhill, grip catch, picks

Flat Ground Work: practice routines and create HABITS (20 – 25 minute daily individuals)

1. Drills: progressions and sequencing (daily), **throw more often with less effort and pain free**
2. 70 to 90 feet fastball/change-up routines (daily) Change up below the waist of catch play partner
3. 55 to 60 foot flat groundwork (daily) or mound work, Perfect your craft
4. Mound work: twice a week – Short box: once or twice a week

Note: 60-75% of all work should be done in stretch. Time it on the mound at 60’6”, **1.3 and under**



Perfect Your Craft

Team Defense

Defensive approach: Make the ROUTINE play. **Play catch.** Stay away from big inning. Keep runners at 1B whenever possible. Give the other team what they earn and nothing else. To achieve this, we must limit the following:

1. Walks – freebies
2. Wild pitches, dropped pitches, and passed balls allowing runners to advance
3. Stolen bases. Be committed to controlling the running game.
4. Runners taking extra base in relay or cut-off situations
5. Throwing to the wrong base

Think one pitch ahead: **High Baseball IQ**

When the ball is hit everyone has a job. If you are not in the primary play you must find a place to back up. Do not get caught watching the play. No around the horn, get ball back to pitcher so he can keep tempo and pace. Make the offense uncomfortable with the pressure we put on them. Strike 1 in the bottom with movement!

Cut-off and Relays

Goal: Keep them at 1B. Allow base runners to get to the base they earned, nothing more. **DO NOT allow runners to take extra bases** – ONLY what they earn. General Rule: A ball hit directly to an OF will go to lead base, gaps and lines will go to 2B.

Absolute: **When 2nd baseman has no other responsibilities with a runner on 2nd, he will cover 1st base after a single for backdoor from relay guy.** Pitcher will cover 1st base when there is a single to right or right-center for OF throw behind opportunities. Right fielder may help cover 1st in some situations.

Communication (always said **3 times**):

- Communicate early what base to line up, relay man has head on swivel and lines himself up
- Redirection communication happens at apex of throw
- Nothing said means ball is not cut
- 1,1,1 or 2,2,2 or 3,3,3 or 4,4,4 (said 3 times) means ball is cut off and redirected to appropriate base
- Hold, Hold, Hold (said 3 times) cut and hold, look for next play or runners rounding bases
- Help, Help, Help (said 3 times) lost ball in sun or sky

Note: When the ball is at rest after hitting the outfield fence the outfielder should put his throwing side foot next to the ball while picking the ball up and throw to cutoff man **without taking a step – Get the ball airborne.**

Tandem Relay Positioning

- If the ball breaks the line of the OF and looks like an automatic double, we will create a tandem relay
- SS and 2B will create the tandem with back guy being approximately 10-15 feet behind lead man
- OF should throw to the lead man's head. If the ball short hops the front man he should let the ball go
- With a runner on 1B tandem should line up to 3B but be ready to realign to home **upon catcher's call**
- **Double down LF line** – SS stay in fair territory to maintain good angle to plate, 3B cover 3rd and reads errant throw, 2B is rover and is tandem guy, 1B will rove infield and line up to home, RF covers 2B



- Ball down the RF line 2B will be lead man and **1B will be trail to Home Plate**, SS rover, LF covers 2B
- 1B will trail runner to 2nd or rove the infield – read where the ball is going.
- Outfielders: Get to the infield, look for a place to back up on every play

Verbal Communication on fly balls:

Absolutes:

- **“Ball, Ball, Ball” “Take it, take it, take it” is the communication we will use** (said 3 times)
- Do not call for the ball until it reaches apex
- If you lose a ball in the sun, sky, or lights **“Help, Help, Help”** three times
- WARNING TRACK: Count 3, 2, 1 to edge of warning track – wall
- Use this communication only
- INF/OF: INF will go hard until the OF say “Ball, Ball, Ball”. IF the OF does not call for the ball he must get out of the way and say “take it, take it, take it”
- OF/OF: If ball is in gap CF will take the ball until the corner OF says “Ball, Ball, Ball”, CF will then say “take it, take it, take it”
- When INF is “camped” under the ball waive arms
- Pitcher’s will call for the ball until someone calls them off
- Catcher will call for the ball until someone calls them off
- Outfield goes low, via slide, with spikes away from INF
- INF goes up with spikes away from OF

CF has priority over all OF
 All OF’s have priority over INF
 SS over all other INF and P
 2B over 1B/C/P
 3B over P/C
 1B over P/C
 P over C

