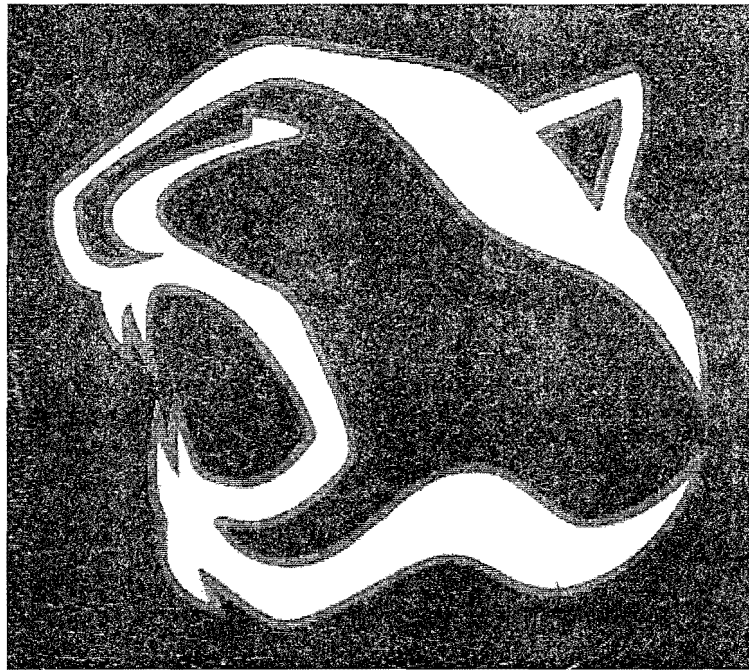


**SCHUYLKILL
VALLEY
BASEBALL**



PLAYBOOK

Q. Why don't more high school players play college ball?

A. Because they act like high school players.

STERLING, Va. — A new season of evaluation and preparation is about to begin. This is one of those articles you may want to clip and post. No doubt you have said the same or similar comments to your players. Maybe this will help you get through to them.

I'm sure you believe, as I do, that we must continue to challenge young men to aspire to higher values and work ethics. Many players believe standards are different in various parts of the country. They're not. I truly believe that we all share the same American Dreams and hopes for the next generation.

Do they want to hear the discipline, character and values speech? No! That is too adult. Sometimes we as coaches, especially new coaches, are reluctant to address these issues. We are afraid of not being cool, contemporary, or popular in the eyes of the players. I suggest that is not our goal.

"Great coaches take players to places they never thought they could go." *Coach K*

- ✓ 3% of High School players move on to play in college. College players are different. It is your job to find out what different things they do. Go visit a college practice.
- ✓ If you just want to be one of the high school guys, wait till June... you will be.
- ✓ College coaches by nature want to compare you to the best in their college program, not the worst on your high school team.
- ✓ Prepare a plan for practice, a daily goal - don't just show up and wait for instructions.
- ✓ Dress professionally at practice as well. Raggy sweats, smelly, torn and muddy do say a lot about you - and it's all bad. Is it cool, fashionable in a bizarre way? Maybe in high school.
- ✓ Learn to ask "why" at the appropriate time, in the appropriate manner. "Why do I have to?" is much different than, "Why does that work?"
- ✓ A coach who hears "Yes sir" recognizes respect. A coach who hears "yeah" makes a different judgment.
- ✓ It takes more than profanity to become a man.
- ✓ Learn the meaning of these words: Honor, dignity, poise, reliability, compassion, and loyalty.
- ✓ The content of your character is as important as the content of your skill. College players are held to a higher standard. Learn the difference. Most of pro baseball merely pays lip service to character and drug issues. Filling seats and selling concessions are priorities. "IF" winning is important to a particular pro club, integrity and character are expendable commodities.
- ✓ Luck and politics are never heard from starters.
- ✓ Leading others by yelling and belittling them didn't work on you why would it work for you?
- ✓ Breaking team rules does matter even if you are not caught. Sooner or later someone will know. They will know that you truly do not understand the commitment an athlete must make.
- ✓ It is perhaps the oldest saying in the world, but nonetheless true, you are known by the company you keep.
- ✓ It is rarely the players at the next level who keep you down. It is most always the non-motivated players at your current level who hold you back.
- ✓ Can you play in college? I know you can! Excellence is a choice.

Respectfully, John Pinkman

SCHUYLKILL VALLEY BASEBALL PROGRAM

OBJECTIVE: To provide a fun & enjoyable environment to learn & play excellent baseball; to be competitive & respected at the county & state levels, with all of our teams, from ages 8 to 18.

2010 Season

SCHOOL BASEBALL

Governed by: School Board; Athletic Director; PIAA

Season: March 1st to May 15th

Ages: 7th to 12th grade

TEAMS

Varsity- 9th to 12th grade

JV- 9th to 11th grade

Jr High A- 8th grade

Jr High B- 7th grade

Varsity Coach: Darren Koch

JV Coach: Chris Schroeder

Jr High A Coach: John Jenkins

Jr High B Coach: Brad Reinhart

SUMMER BASEBALL (Legion Baseball)

Governed by: Legion Board

Season: May 20th to July 15th

Ages: 13 to 19

TEAMS

Legion- age 16-19

Jr Legion- age 13-15

Jr Legion Prep- age 13

President: Dan Gordon

Legion Coach: Brad Reinhart

Jr Legion Coach: Don Greenwood

Jr Legion Prep Coach: Darren Koch

YOUTH BASEBALL (Little League Baseball)

Governed by: Little League Board

Season: April 1st to June 15th

Ages: 5 to 12

TEAMS

T-Ball- age 5-6

Coach Pitch- age 7-8

Minors- age 9-10

Majors- age 11-12

President: Greg Dimovitz

SCHUYLKILL VALLEY BASEBALL

PITCHING

Mechanics

#1- **Set position**, or step back for wind up. Glove should be at face with ball and throwing hand in the glove.

#2- **Leg lift**, should be balanced – nose over belly button & head between shoulders, thigh should be parallel with ground with foot under the knee. Hands remain at level of the face.

#3- **Hand separation & stride**, as lift leg goes straight to the plate (down and forward, not swung) *pitcher must have vertical hand separation*, lift leg and glove hand should look as if they were connected, little finger of glove hand goes to the plate as ball hand drops down and toward 2nd, pitcher should be balanced and symmetrical. Once glove side elbow is in extension, *glove hand and ball hand must supinate*, Supination must occur before hands reach shoulder height. Throwing side elbow must not reach shoulder height before ball (ball should be first).

#4- **Chest to glove**, Glove should now stay in a fixed position as hips rotate toward the plate, then as shoulders rotate toward the plate. Chest and body move forward until chest meets glove. Ball should be released as close to the plate as possible. Post leg will release and land in front of lift leg. Pitcher should have a long follow-thru to decelerate throwing arm and end in balanced fielding position.

IF hitting is all about timing THEN pitching is all about screwing up that timing!!

1- work fast 2- throw strikes (especially first pitch strikes) & 3- change speeds

Pitches

2 seam fastball

Palm ball change up

Stay away from split-fingered fastballs & circle change-ups and all breaking balls.

Notes

Pitcher's arm slot should be 90/90.

On hand separation make sure hands stay in front of body.

Watch for off balance head movement (usually back and hard lateral flexion toward glove side).

All throwing by players should be 90/90, with vertical separation, and with a step toward where they are throwing. → for this reason, all players should be watched during outfield throwing warm-ups.

Warm-up throwing is part of practice – not an activity before practice. Players should stretch their arms out to and beyond a long outfield throw (this will strengthen their arms over time).

SCHUYLKILL VALLEY BASEBALL

HITTING

First thing all hitters must be taught is the strike zone. If you want to be a good hitter you must only swing at good pitches. (BP should be swings – not pitches)

Mechanics

Stance- should be width of shoulders, on balls of feet, *balanced*, not too open or too closed. Bat should be held in the fingers - not back in the palm of the hand.

Small Stride- should be toward the pitcher, only 4 to 6 inches, should see the ball out of pitcher's hand (late as possible). Should start and keep momentum of the swing.

Back Side Pivot- back foot should pivot from pointing toward the plate to pointing toes toward the pitcher. This is the start of a rotational swing. *Pivot should be hard and aggressive.* Batter should stay on the ball of the back foot (not lifting up on to the toes – like a golfer). This prevents a linear swing. This prevents batter from getting out on his front foot.

Explosive Hip Rotation- belly button needs to go from facing home plate to facing the pitcher. This needs to be as fast and as aggressive as possible. *Explosive hip rotation is where most of the power and bat speed will be generated from.* Nothing from the batter's waist up should have moved. Head is still and quiet, Hands are still back and cocked in a high position.

Bottom Hand In – Top Hand Out- As hands move toward the plate, the bottom three fingers of bottom hand should start to accelerate bat head. As the bat gets to the plate, the top hand goes from a palm up position to a palm down position (pronation). This will give maximum acceleration to the bat head right before impact. Contact should be made out in front of the plate (for inside & middle pitches) or over the plate (for outside pitches). Swing angle should be a slight (10*) incline. Hands and hip rotation should be separate and distinct.

Head Down- the batter's chin should go from front shoulder to back shoulder. Gaze should be in the direction of the front of the opposite batters box. Batter should *follow-thru with both hands* on the bat and finish in a balanced position.

Teaching Aids

Stance- push on the batter from different directions and see if he loses balance.

Stride- change or alter stride by putting a helmet or bucket in front of a long stride, or in back of a open stride.

Back side pivot and hip rotation is best taught at soft toss. Force the batter to turn his foot. Hitting a heavy ball or basketball off a tee helps generate rotation and bat speed.

Hands- One hand soft toss will show and correct hand weaknesses. (Excessive back shoulder drop)

Head- put a cone or hat one foot in front of a soft toss guy – make the hitter look at the cone from start to finish of the swing. Letting go of bat with top hand or corrective steps is a sign of being off-balanced.

BUNTING

Back side pivot

Pitch selection

Bat out in front

Bat level with the ground

Bat at top of strike zone

Use knees to adjust height

Catch the ball with the bat

Use bottom of the bat to direct the ball

SCHUYLKILL VALLEY BASEBALL
BASERUNNING
COACH KOCH

OUR PHILOSOPHY:

Always Aggressive – We Fight For Every Inch – We Put Pressure On a Defense. We take the extra base, we create extra runs, and we do not give easy outs. On every pitch, on every play, and on every hit - with our leads, and with our turns, we are going to the next base. We do not stop until the defense stops us.

EXAMPLE: An average runner takes 4.5 seconds to cover 90 feet (1 base). That means 20 feet per second. If you can gain just a tenth of a second – you gain 2 feet! How much is that worth on a close play? We Fight For Every Inch. Know What You Are Going To Do Before It Happens.

MAIN CONCEPT: MOMENTUM & STRAIGHT LINES

Make your turn before the base → and a straight line to the next base.

Never make the 1st or 3rd out at third base, or the first out at home plate.

1st BASE

LEADS: Always Balanced & Comfortable. Be As Quick As You Can Be

Side step your lead, don't take your eye off the pitcher, memorize your distance, distance should be a step and a dive, pitcher should be on the rubber taking the sign, don't cross your feet, heels should be even with the front of the bag, we always dive on throws over, dive to the back side of the bag.