Defensive Positioning

Hand behind head – move back
 Hand in front of face – come in
 Arm to side – move that direction

RUNNER AT 3B less than two outs

1. Infield back, take out at 1B
2. Corners in, middle back to turn double play or take out at 1B
3. Halfway, know arm strength and speed of runner, ball at you be able to throw him out at home
4. Cut it off, all infielders in

*** Infielders look into coaches, can be as a group, by side, or individual ***

Infield and Outfield

Control the TEMPO at all times/Think one pitch or one play ahead

Absolutes: All outfielders will ONE-HOP the base they are throwing to or throw through the cut-off man. Cut-off man should position himself so a ball thrown to his chest will be one-hop to base. Generally deeper on infield. 1B must stay on OF side of the mound so ball will not hit the mound.

Infield will be taken at “GAME-LIKE PACE”.

Pop up communication after OF throws, 1B throw to 3B (2nd GB)



BUNT DEFENSE

Fundamentals:

- Allow the sacrifice if they execute the bunt. (Give them what they EARN - NO MORE)
- Take LEAD OUT if absolute
- On missed bunt look for back picks – INF's get to your base
- Always expect slash, push, or drag
- Pitcher set feet to LEAD BASE when fielding the ball

Runner on 1B

- Pitcher will throw strike, and bounce to 1B side
- 3B will cheat when batter shows bunt (start at least on grass)
- 1B will hold runner, read, and charge bunt if pitcher unable to field
- 2B will cheat toward 1B in order to cover while reading push bunt
- OF will back up a base

If the ball is bunted to the 3B or P the 1B will return to first base (if there is time)

If the ball is fielded by the 1B the 2B will cover first

If the 3B fields the bunt the **CATCHER** and Pitcher will replace and must cover third base

Lead runner on 2nd base: Runner on 2B or 1B and 2B

- Pitcher will stop runners' feet, then throw strike. Bounce off mound to 3B side, **ALWAYS think lead runner and then adjust**
- 1B will start 10 feet in front of the bag and charge when the batter shows bunt
- 3B will start even to read, he will charge only if he sees that the bunt is down the line and out of the pitcher's reach
- 2B will cheat (push read) towards first and cover 1B on a bunt. 2B action on the pitch should take him toward the plate and then to first base.
- **Catcher will make the call where to throw the ball**
- RF back up 1B, LF back up 3B, CF back up 2B or rotate as ball is thrown, think next play

Lead runner on 3rd base: Runner on 3B, 3B and 2B, or Bases Loaded

- Pitcher will pitch out of stretch with less than two outs
- Pitcher will stop runners' feet at 3B, throw a strike, bounce off mound to 1B side, **ALWAYS think lead runner and then adjust**
- 3B will charge when batter shows bunt and get in front of runner
- SS covers 3B on bunt, will read 2B/3B, moving toward home plate, and cover 3B for back pick or to catch runner late to home
- 2B will cheat (push read) towards first and cover 1B on a bunt. 2B action on the pitch should take him toward the plate and then to first base.
- 1B will crash and retreat as he reads bunt if there is time
- **Catcher will make the call where to throw the ball**
- LF back up 3B, CF covers 2B, RF back up 1B



1st and 3rd SITUATIONS

Fundamentals: Runner at 3B is PRIORITY. Desired outcome, **NO ONE SCORES**

- Pitchers always expect an early break by the runner at 1B
- If the opponent runs a delayed catcher stops runner at 3B, then reads play and plays catch
- On a ball in dirt catcher will long arm fake if quick, catcher may stop runner at 3B then play catch
- Left-handed pitchers on early break at first, step off and immediately find runner at 3B
- When the runner leaves early from 1B pitcher will **step off, chest towards** runner at 3B, read him with his eyes, **quickly make throw to MINF** covering 2B. If 3B runner is moving towards home, arm fake and go backside. Closest MINF will go directly to the bag, catch and **take two hard steps** toward 1B runner, set feet to throw to home or 3B, Pitcher will move to 1B line to back up in case of run down. 1B will be patient, let MINF start to run runner before closing gap. **Keep runner on ball side of middle infielder.** Pitcher may always fake and try and draw runners off bag.
- **Catcher peek at the 3rd baseman (runner) as throwing to 2B.** If third baseman raises both hands that is indication runner is off too far. If catcher sees runner's chest he holds throw and reads runner.
- If infielder can make a tag for an out at 2nd base take the out unless the runner going home is the winning run
- Catcher's ALWAYS check lead runner's feet, followed by trail runner's feet, prior to throwing to mound

1B and 3B - Signs given by catcher

Right Hip Indicator: next touch hot

1. Left wrist: Throw through to 2B, INF assigned covers, cut distance, and throw to 4 if runner breaks
2. Left elbow: Throw to SS, SS will cut distance directly to home
3. Left shoulder: Throw straight to 3B, 3B inside fair 4 feet to create throwing lane, catch to tag... If you see runners back do not throw, see chest throw
4. Face: Long arm fake to 2B, check runner at 3B

Defensive Rundown Fundamentals:

- Guy with ball makes runner commit, run hard → meaning sprint, make him turn his shoulders
- Get ball in throwing hand immediately
- Eyes on lead runner if multiple runners
- Arm fake only one time if in first half of base path
- Player receiving ball gets on same side of basepath as the man with the ball
- Player receiving the ball will get athletic, "close the gap" walking once runner commits and turns shoulders, and "show glove and say ball" when he is ready to receive the ball



Jackets Directional Hitting

QUALITY AT BATS

(Hit Strikes, Take Balls)

DO DAMAGE by IMPACTING the baseball

Ball in play wins

Get On Base

Hit a line drive, square it up

RBI

Move runner up, with no outs

Six or more pitches

Well placed bunt

Oppo Progression – Let the ball be your feedback

Oppo (POWER) BACKSIDE HOPS (decide late, connected to backside) create pure ball flight back side

Middle Line Drives (Impact the baseball, true backspin to the middle)

2K hard in play, 2-0 Gaps or Situations

GAMERS (PUSH, Slash, Hit and Run, Move 'em, RBI middle back, RBI INF in, Game winning DRAG)

THE SWING

1. Balance with a POSITIVE move Hands Back
-**Stacked and Square** - Centered
-Hip hinge, scap load, K to K
-Eyes to pitcher, knob to catcher
2. Close the GAP – Scissor Kick
-Hit with the backside – STAY INLINE
-30 counter rotation, 60-degree rotation
-Swing from the ground up
3. Inside, On Top, Connected with palm up
-**Backside connection** - barrel/shoulder elbow/hip
-IMPACT THE INNER THIRD
-Short to it, Top Palm Up, **ON PLANE** through it

THE APPROACH – Control the Zone

1. Early and Slow – **BREATHE A.I.R.**
-Body goes forward in hands back position
-K to K (Knob to catchers outside Knee)
-Control the body to create **BALANCE**
2. ON TIME HARD, HANDS BACK SOFT
-Stride to hit, Aggressive to do DAMAGE
-**Stay off the fringe**, Attack inside 1/3
-2K DECIDE LATE Keep it on the Plate
3. Quality At Bats
-Line drive approach
-Work through the middle
-WIN this pitch! COMPETE

LAUNCH ANGLE	HOME RUNS	BATTING AVG
"45-49"	7	0.043
"40-44"	89	0.073
"35-39"	398	0.152
"30-34"	1,035	0.277
"25-29"	1,718	0.424
"20-24"	1,294	0.529
"15-19"	237	0.610
"10-14"	3	0.763



Baserunning and Leads

Get a runner to 3b with less than 2 outs

Run hard with your eyes up, think 2+ bases on every hit, go 1st to 3rd

Our offensive philosophy is based on **hustle and intelligence**. Base running can be game changing and is often overlooked and taken lightly. We must be aggressive but aggressive within our limitations. We will be aggressive while also being the smartest base runners, make good decisions and do the little things correctly on the bases to take advantage of given opportunities. **RESPECT 90, be aggressive, be smart**

Fundamentals:

- Great base runners do 3 things: run hard, know where the baseball is, and see the defense
- Eyes on the baseball and run hard until controlled, stay engaged with the play until pitcher has the ball. **RUN HARD ALL THE TIME!**
- Always know how many outs and where the ball is before you take your primary lead
- Put pressure on your opponent by looking for opportunities to advance
- Always know where your run stands in order of importance. (Example: If you are the tying run at 2nd with no outs, late in the game do not take a chance going to third on ball in dirt. If we are leading by 6 or 7 runs, we make take more of a chance – **KNOW EVERY SITUATION**)
- You may hear us say “Hard off-Hard back”. This is how you should take your leads – do not get lazy or take anything for granted.
- See the defense, see the ball. Know the position and depth of all the OF and pre-set of INF.
- Ball on the infield, foot on the bag
- Line drive, hard step back and read baseball
- Look for a FREE 90. (Catcher lobs, INF leaves bag, no back up, etc.)