Secondary lead is two aggressive hops toward second while still facing home plate.

WATCHING PITCHERS: RH= front heel means he is going home, back heel means get back, be careful with 1st & 3rd, also watch for pitchers that jump. LH= watch front leg for direction, if lift leg goes behind rubber he is going home, be aware of a step off move, if the pitcher has a good move our rule is see the ball in the air before reacting in either direction. Getting picked off in a non-stealing situation is unacceptable.

STEALING: Get on your thrust leg, square shoulders to second, (if no jump = don't go!), Base stealers dive.

Delayed Steal = primary → secondary (2 hops) → go.

HIT & RUN/BUNT & RUN PLAYS: Your jump is not as important, do not get picked off, watch the pitch as it crosses home plate – batter will make contact.

FLY BALLS: Go as far as you can without getting doubled off (Right field = half, center = 2/3, left= almost to second). Tagging from first base is a rare exception to the rule (If you are fast enough to tag – we can steal the base on the next batter). Exception is if the ball is definitely going to be caught, and other runners are tagging who will draw the throw.

2nd BASE

LEADS: Side step your lead as before, always watch the pitcher, you should be 1 foot behind the baseline, your lead is off the pitcher only – what the middle infielders are doing is not important, coach will give directions: Okay 1, back 1, or back! Be aware of both inside and outside pickoff moves.

Secondary lead is three aggressive hops toward third while still facing home plate.

ADVANCING TO THIRD: any ground ball behind you, a slow roller/ charge play to third, after a backhand / long throw from shortstop or third, once the ball goes through the left side.

HOLD AT SECOND: on a ground ball in front of you, or ball back to the pitcher.

FLY BALLS: go back to tag with 0 outs, or 1 out and a tagging runner on third, tag if possible.

With 1 out we do not tag - go half way with out getting doubled off. (Exception is a sure catch to right field → freeze → then tag)

3rd BASE

LEADS: walking lead – land on front foot as ball crosses plate – shoulders square to home plate, lead in foul ground, come back in fair ground.

FLY BALLS: TAG ON ALL FLY BALLS WITH LESS THAN 2 OUTS

GROUND BALLS

NO OUTS, INFIELD IN: must see the ball go through.

NO OUTS, INFIELD BACK: go as soon as ball is down and not back to the pitcher.

NO OUTS, 1ST & 3RD: go as soon as ball is down, if sure out at home – get in a rundown.

1 OUT, INFIELD IN: go as soon as ball is down and not back to pitcher.

SUICIDE SQUEEZE PLAY: runner breaks when pitcher is at top of leg lift.

SAFTEY SQUEEZE PLAY: runner will break when ball is down and not back to the pitcher.

FOLLOWING THIRD: follow third baseman in to field bunt, go after throw is made to first.

OTHER RULES

- Freeze on all line drives.
- Go back to tag on all foul fly balls.
- On a steal attempt, you are faster if you do not watch the ball.
- Always see a bunt hit the ground before adding to your secondary lead.
- Coach will yell 'go' and wave his arm on tag plays – do not watch the ball.
- Always try to advance to the next base if a lead runner is in a rundown.
- Add to your secondary lead when a throw is made behind a trailing runner.
- Do not watch the baseball after you hit it – put your head down and run hard.
- Make sure you run a straight line to first base out of the batters box.
- Doubles are made from home to first.
- Always try to get to third with one out, and to second with two outs.
- Going first to third is a great offensive play – the best way to get rallies going.
- Break for second any time the catcher has to retrieve a blocked baseball – you will beat the throw.



SCHUYLKILL VALLEY BASEBALL



HIGH SCHOOL STRETCHES

SHORT RUN

STRETCHES

Groin butterfly

Single leg ham string

V-seat right hand to left foot & left to right

Legs together (seated) touch toes (for low back & hams)

Spinal twists to left & right

Single leg quad

Forward & lateral splits

Single leg calf

Push ups

Sit-ups

Small & large arm circles forward & back

Arm across body (arm pit)

Arm across body (over shoulder)

Arm back (tricep)

90 – 90 buddy arm stretch internal & external rotation

Fingers back straight forearm stretch

4 60-YARD SPRINTS

THROW WEIGHT BALLS (60 feet – do not throw hard! Only to stretch arm out)

THROW BASEBALLS (out to 200 feet)

“ We warm-up to throw. We do not throw to warm-up!!”

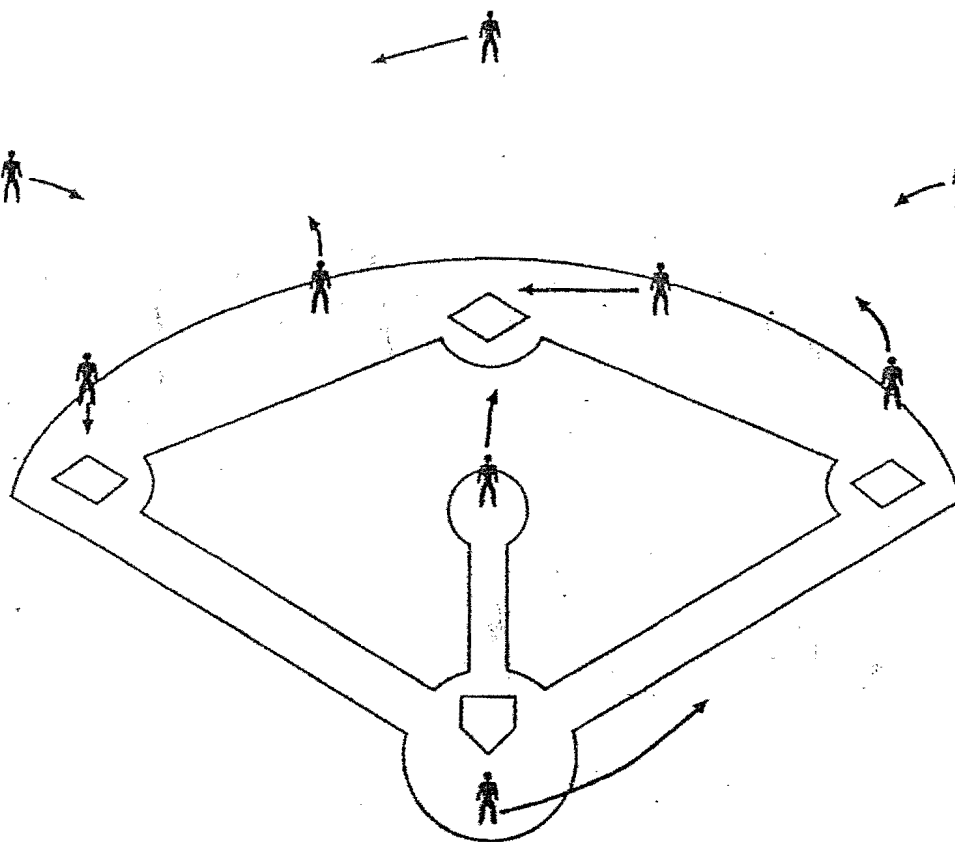
DARREN T. KOCH
SV Varsity Baseball Coach

**DEFENSIVE
ASSIGNMENTS**

CUTOFF ASSIGNMENTS

BUNT PLAYS

FIRST AND THIRD SITUATION



DEFENSIVE ASSIGNMENTS

Single to left field—bases empty

Pitcher: Back up the throw to second base.

Catcher: Cover first base in case the runner makes a wide turn around first.

First baseman: Be sure that the runner touches first base and then back up the incoming throw to second base.

Second baseman: Cover second base.

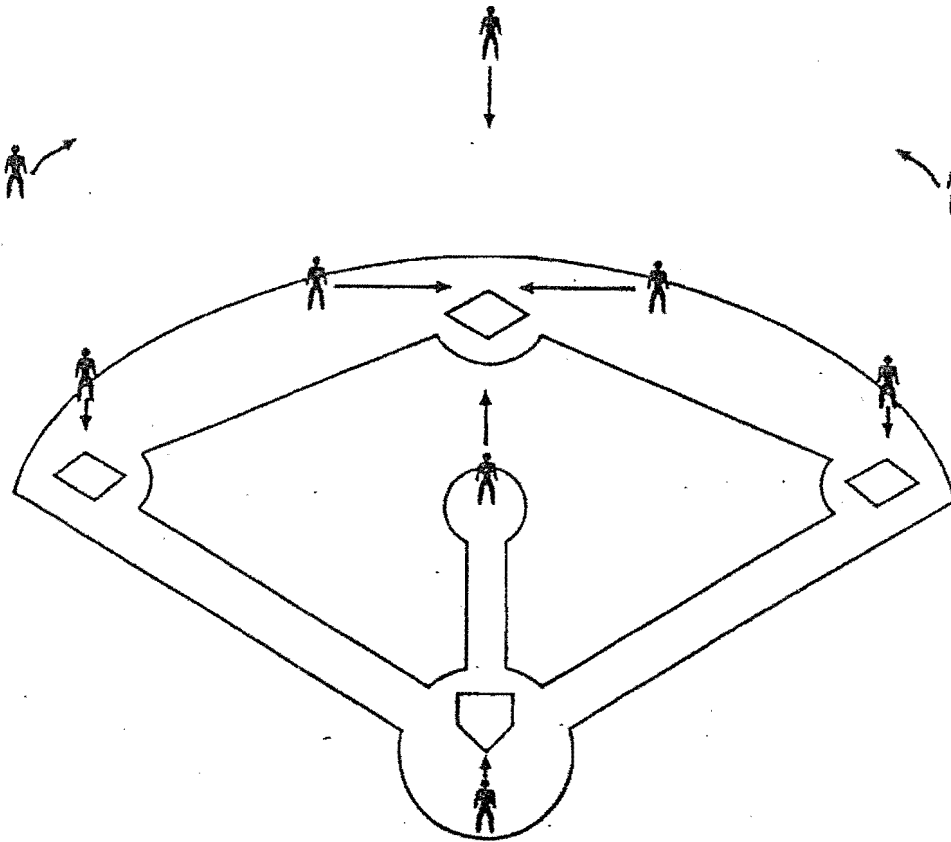
Shortstop: Go for the ball; then try to line-up between the leftfielder and second base and assume the cutoff position.

Third baseman: Cover third base.

Leftfielder: Field the ball and hit the cutoff man (shortstop). If he has been taken out of position attempting to field the ball, then throw the ball directly to second base.

Centerfielder: Back up the leftfielder.

Rightfielder: Move toward infield area in case of a bad throw from the leftfielder to second base.



Single to center field—bases empty

Pitcher: Back up the throw to second base.

Catcher: Cover home plate.

First baseman: Be sure that the runner tags first base and then cover the base on the inside.

Second baseman: If the shortstop tries to field the ball, cover second; otherwise, back up the throw to second base.

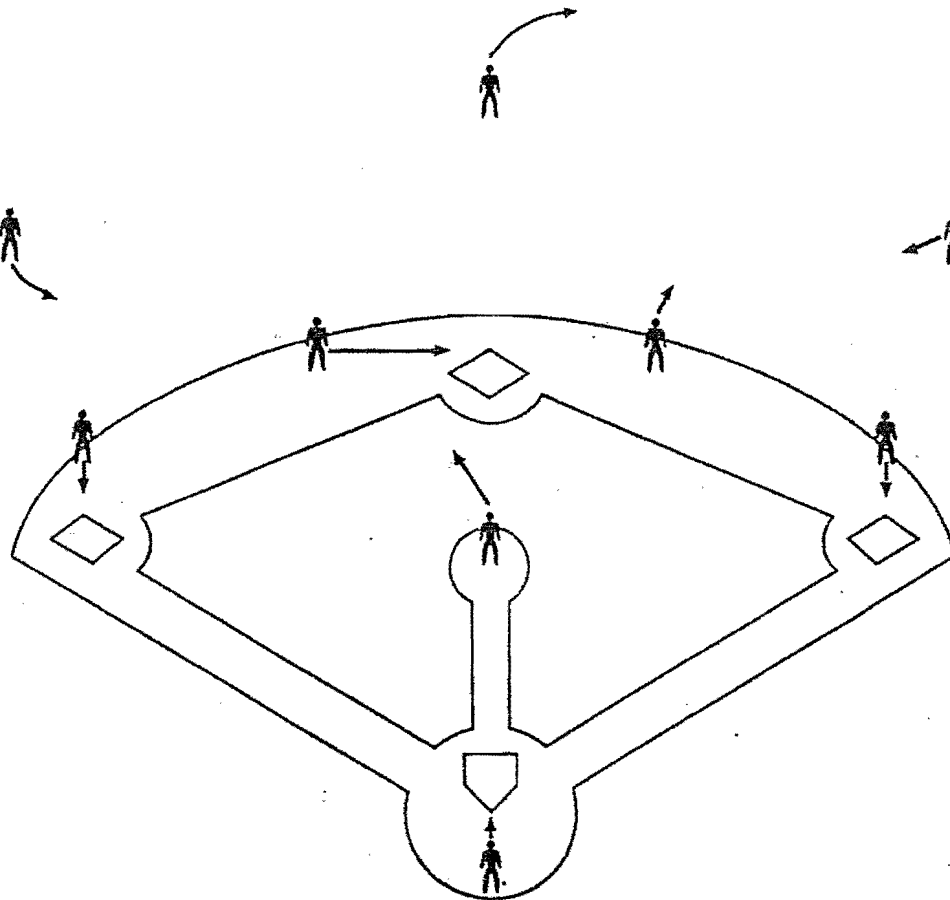
Shortstop: Cover second base unless you go for the ball and are out of position and can't get back.

Third baseman: Cover third base.

Leftfielder: Back up the centerfielder.

Centerfielder: Field the ball and throw it to second base on one hop.

Rightfielder: Back up the centerfielder.



Single to right field—bases empty

Pitcher: Back up the throw to second base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then cover the base on the inside. (If you have tried to field the ball, you may be taken out of position.)

Second baseman: Go for the ball; then try to line up between the rightfielder and second base and assume the cutoff position.

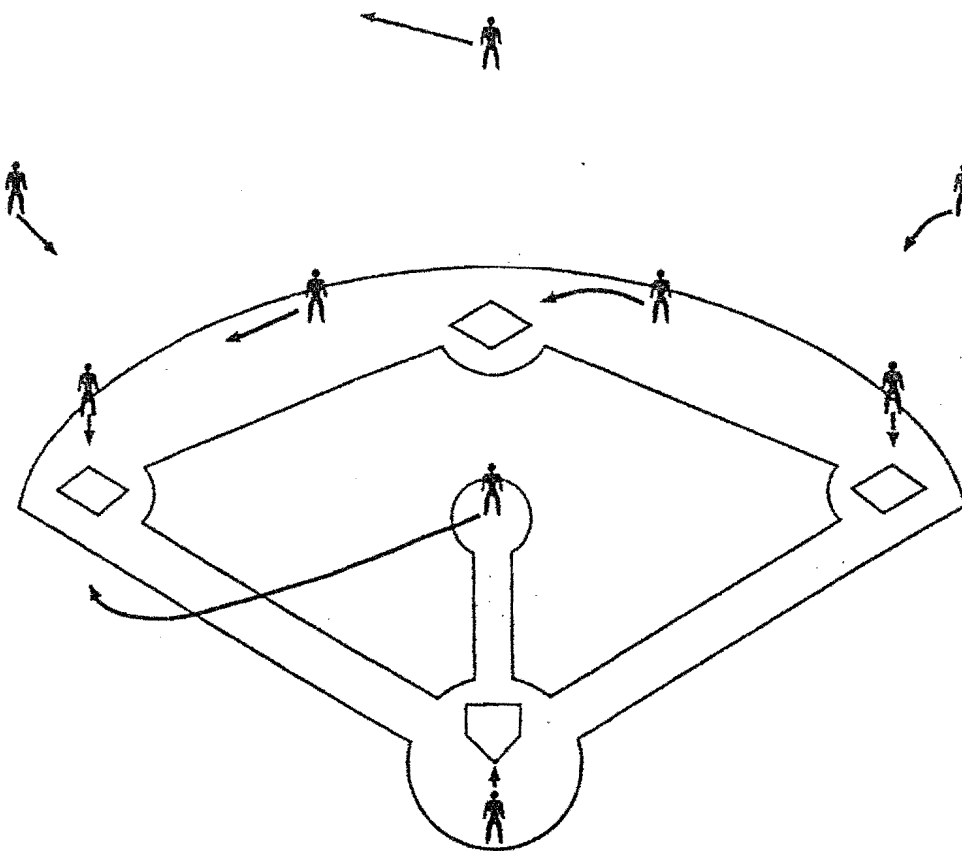
Shortstop: Cover second base.

Third baseman: Cover third base.

Leftfielder: Move toward the infield area in case of a bad throw from the rightfielder to second base.

Centerfielder: Back up the rightfielder.

Rightfielder: Field the ball and hit the cutoff man (second baseman). If he has been taken out of position attempting to field the ball, then throw directly to second base.



Single to left field—runner on first or runners on first and third

Pitcher: Back up the throw to third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then cover the base on the inside.

Second baseman: Cover second base.

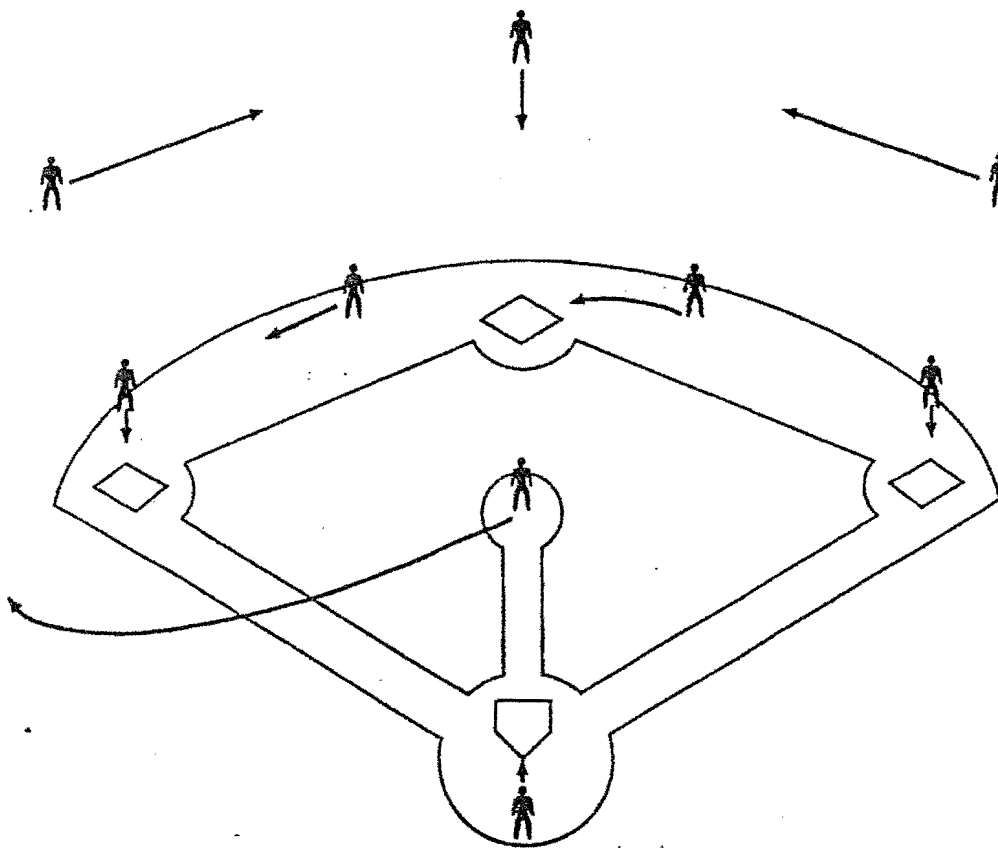
Shortstop: Line up between the leftfielder and third base and assume the cutoff position.

Third baseman: Cover third base.

Leftfielder: Field the ball and hit the cutoff man (shortstop). If he has been taken out of position attempting to field the ball, then throw the ball directly to third base.

Centerfielder: Back up leftfielder.

Rightfielder: Move toward the infield and cover possible overthrows.



Single to center field—runner on first or runners on first and third

Pitcher: Back up the throw to third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then cover the base on the inside.

Second baseman: Cover second base.

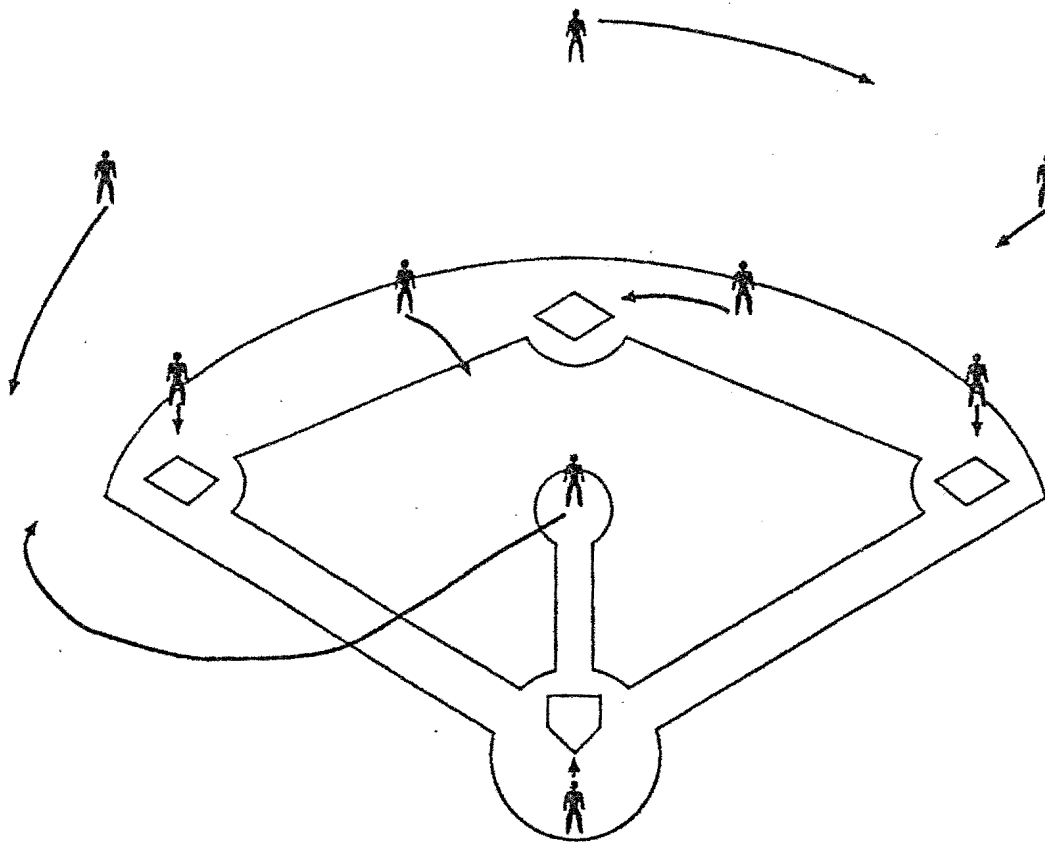
Shortstop: Line up between the centerfielder and third base and assume the cutoff position.