Runner at 3B:

1. **All down angle contact**
2. **Chopper read**
3. **Middle yes past the mound**
4. **See it through the infield**

Home to 1B:

- Run straight through the bag, forward lean touching front outside part of bag. Break down in fair territory staying on the infield, look to foul for overthrow and baseball, see the defense
- Look FOR A DOUBLE OUT OF THE BOX on every single you get. Go hard until you see a bobble, or you see the outfield control/secure the baseball.
- When going to 2nd or get an angle that allows you to touch the inside corner of the bag without breaking stride. Keep tight turns and circles.

Leads at 1B

- Find the ball and know the number of outs before any lead
- Left, Right, Left 9 feet, shuffle should add additional foot per shuffle, be exact.
- Leads... walking, 9-foot, 12 foot... 9-foot **MOMENTUM** hop to steal
- Balanced, hands inside frame and relaxed, eyes up, chin up, chest up
- Runner looks the same whether stealing or not unless doing bluff momentum



Secondary Shuffle:

- Keep shoulders square, left foot is read foot to react. Be patient to see ball controlled, then back hard every time
- Eyes level, get at least two full shuffles
- Anticipate ball in dirt
- Hard back once ball controlled by catcher

Leads at 2B:

- Find the ball and know the number of out before leaving the base
- Left, right, left, right to 12 feet then shuffle to 15 feet, be exact (cross over, step dive)
- Keep your feet moving and look to take 3rd. Two key words to stealing 3rd **MOMENTUM and TIMING** **If you don't have momentum and anticipation do not attempt a steal to 3B
- 1 hop step each look, back a half step each return look
- Hold means you can take step and move feet
- 3B coach will say "Short" "On your Hip" or "Second" if the defense is holding runner on. "Hold" you can take steps as pitcher looks away, "Back" retreat, "Clear" no one is holding you on
- Ball that you can get both feet past on ground, advance to 3B
- Rule of thumb but always read OF and baseball, 0 outs tag, 1 out off as far as possible knowing you can return to bag on catch. 2 outs start 6 feet deep to create turn line at 3B.
- Be aware when the coach goes down the line toward home, he is looking for a clean catch or a bobble from the outfielder and he may stop you. Go hard and if he stops you late you can do a pop-up slide and get back to bag

Leads at 3B:

- Find the ball and know the number of out before leaving the base, eyes on coach between pitches with foot on the bag
- Left, right, left to 9 feet. Shuffle to a 12-foot lead, shoulders square to infield. One additional step for every step 3B gives to 6 hole
- When ball crosses plate runner should be on left foot with momentum ending in athletic stance with shoulders square, able to react to home or return to 3B
- Down in foul territory, return online or slightly in fair territory, running to the glove
- On tag plays, chest to the baseball and find the baseball. Runner will watch the catch and go when he sees the catch. Coach will verbal "score" or "no, no, no".

Approaching home plate:

- We cannot run over catcher if he has the ball. If he doesn't have the ball we may run "through" him if he is in baseline, ONLY if he is up baseline. If he is at home plate our butt must hit ground before contact.
- Look for help from the on-deck hitter and avoid headfirst slide at plate.
- **** ON DECK HITTER MUST BE BEHIND PLATE, 3B LINE EXTENDED, HELPING BASERUNNER ****

Stealing Catcher's Signs:

- Must be 100%, always look to communicate, pick of jersey, foot that steps forward



Jackets Game Day

Agility routine will be followed by the TEAM on game day

Arm care and mobility activation followed by TEAM agilities

Position players: catch play, defensive work, batting practice

Pitchers: catch play pending game time, flat ground/mound work, shag BP, be a great teammate

Home Games:

- Pitchers: Clear field when BP is done, mobility (agilities), catch play, flat ground/mound work
- Position Players: Light catch play, I/O

Bull Pen: 1 – Move Body, 2 – Play Catch, 3 – Hot

- Move Body = Agilitate, mobility, bands, foam roll (no throwing)
- Play Catch = Begin to throw light, if you do weighted balls you can now start to activate your arm
- Hot = Once HOT, go pitch to pitch, relax, and mentally prepare, stay 5-10 away, do not burn the arm

Mound Visits – infielders behind the mound

Pitching Changes – Infielders stay behind the mound

DUGOUT PARTICIPATION

Every successful team has this. Research shows that the more teams have physical contact (hugs, high fives, celebrations) the more success they will have.