Third baseman: Cover third base.

Leftfielder: Back up the centerfielder.

Centerfielder: Field the ball and hit the cutoff man (shortstop). If he has been taken out of position attempting to field the ball, then throw the ball directly to third base.

Rightfielder: Back up the centerfielder.



Single to right field—runner on first or runners on first and third

Pitcher: Back up the throw to third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then cover the base on the inside.

Second baseman: Cover second base.

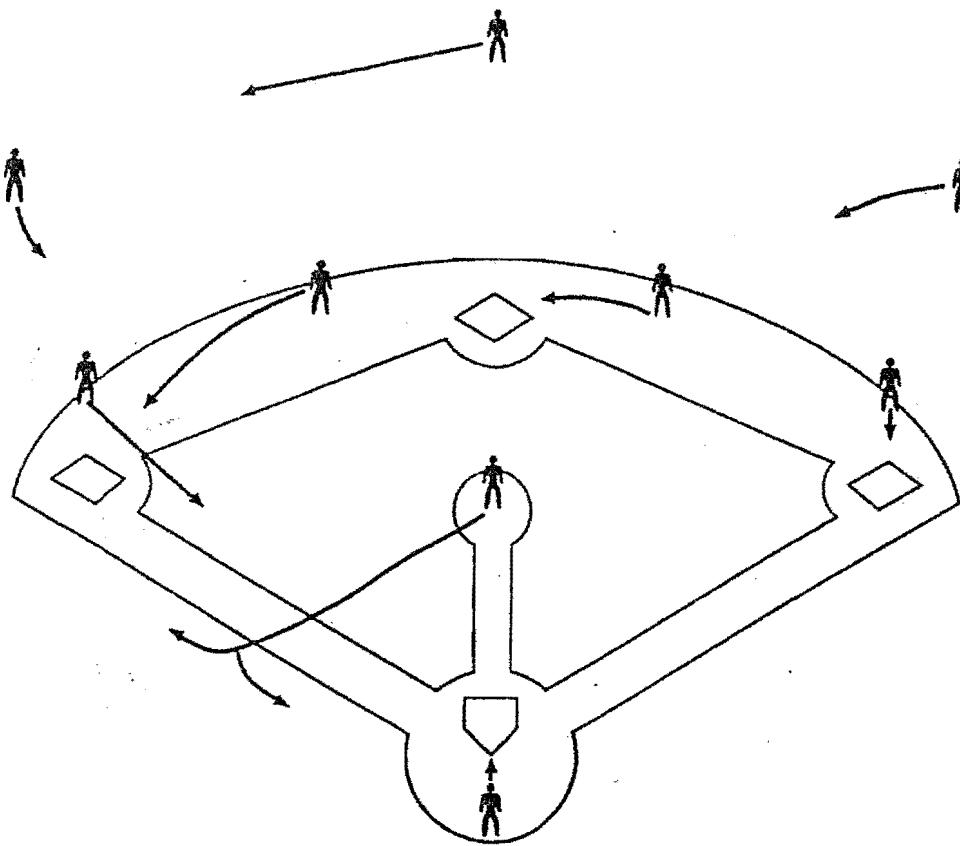
Shortstop: Line up between the rightfielder and third base and assume the cutoff position.

Third baseman: Cover third base.

Leftfielder: Back up the throw to third base.

Centerfielder: Back up the rightfielder.

Rightfielder: Field the ball and hit the cutoff man (shortstop).



Single to left field—runner on second, runners on first and second, or bases loaded

Pitcher: Go to an area halfway between third base and home plate, read the play, and back up the throw.

Catcher: Cover home plate.

First baseman: Cover first base.

Second baseman: Cover second base.

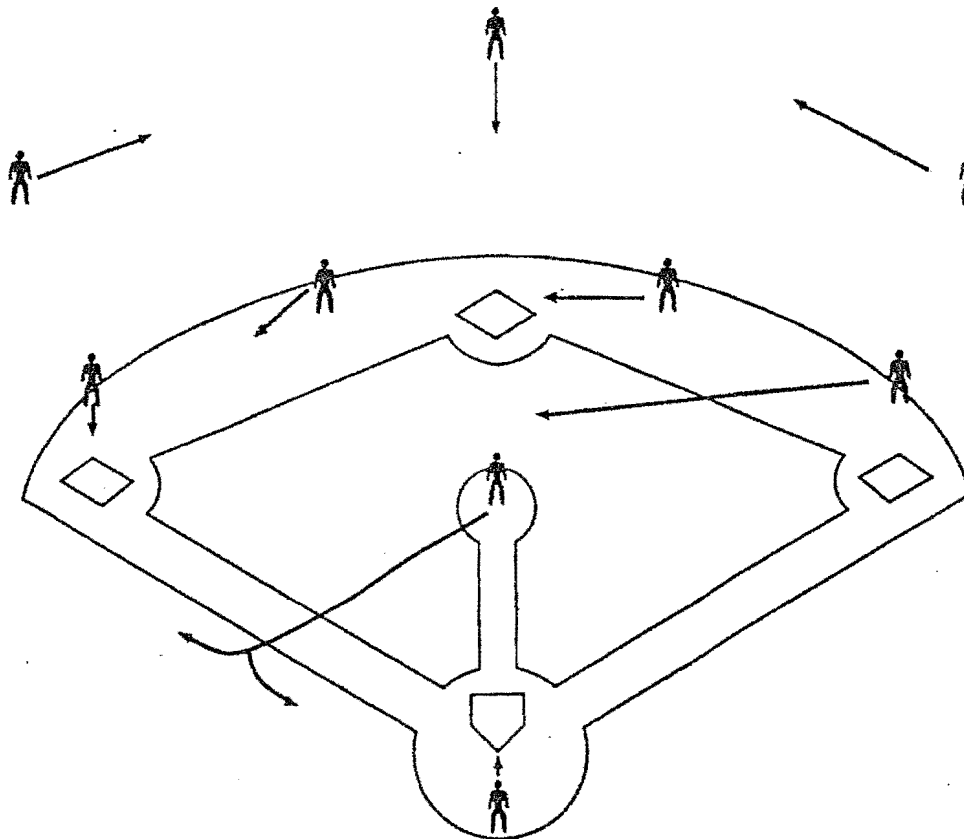
Shortstop: Cover third base.

Third baseman: Become the cutoff man for the throw to the plate.

Leftfielder: Field the ball and hit the cutoff man (third baseman).

Centerfielder: Back up the leftfielder.

Rightfielder: Back up throws to the second-base area.



Single to center field—runner on second, runners on first and second, or bases loaded

Pitcher: Go to an area halfway between third base and home plate, read the play, and back up the throw.

Catcher: Cover home plate.

First baseman: Become cutoff man for the throw to the plate.

Second baseman: Cover second base.

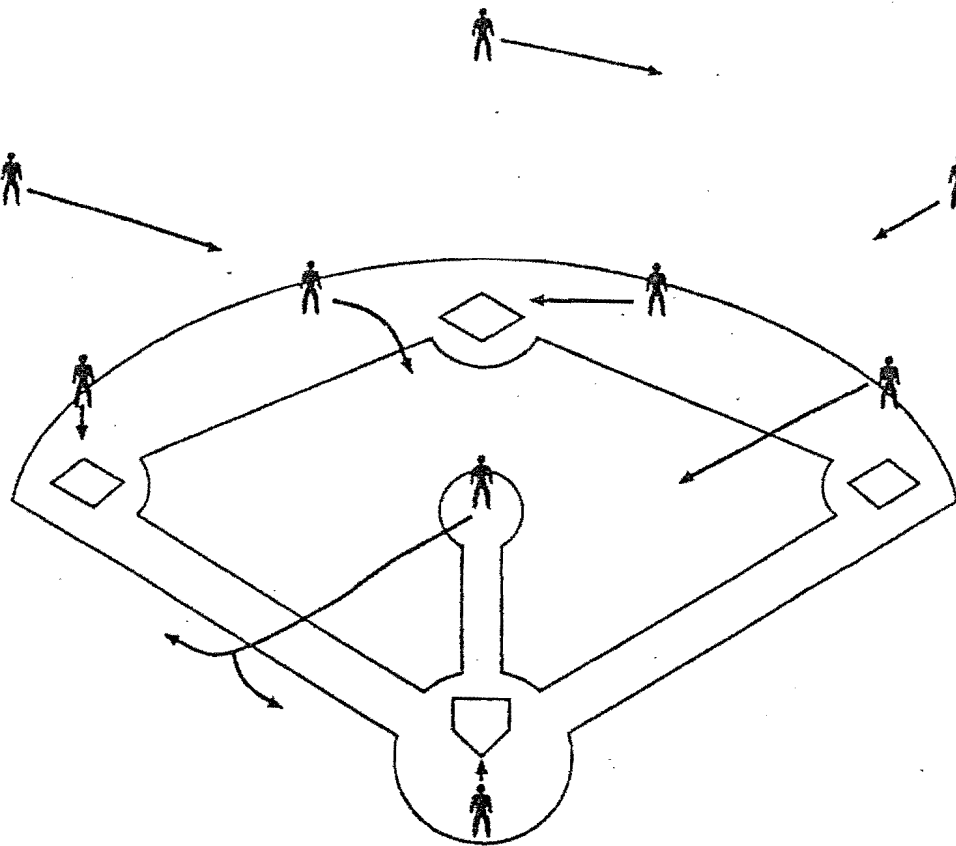
Shortstop: Become cutoff man for the throw to third base.

Third baseman: Cover third base.

Leftfielder: Back up the centerfielder and help call the play.

Centerfielder: Field the ball, listen for teammates to call the play, and throw to either the first baseman (the cutoff man for a play at the plate) or the shortstop (the cutoff man for a play at third base).

Rightfielder: Back up the centerfielder and help call the play.



Single to right field—runner on second, runners on first and second, or bases loaded

Pitcher: Go to an area halfway between third base and home plate, read the play, and back up the throw.

Catcher: Cover home plate.

First baseman: Become cutoff man for the throw to the plate.

Second baseman: Cover second base.

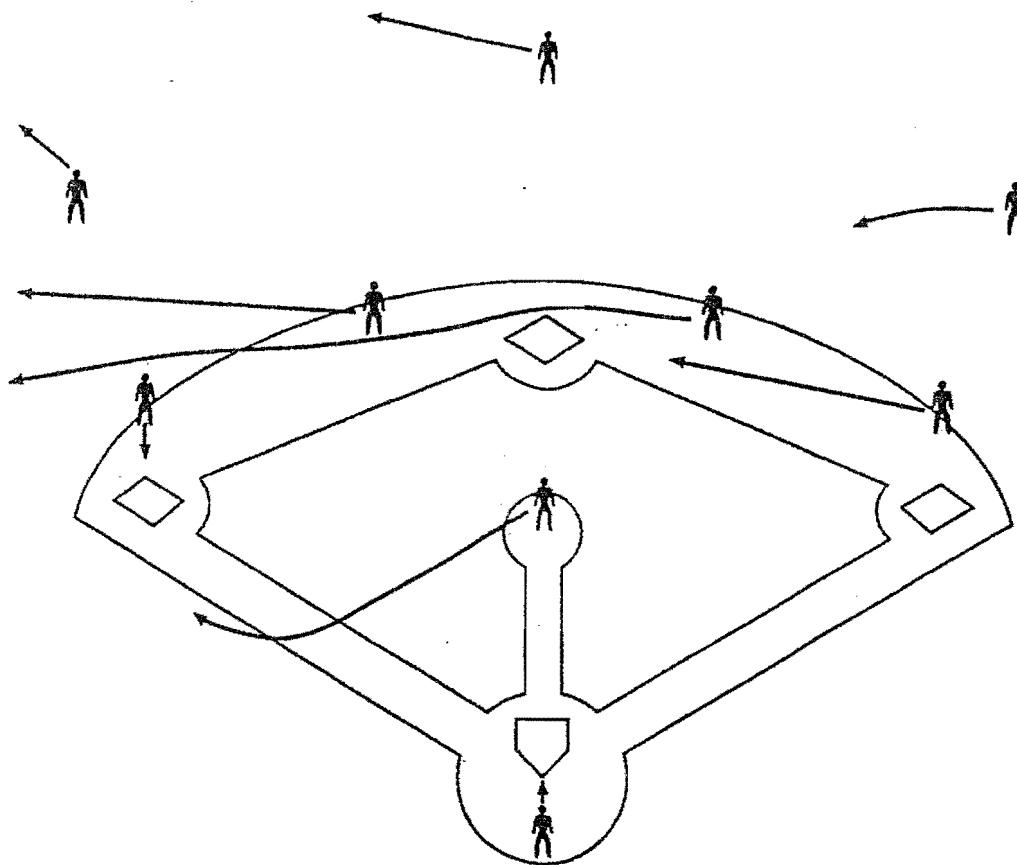
Shortstop: Become cutoff man for the throw to third base.

Third baseman: Cover third base.

Leftfielder: Back up throws to the second-base area.

Centerfielder: Back up the rightfielder and help call the play.

Rightfielder: Field the ball, listen for teammates to call the play, and throw to either the first baseman (the cutoff man for a play at the plate) or the shortstop (the cutoff man for a play at third base).



Sure double, possible triple, down the left-field line—bases empty

Pitcher: Back up third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then trail him to second base.

Second baseman: When convinced that the hit is at least a double, assume a trail position 20 feet behind the shortstop.

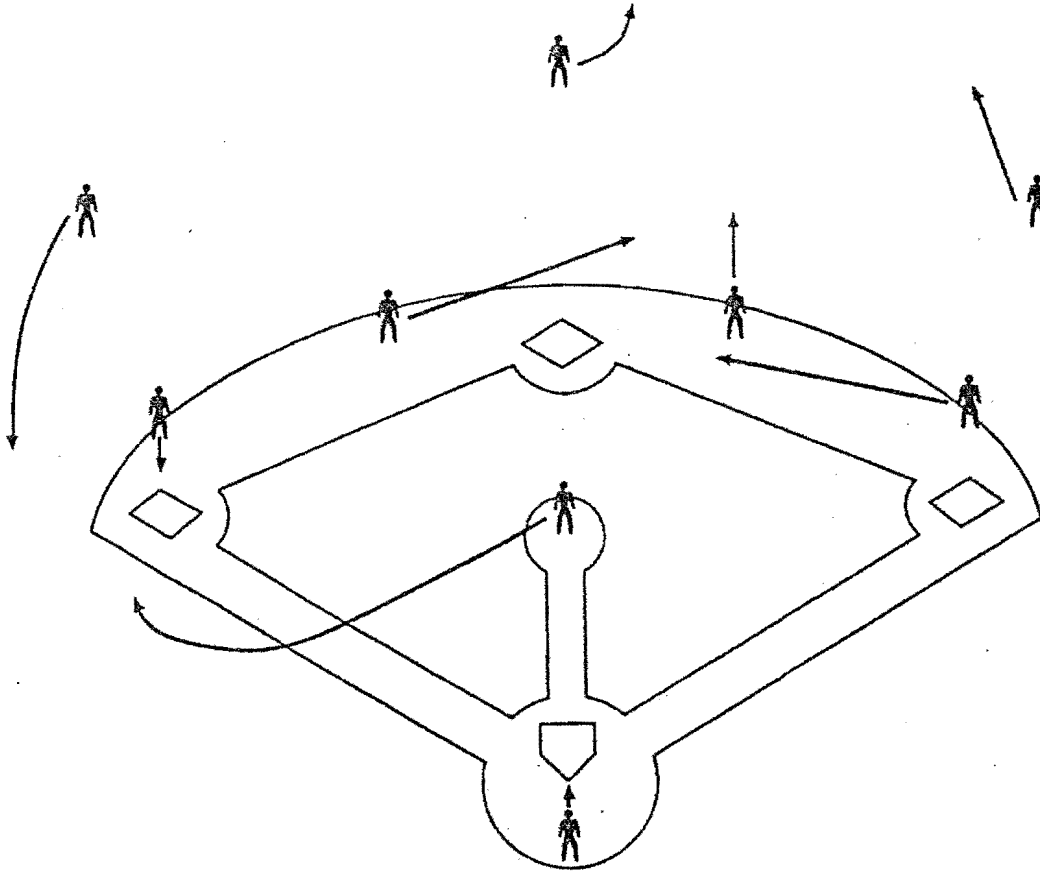
Shortstop: Assume the cutoff position down the left-field line, in line with third base.

Third baseman: Cover third base.

Leftfielder: Field the ball and hit the cutoff man (shortstop).

Centerfielder: Back up the leftfielder.

Rightfielder: Back up throws to the second-base area.



Sure double, possible triple, in the right-center-field gap—bases empty

Pitcher: Back up third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then trail him to second base.

Second baseman: Assume the cutoff position, in line with third base.

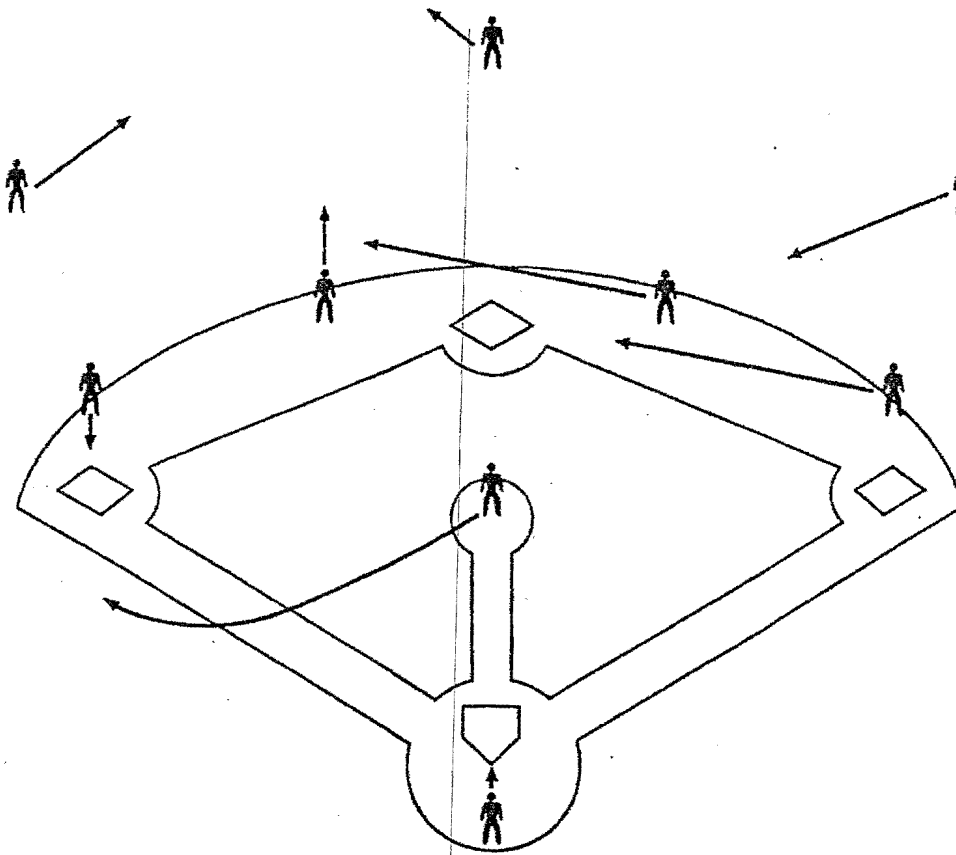
Shortstop: When convinced that the hit is at least a double, assume a trail position 20 feet behind the second baseman.

Third baseman: Cover third base.

Leftfielder: Back up the third-base area.

Centerfielder: Field the ball and hit the cutoff man (second baseman).

Rightfielder: Back up the centerfielder.



Sure double, possible triple, in the left-center-field gap—bases empty

Pitcher: Back up third base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then trail him to second base.

Second baseman: When convinced that the hit is at least a double, assume a trail position 20 feet behind the shortstop.