On an 0-0-0 count our team will:

On a 1-1-1 count our team will:

On a 2-2-2 count our team will:

On a 3-2-1 count our team will:

When a defender makes a great play our dugout will:

When a batter gets to 1B our dugout and batter will:

When a batter gets an extra base hit our dugout and batter will:

When a batter hits a home run our dugout will:

When we score a run the runner and dugout will:

When we strike someone out the dugout will:

We will come out of the dugout to congratulate our teammates after they finish defensively.



UMPIRES

Umpire communication is the responsibility of the HEAD COACH. All assistants and players will communicate with the HEAD COACH if there is an issue.

CATCHERS: protect the umpire. **FIST** means strike, **OPEN HAND** means ball when we ask. Verbally from the field, you will always report to the dugout that it was in/out or what the umpire tells you.

If you feel that the coaching staff needs to PROTECT you on ball strike calls, or the strike zone in general, **get better** and earn your pitches and calls. It is your job to **control what you can control** including your attitude and **body language**. You do not argue, show up, or disrespect the umpire. If you have an issue, take it up with Coach Waddoups.

Let the record stand right now that we will have umpires that have bad games, bad days, and make bad calls. We will have balls that bounce in the dirt be called strikes, we will have balls over our heads that will be called strikes. Likewise, the opposite will happen with the strike zone while we are pitching. You will not be allowed at any time to show any emotion against the umpire. You will not shake your head, or pout, or say anything to the umpire. This is my (Coach Wad) job, I will do it well. I am paid to handle those guys and I will let them know when they need to hear something. We take pride in the classy and professional way that we communicate with umpires.

By rule: "Assistant coaches and players may not leave their position on the field or dugout area to appeal any play on the field. **Head coaches** are ultimately responsible for their team's actions on the field. There is a difference between a discussion and an argument; however, participants, other than the head coach should not be the ones to represent their team in communication with the umpire."

Celebrate Success

Have FUN being great teammates and positive and proactive dugout culture. No props are allowed on the field. All celebratory gestures must be directed towards our dugout. Do not light the fire for someone else.

END of GAME: Take a quick moment to put your glove away and grab a drink, meet at the end of our dugout behind the respective base in fair territory.

BETWEEN DH: Meet as team, take 10 minutes to get a bite to eat, relax and hydrate. 15 minutes prior to first pitch, catch play and mobility. 10 minutes prior to first pitch – 3 big ones, sprint down and back, review pitching report and approach. Get ready to COMPETE.

POST GAME: Seniors and upper classmen (servant leadership) will leave the dugout clean with the help of all teammates. We will enter and depart all stadiums together as a family (team).

Respect our Nation by respecting the National Anthem

We are blessed to live, go to school, and compete in the United States of America due to many men and women who have dedicated their service and at times their lives to our freedom. As a team we will line up on the **warning track** for the playing of the National Anthem. As the home team the starting lineup will stand at attention in the field of play **showing respect** to our land of Freedom and to those individuals who have defended it. Hats off, stand still and at attention, **be classy and return to dugout or your position** once the Flag has been retired.



Code of Ethics—**National Anthem Standoff**—Any umpire shall eject any player, coach, manager, or trainer for violations of the Coaches & Players Code of Ethics. The Umpire in Charge is to warn the head coach of the offending team that **should any player not return to his dugout area immediately** after the playing of the National Anthem and the Flag has been retired, **the head coach and player(s) shall be ejected immediately.**

Travel and Road Expectations

Look people in the eye, shake their hand, and say THANK YOU
Thank those that provide meals/food for you with a verbal THANK YOU and handshake with eye contact
Hats off at tables when we eat in restaurants.

Be a GREAT ROOMMATE: Brush your teeth, wash your face, wear deodorant, clean your closes, change your underwear, shower daily, twice if needed. Keep an orderly and organized room.

Only MSUB team members, players, and coaches are allowed to visit or stay in our hotel rooms. If you have family or friends visit, please take them to the lobby or other common areas. Respect your roommates and the team/university policies. Be respectful of others in the hotel. Do not allow doors to bang or be loud.

Follow all team rules when traveling including no alcohol, no tobacco, no vaping, no marijuana, or other drugs. The UNIVERSITY has a no alcohol policy while traveling on MSUB business, this includes athletic travel and all ages.