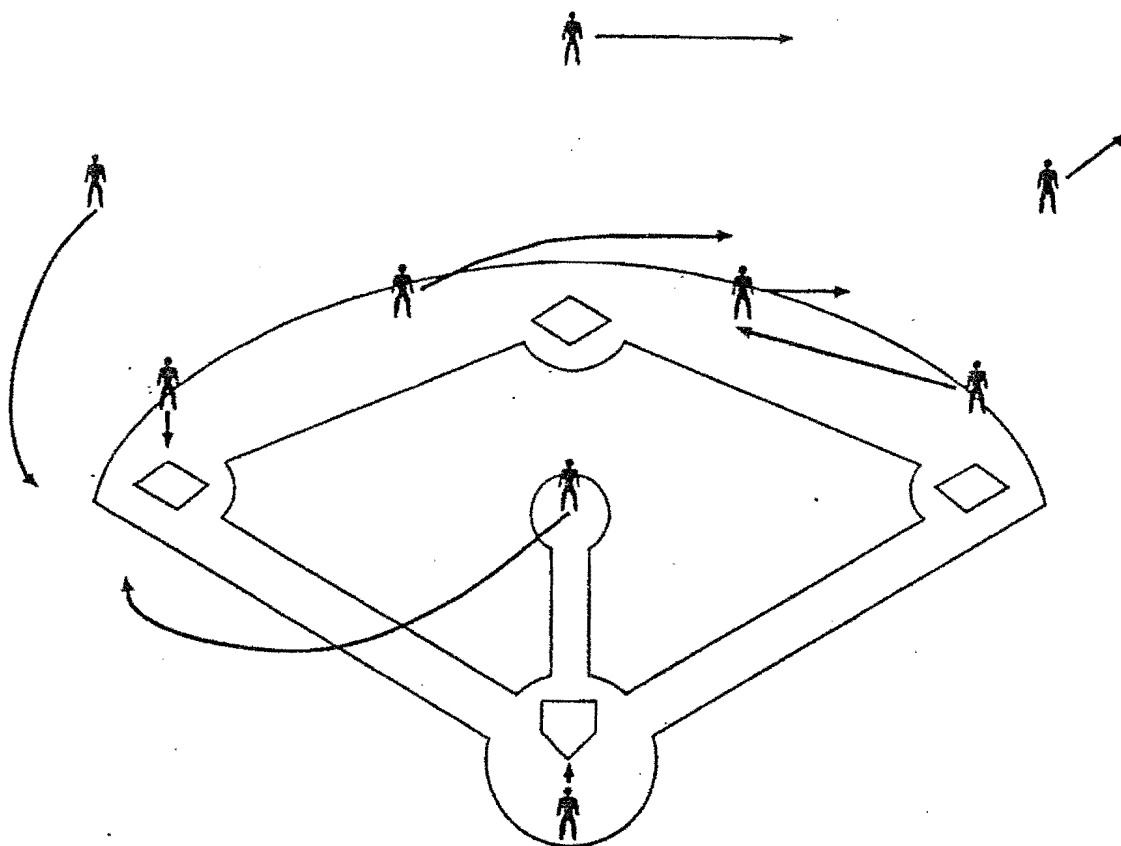
Shortstop: Assume the cutoff position, in line with third base.

Third baseman: Cover third base.

Leftfielder: Back up the centerfielder.

Centerfielder: Field the ball and hit the cutoff man (shortstop).

Rightfielder: Back up throws to the second-base area.



Sure double, possible triple, down the right-field line—bases empty

Pitcher: Back up third base:

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then trail him to second base.

Second baseman: Assume the cutoff position, in line with third base.

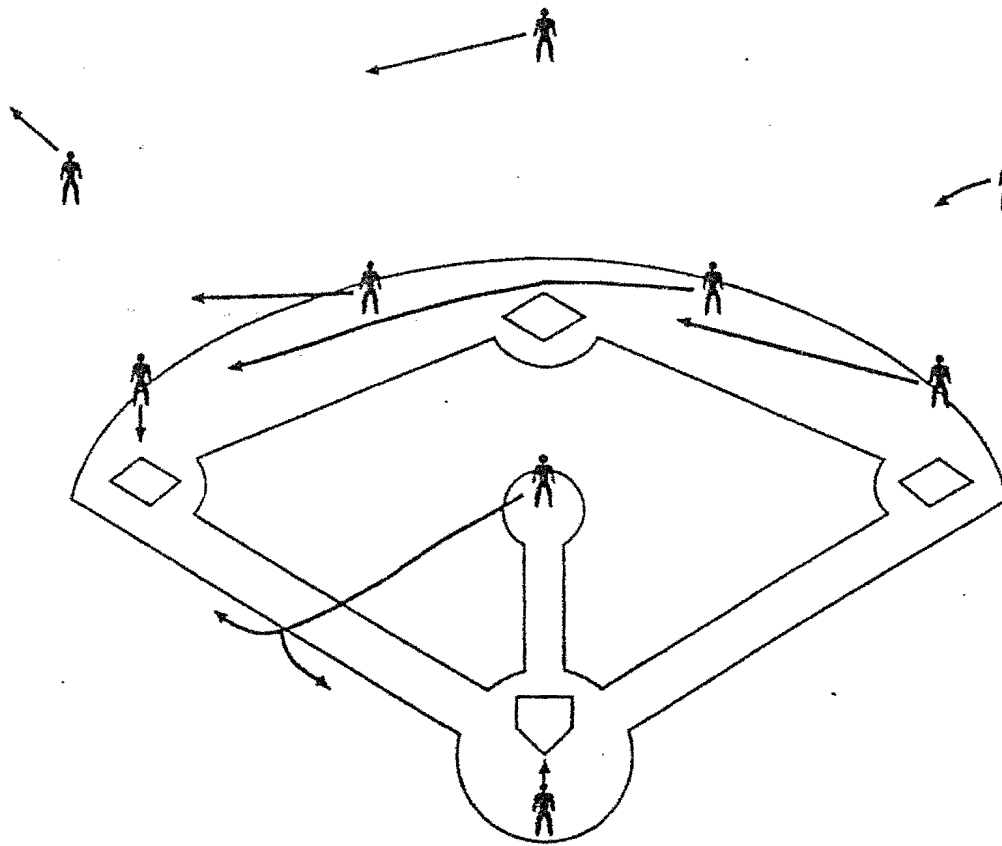
Shortstop: When convinced that the hit is at least a double, assume a trail position 20 feet behind the second baseman.

Third baseman: Cover third base.

Leftfielder: Back up the third-base area.

Centerfielder: Back up the rightfielder.

Rightfielder: Field the ball and hit the cutoff man (second baseman).



Sure double, possible triple, down the left-field line—men on base

Pitcher: Go to a position halfway between home plate and third base, read the play, and back up the appropriate base.

Catcher: Cover home plate.

First baseman: Be sure that the runner touches first base and then trail him to second base.

Second baseman: When convinced that the hit is at least a double, assume a trail position 20 feet behind the shortstop. Tell the shortstop whether to throw to third or home.

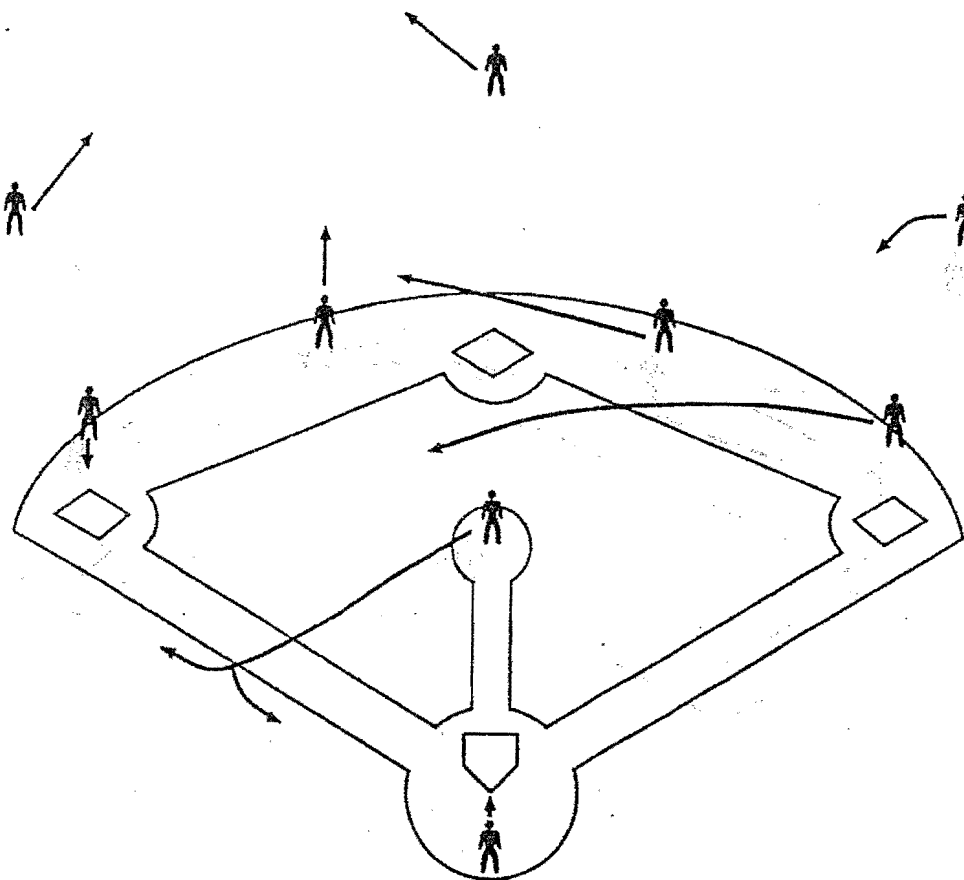
Shortstop: Assume the cutoff position down the left-field line, in line with home plate.

Third baseman: Cover third base.

Leftfielder: Field the ball and hit the cutoff man (shortstop).

Centerfielder: Back up the leftfielder.

Rightfielder: Back up the second-base area.



Sure double, possible triple, in the left-center-field gap—men on base

Pitcher: Go to a position halfway between home plate and third base, read the play, and back up the appropriate base.

Catcher: Cover home plate.

First baseman: Become the cutoff man on the throw to the plate.

Second baseman: When convinced that the hit is at least a double, assume a trail position 20 feet behind the shortstop. Tell the shortstop whether to throw to third or home.

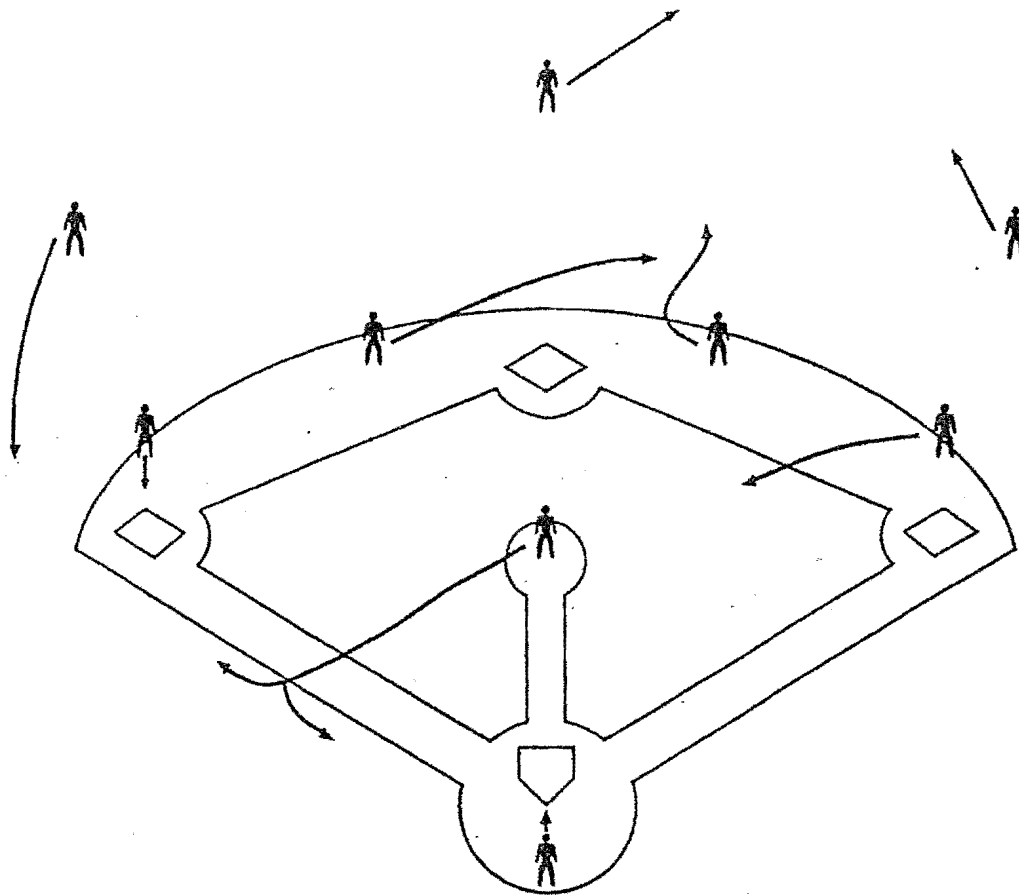
Shortstop: Assume the cutoff position, in line with home plate.

Third baseman: Cover third base.

Leftfielder: Back up the centerfielder.

Centerfielder: Field the ball and hit the cutoff man (shortstop).

Rightfielder: Back up the second-base area.



Sure double, possible triple, in the right-center-field gap—men on base

Pitcher: Go to a position halfway between home plate and third base, read the play, and back up the appropriate base.

Catcher: Cover home plate.

First baseman: Become the cutoff man on the throw to the plate.

Second baseman: Assume the cutoff position, in line with home plate.

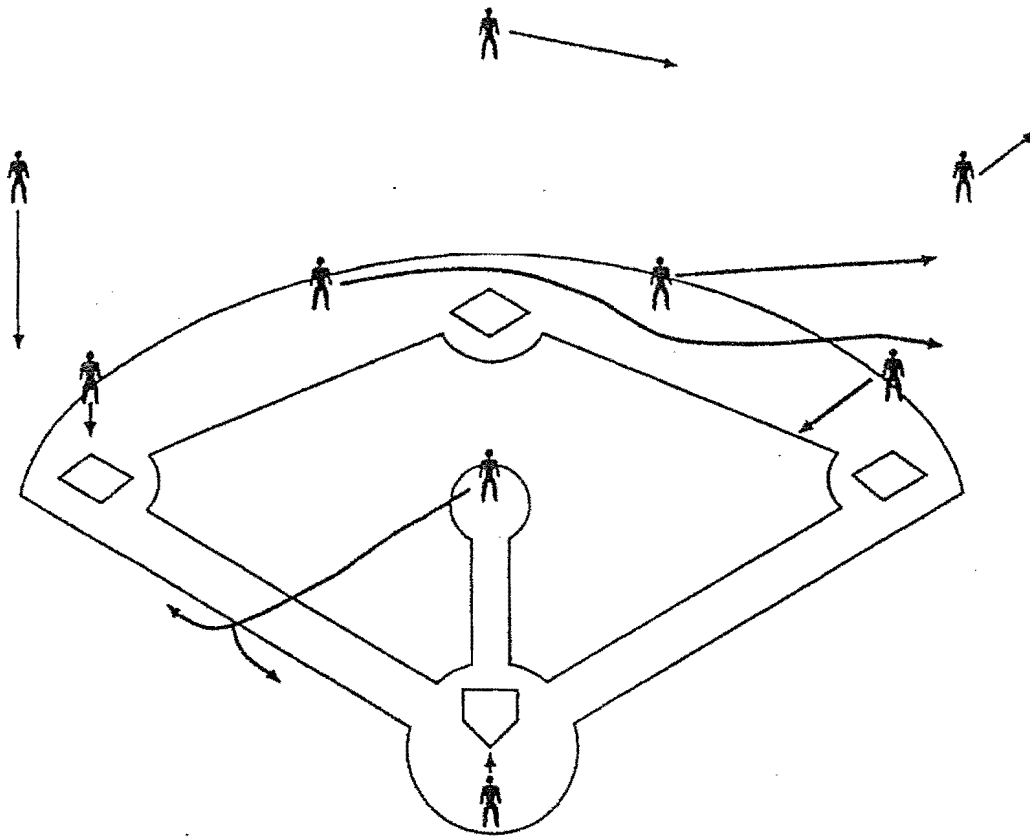
Shortstop: When convinced that the hit is at least a double, assume a trail position 20 feet behind the second baseman. Tell the second baseman whether to throw to third or home.

Third baseman: Cover third base.

Leftfielder: Back up the third-base area.

Centerfielder: Field the ball and hit the cutoff man (second baseman).

Rightfielder: Back up the centerfielder.



Sure double, possible triple, down the right-field line—men on base

Pitcher: Go to a position halfway between home plate and third base, read the play, and back up the appropriate base.

Catcher: Cover home plate.

First baseman: Become the cutoff man on the throw to the plate.

Second baseman: Assume the cutoff position, in line with home plate.

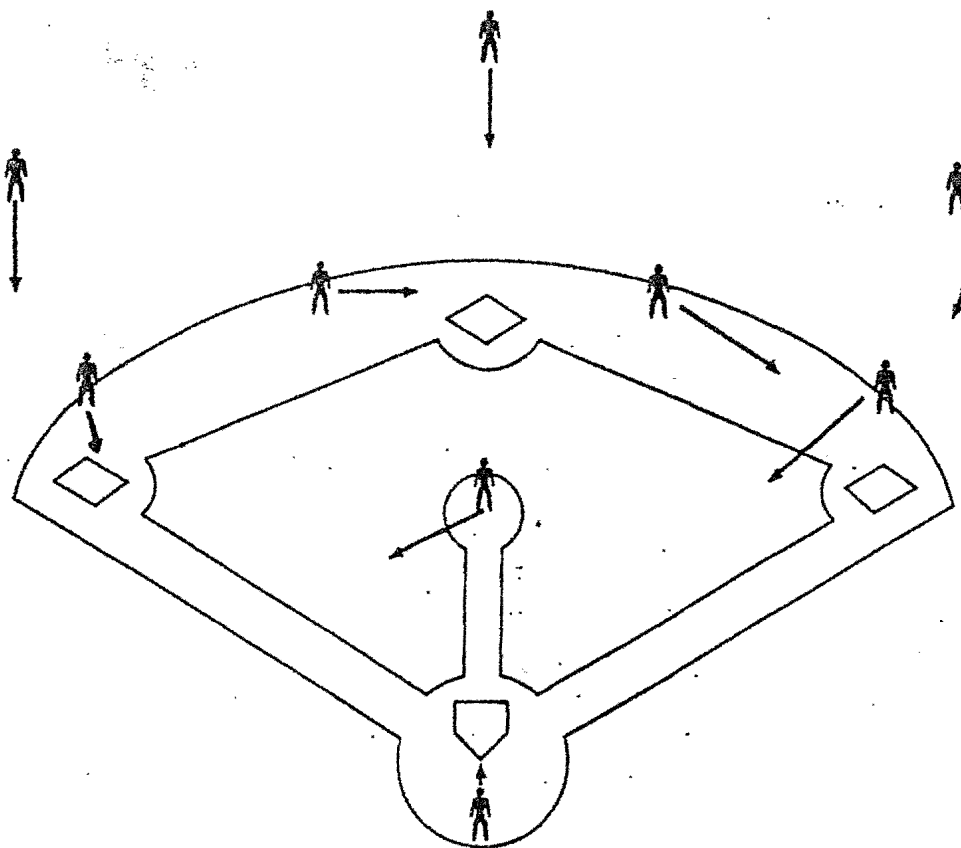
Shortstop: When convinced that the hit is at least a double, assume a trail position 20 feet behind the second baseman. Tell the second baseman where to throw the ball.

Third baseman: Cover third base.

Leftfielder: Back up the third-base area.

Centerfielder: Back up the rightfielder.

Rightfielder: Field the ball and hit the cutoff man (second baseman).



BUNT DEFENSES

#1 (standard coverage - get an out, runner on second, or first and second)

PITCHER: Throw a strike, cover the third-base line, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.

CATCHER: Cover the front of the plate, direct the infielders as to where to throw the ball.

FIRST BASEMAN: Cover the right side of the infield, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.

SECOND BASEMAN: Cover first base.

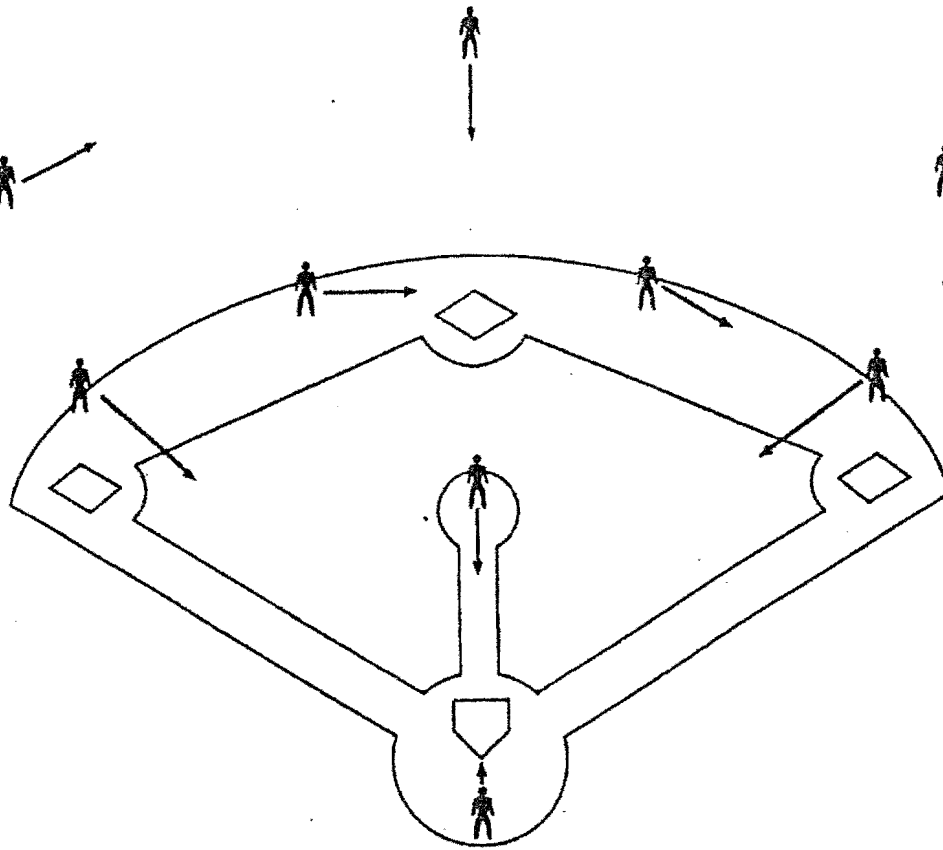
SHORTSTOP: Cover second base.

THIRD BASEMAN: Cover third base, however if the ball is not fielded by the pitcher, then charge the ball in order to get an out at first base.

LEFT FIELDER: Back up the possible throw to third base.