Process **Outcome**



DEFENSIVE PLAYS/PICKS

Picks to 1B - THUMB

Thumb and index finger rub = pick to 1B

1. From signs
2. As hands touch
3. Set
4. Long hold
5. Balk

Lead runner at 2B

Signs from Middle Infielder – Hot Zones

1. Face and Head
2. Left arm (wrist, elbow, shoulder)
3. Right Triangle (Right chest, right hip, left hip)
4. Right Thigh

O touches – no looks, 1 touch – 1 look, 2 touches – 2 looks, 3 touches – 3 looks
More than 3 touches – pick, last touch to body pick is hot

Top of Hat = Tom and Jerry – opposite infielder breaks to bag as on infielder departs
Face = No Looks – catcher 2nd sign infielder breaks, 3rd sign pitcher spins
Chest = 1 Look timing – infielder breaks when pitcher looks home, pitcher spin move
Belt = 2 Look timing – infielder breaks when pitcher looks home, pitcher spin move
Right Leg = Wrap move – infielder breaks when pitcher lifts leg

Daylight = open glove or hand with break, pitcher spin move

Trail runner at 2B – eye contact with MI and touch to pick, pick is hot, no indicator

Multi runner back picks - THUMB followed by HORNS

1. Back pick to 1B – RHP 1B lets him come set, pick on C glove drop, LHP 1B breaks on leg lift
2. Wrap (inside) move to 2B Pick to
3. 3B – RHP 3B breaks on leg lift, LHP 3B lets him come set, pick on C glove drop

Verbal Colors

Orange – come set, make sure you stop

White, Yellow, Gray – half plate, 1/3 plate, 4 inches off

Other Picks

Glove under arm pit = dead man

Catcher throws dirt = firm back pick, spit in glove to acknowledge

Open Glove = firm snap back pick

Eye contact and body touch with trail runner at 2B

Daylight at 2B

Verbal back picks



Catcher's and Pitcher's Signs

- If pitcher wants to change system catcher will just give him the # of the system instead of running out to mound and "wasting" visit
- To change system circle two fingers in front of body then give # of sign system
- Pitch then Location

Pitch: 1 Best off speed 2 – Fastball, 3 – changeup, 4 (wiggle) – 2nd breaking ball, 5 – specialty

SHAKE: Open hand shake

Pitch Out: Closed Fist

Location: 1 – up and in, under hitter's hands 2 – down and in 3 – down and away 4 – down away off plate

5 – down below the zone middle (bounce breaking ball back corner of plate)

Picks – Thumb/Index: 1 – from signs 2 – as hands touch – 3 bottom set 4 – long hold 5 – balk pick

Multi runner back picks - Thumb and HORNS

1. Back pick to 1B – RHP 1B breaks as he comes set spin on glove drop, LHP 1B breaks on leg lift
2. Wrap (inside) move to 2B
3. Pick to 3B

2023

System 1: Chase 1

System 2: Subtract

Subtract 1st two numbers for pitch, third sign location

System 3: Open Close Touch

Hot sign (indicator) opens and closes. # of touches between is pitch

Location is in legs and will be third sign

Default indicator is chest, can switch to any

System 4: Chase Mask

System 5: Count to 5

Whatever number starts you count to 5 followed by pitch and location

2022

System 1: Hot Sign 2nd, 3rd, 4th

Wrist – 2nd sign Elbow – 3rd sign Shoulder – 4th sign

Pitch then location

System 2: Chase 2 Subtract

Subtract first two numbers for pitch, 3rd sign location



System 3: Open Close Touch

Hot sign opens and closes. # of touches between is pitch
Location is in legs and will be third sign

System 4: Body Touches

0 outs – mask
1 out – arm
2 outs - knees
Touches to HOT BODY PART is pitch, 3rd sign between legs is location

System 5: Count to 5

Whatever number starts you count to 5 followed by pitch and location

2023 Yellowjacket Pitch Calling

Defensive Codes

Pitch

1= Fastball (F)
2= Two Seam (T)
3= Breaking Ball (V)
Wiggle= Change (C)
5= Secondary Breaking Ball (S)

Picks

PO= Pitch Out
PK= Pick
GD= Glove Drop Pick
LH= Long Hold
LP= Long Hold Pick

Runner on 2B

Sequence 1: Hot Sign 2nd, 3rd, or 4th Sign
Shoulder- 2nd Sign, Elbow- 3rd Sign, Wrist- 4th Sign
Location follows pitch

Sequence 2: ABE

First Two numbers is Pitch, Third Number Secondary Breaking Ball, Last number is location.
Above= Fastball, Below= Breaking Ball, Even= Change, Third Number= Breaking Ball Selection

Sequence 3: Trail Outs +1

Trail 1-3 Pitch location is hot after trail # is flashed.
Trail # determined by Outs. 0 outs- 1, 1 outs- 2, 2 outs-3

Sequence 4: Open Close

Hot sign opens and closes. # of touches between is pitch.
Location is in legs and will be third sign.