CENTER FIELDER: Back up the possible throw to second base.

RIGHT FIELDER: Back up the possible throw to first base.



BUNT DEFENSES

#2 (runner on first base, designed to try to get lead runner at second base)

PITCHER: Throw a strike, cover the ^{MIDDLE OF INFIELD} ~~third baseman~~, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.
(If the third baseman makes a throw to first base, then cover third base)

CATCHER: Cover the front of the plate, direct the infielders as to where to throw the ball.

FIRST BASEMAN: Hold the runner, then charge and cover the right side of the infield, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.

SECOND BASEMAN: Cover first base.

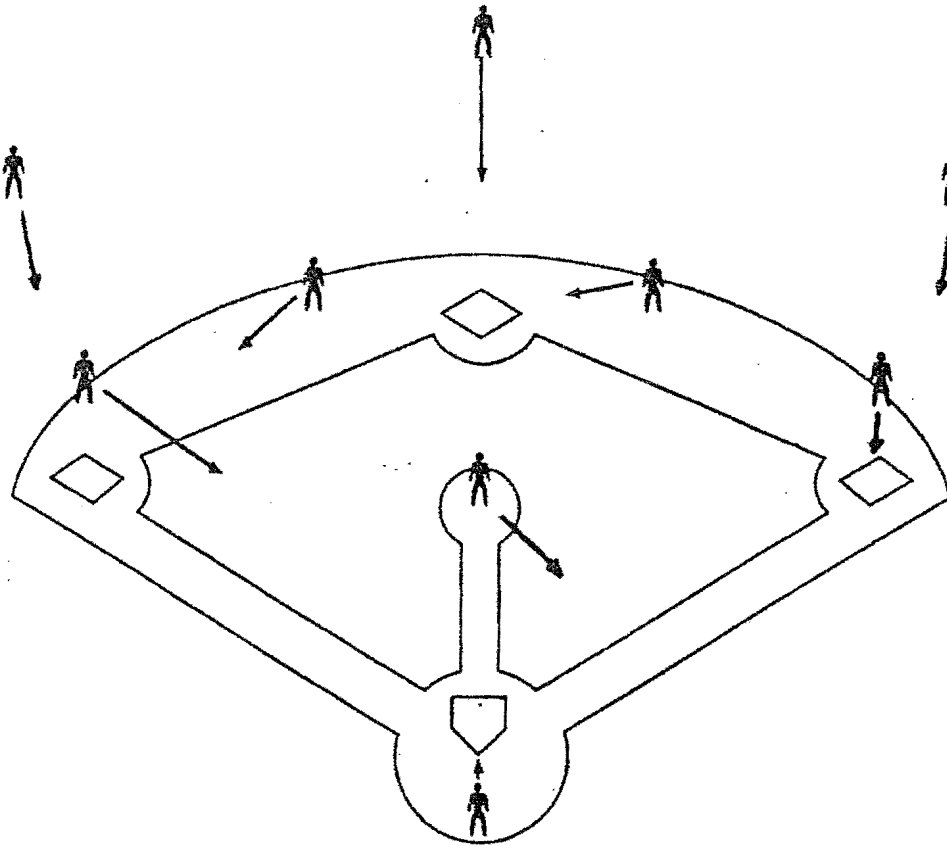
SHORTSTOP: Cover second base.

THIRD BASEMAN: Begin on the edge of the grass, then charge and cover the left side of the infield, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.
(If not involved with the throw, retreat to cover third base.)

LEFT FIELDER: Back up the center fielder.

CENTER FIELDER: Back up the possible throw to second base.

RIGHT FIELDER: Back up the possible throw to first base.



BUNT DEFENSES

#3 (standard coverage - get an out, runner on first base)

PITCHER: Throw a strike, cover the first-base line, field the ball if necessary, listen to the catcher to direct the throw, and throw to the correct base.
(If the first baseman must field the ball, then cover first base)

CATCHER: Cover the front of the plate, direct the infielders as to where to throw the ball.

FIRST BASEMAN: Hold the runner, cover first base, however if the ball is not fielded by the pitcher, then charge the ball in order to get an out at first base.

SECOND BASEMAN: Cover second base.

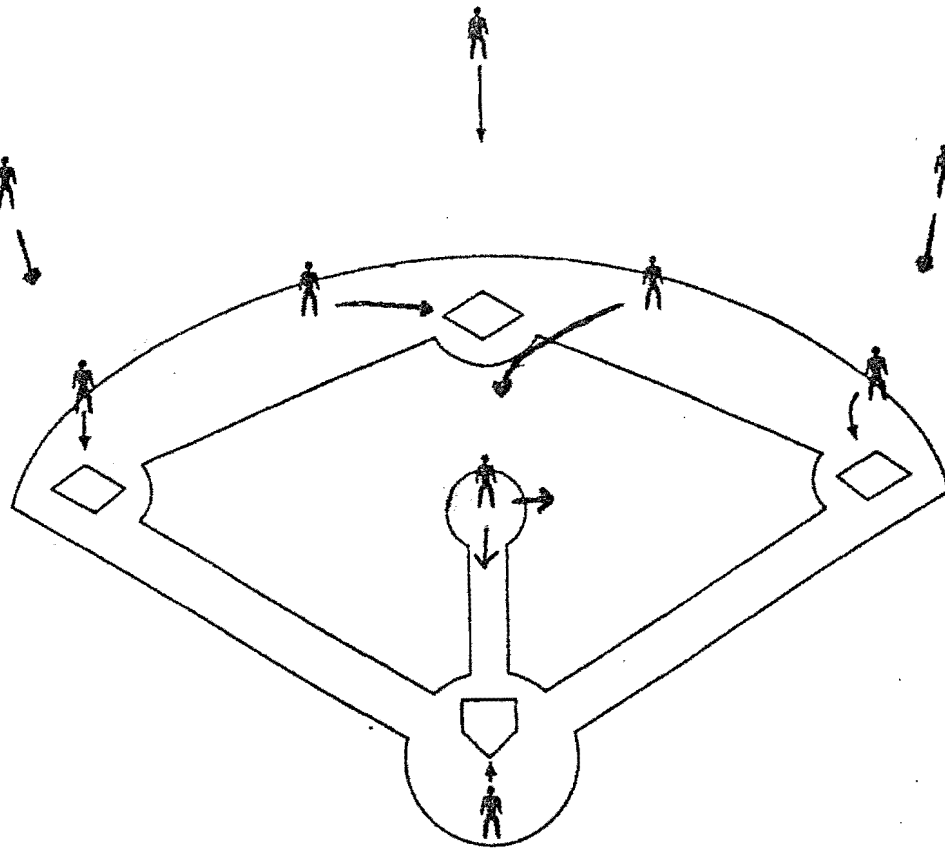
SHORTSTOP: Cover third base. (lead runner might try for third base.)

THIRD BASEMAN: Begin on the edge of the grass, then charge hard and cover the left side of the infield, listen to the catcher to direct the throw, and throw to the correct base.

LEFT FIELDER: Back up the possible throw to third base.

CENTER FIELDER: Back up the possible throw to second base.

RIGHT FIELDER: Back up the possible throw to first base.



1st AND 3rd STEAL SITUATION

PITCHER: Throw a strike, (If needed cover first or ~~third~~ ^{Home} in a run-down situation)

CATCHER: Throw a perfect low strike to second base, cover the plate.

FIRST BASEMAN: Hold the runner, cover first base in case of a run-down.

SECOND BASEMAN: Move into a cut-off position between the mound and second base, the third baseman will direct a cut if the lead runner breaks, cut the throw and make the correct throw. (If nothing is heard - let the throw go through)

SHORTSTOP: Cover second base. If the throw comes through - apply the tag.
(After the tag watch the lead runner)

THIRD BASEMAN: Cover third base, direct the second baseman to cut the throw if the runner on third breaks for home.

LEFT FIELDER: Back up the possible throw to third base.

CENTER FIELDER: Back up the possible throw to second base.

RIGHT FIELDER: Back up the possible throw to first base.

Note: Be sure to hold your positions until it is certain that the ball will not be hit.

SOME WORDS OF WISDOM

1. It does not take any talent to hustle.
2. Respect the game as much as you want to be respected.
3. Always be on time.
4. Persistence is more important than talent.
5. Tuck in your shirt.
6. Don't wear your hat backwards.
7. Practice hard because you play the way you practice.
8. Help your team win whether you play or not.
9. Never argue with an umpire.
10. Agree to let your coaches train you.
11. Don't tell people what you are worth, prove it to them.
12. Your girlfriend is not more important than your career choice.
13. Maintain your grades; Don't cut class.
14. Your parents love you, but they do not know more about baseball than your coaches.
15. Don't let anyone make excuses for you.
16. Maintain eye contact when someone is talking to you.
17. Body language screams. It never whispers.
18. It is your coach's opinion of you that counts. He makes out the lineup. Fail to understand this point and you will soon be out of the game.
19. Balance makes champions. If you focus on hitting and ignore the defensive part of your game you will never be a complete ball player.
20. Love the game.
21. Life is not fair. Regardless of what some people want you to believe.
22. Defense wins more games than offense.
23. Pitching sets the tone.
24. Games are lost not won. Mistakes lead to losses.
25. Work on your game every day of the year. The guy who just beat you did.
26. You can win a league with a few good pitchers. Well developed pitching staffs win the tournaments.
27. Who you are today is a result of who you were in the past. Fill your past with hard work and good deeds and you will maximize your future.
28. When you play catch throw to a target, and always keep the ball in front of you; block the bad throws.
29. Go hard all the time. Never walk or sit on a baseball practice field.
30. Only perfect practice makes perfect.
31. Always know what the situation is on defense.
32. Baseball reveals character, it does not build it.
33. Character means doing the right thing when nobody's looking.
34. ALWAYS HAVE FUN.

This is about football, but the same could be said about baseball.

What It Takes To Be Number One

by Vince Lombardi

“Winning is not a sometime thing; it’s an all the time thing. You don’t win once in a while; you don’t do things right once in a while; you do them right all of the time. Winning is a habit. Unfortunately, so is losing. I have finished second twice in my time at Green Bay, and I don’t ever want to finish second again. There is no second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do, and to win, and to win, and to win. Every time a football player goes to ply his trade he’s got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That’s OK you got to be smart to be number one in any business. But more importantly, you’ve got to play with your heart, with every fiber of your body. If you’re lucky enough to find a guy with a lot of head and a lot of heart, he’s never going to come off the field second. Running a football team is no different than running any other kind of organization - an army, a political party or a business. The principles are the same. The object is to win - to beat the other guy. Maybe that sounds hard or cruel. I don’t think it is. It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That’s why they are there - to compete. To know the rules and objectives when they get in the game. The object is to win fairly, squarely, by the rules - but to win. And in truth. I’ve never known a man worth his salt who in the long run, deep down in his heart, didn’t appreciate the grind, the discipline. There is something in good men that really yearns for the discipline and the harsh reality of head to head combat. I don’t say these things because I believe in the “brute” nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man’s finest hour - his greatest fulfillment to all that he holds dear - is that moment when he has to work his heart out in a good cause and he’s exhausted on the field of battle - victorious.”