Sequence 5: ABE Touches

First Two touches is pitch. Location is third sign in legs.
Up = Fastball, Down = Breaking Ball, Even = Change



Pitching Mechanics: creating a consistent release point (Repeatable, Short and Simple arm action)

On Balance, On Time with your Arm, In Line with your Body

4. **Balance** and Posture
 - Direction and Momentum: route the head and body take into foot strike
 - Watch pitcher's head: back and forth, up and down
 - **Tall and athletic**, stacked (shoulders over knees, knees over toes) and square
 - 1" of inappropriate head movement equals 2" on release point
5. **On Time** with Hands, In Line with Body:
 - Opposite and Equal
 - Elbows must be opposite and equal at foot strike
 - The correction is with the front elbow to get opposite and equal
 - Tuck knee to back hip (counter rotate), down with leg before out
 - Hands break as front knee goes down
 - Tall and Athletic: Maintain hip hinge by keeping **back heel grounded** as long as possible
6. Separation and Delayed Shoulder Rotation
 - Separation of the front hip from the back shoulder, counter rotation to rotation
 - Maximum amount of separation occurs at foot strike, ball to corner infield base
 - After foot strike the hips slow to a stop and the shoulders speed up
7. **Finish In Line:** Swivel and Stabilize
 - Keep the glove stable
 - Pinch and swivel the front elbow
 - Elbows stay in front of body, front elbow goes down to the hip
8. Stack and Track
 - Maintain good posture all the way through the pitching motion
 - Chest and torso are perpendicular to home plate, **Take your spine to the glove**
9. Release Point and Follow Through
 - The release point should be approx 6" in front of the landing foot if sequencing is done properly
 - The front knee is bent at approximately 90 degrees
 - The glove remains stable
 - The shoulders are square to home plate
 - The back leg path will be similar to the path of the throwing arm, release up backside V
(Touch turn balance, down before out, pull down release up, out front on top and in line)



Defensive Routines

Pre-pitch Prep Step – Land on the balls of your feet when the ball is entering the strike zone.

Your glove is only as good as your FEET

Infield Play

Daily Vitamins (Hop Progressions) 5 – 8 reps each

On knees or feet spread hips down

- Vision Drill's (square to partner) – Short hop middle, forehand, back hand
- Pick and stick, glove toss to partner
- Pick and stick, exchange, toss to partner
- Deflect, quick exchange and fire to partner
- Work angle toss and maintain posture

Ground Balls: Right foot back hand, left foot forehand, stay below the baseball, 4 fingers down

Stop Watch Drill

Play at 1B – Average 4.2-4.3

- Fungo to Catch Time – 3B (1.3-1.7) SS (1.7 -2.2) 2B (1.7- 2.2)
- Catch to Throw Time – 3B (2.3) SS(2.3) 2B(1.75)

Double Play Times

- Fungo to Catch Time – Goal: 3B (1.5) MIF (2.0)
- Fungo to 2B Time – AVG (2.8 – 3.1) Goal 2.8
- 2B to 1B POP Time – Fastest 1.15 (1.2-1.4) Goal:1.2

Catching

Preference is 2 foot stance, with ability to **block and throw** one knee down is acceptable.

Receiving

- Thumb works up, elbow stays down, slight movement to zone
- Flat glove in zone
- 45 degree angles, receive daily

Blocking

- Catch it with belly button
- Rolled shoulders, tall soft chest
- Knees spread, hips down, eyes track ball to belly button

Throwing

- Glove deflects ball down
- Right foot slight positive move, left foot inline to target
- Centerline exchange, on top and out front, get the ball in the air quick and accurate

Fielding

- Throw on the run
- Both hands to pick up bunt plays – plant, stick (both hands), throw
- Middle infielder tag plays at plate, circle the dish

Outfield

- Keep the ball in front of your face
- Sprint to the ground ball, 4 fingers down
- Long hop, no hop – check your ego and keep them at 1B



Take Care of Your Body

Your diet is not only what you eat.

Its what you watch,
What you listen to,
What you read,
The people you hang around

Be mindful of the things you are putting into your body
emotionally, physically, socially, intellectually, and spiritually

Strength – Bigger Faster Stronger

Fuel Up

- Focus on Fruits
- Vary your Veggies
- Lean Protein
- Make half your grains whole
- 3 servings of dairy daily

Nutrition



Jackets Offensive System

Fundamentals:

- Before leaving on deck – get your signs, see the defense, know your situation
- With runners on – get your signs from Coach Wad before getting back in box (keep 1 foot in box) or immediately after the pitch (running back to previous base or once the ball is controlled). This is a MUST, so all base runners and hitters get signals at the same time.
- Follow the coach’s signals until he completes the entire system. Do not look away early.
- Circle fingers to ask for a repeat of the signal

*** To play PRESSURE OFFENSIVE BASEBALL, EVERY PLAYER will be able to **IMPACT the BASEBALL**, push, drag, Hit & Run, and Slash. This includes 3-4-5 Hitters ***

Indicator: _____

Indicator: _____

Hit and Run – runner must go, hitter must hit unless ball bounces in front of plate, hard on ground

3 ball Hit and Run – Hitter will stay in zone, no expand, runner best jump making sure pitcher goes home

Slash and Run – runner must go, hitter must hit unless ball bounces in front of plate, hard on ground

Slash – swing at strikes and hit ball hard on ground

BUNTING – Athletic position, slight shuffle to pitcher, as pitcher breaks his hands, barrel at top of strike zone

Sac 1B – bunt strikes, take balls, make pitcher move off mound to 1B side

Push – FIRM, get the ball away from and past the pitcher

Sac 3B – bunt strikes, take balls, make pitcher move off mound to 3B side

Drag – square late as pitchers hand break, hit or not, fair or foul, get ball down 3B line away from pitcher

Steal – steal unless you get bad jump

Fake Bunt Steal – show drag and pull back trailing ball to catcher’s eyes, runner steals, balance in box

Delay Steal – 3 big secondary shuffles, keep shoulders square, brake after 3rd shuffle complete

1st and 3rd Plays: (Need indicator)

Delay Stop – 3 big secondary shuffles, keep shoulders square, break, and stop on throw from catcher

Steal Stop – runner at 1B straight steal, stop on catchers throw, runner at 3B break on catchers throw

Leave Early – runner at 1B break as pitcher moves up to come set, runner at 3B run on long throw or guy running full speed

No Indicator Needed:

ALL OFF – red light

RBI Bunt –

Same Sign – 3 swipes to chest

Suicide Squeeze – two hands, two hands, two hands

Delay steal –

Steal – pick of pant

Green Light –

GREEN LIGHT –

Red Light –

Other Signs/Reminders:

Open Hand – He tags you tag

Flat Hands – See it through

Pound Fist – down angle contact

Fingers to palm – go on ball in dirt

Point to defense/OF – see defensive positioning

Circle Thumbs – reminder to replace or run-in face on anything close, read OF throw

Walking Fingers – walking lead

Hands small – Half/9 ft, Hands big – 12 Foot lead



Pitch Calls and Picks

Pitches

- 1 – Blow Away Fastball
- 2 – Curveball
- 3 – Fastball Inside
- 4 – Changeup
- 5 – Fastball Outside
- 6 – Slider/Cutter
- 7 – Specialty Pitch

Picks

Game Plans

	<u>Right on Right</u>	<u>Right on Left</u>	<u>Left on Left</u>	<u>Left on Right</u>
Game 1:	5 – 3 – 1	5 – 6 – 1	5 – 3 – 1	5 – 6 – 1
Game 2:	2 – 5 – 1	2 – 5 – 1	2 – 5 – 1	2 – 5 – 1
Game 3:	4 – 3 – 2	4 – 5 – 2	4 – 3 – 2	4 – 5 – 2
Game 4:	2 – 5 – 6	2 – 5 – 6	2 – 5 – 6	2 – 5 – 6
Game 5:	K Pitches	K Pitches	K Pitches	K Pitches
Game 6:	Changeups/OS K	Changeups/OS K	Changeups/OS K	Changeups/OS K
	0-0 Any	1-0 CH/FB	2-0 FB/CH	3-0 FB/CH
	0-1 Any	1-1 3 or 4	2-1 CH/FB	3-1 CH/FB
	0-2 5 Freeze	1-2 3 or 6	2-2 5, 4 or 6/2 inside	3-2 5, 4, 3, 6/2 front hip