

Perry Baseball Pillars

Coach Grdina and Staff

Pitching

- **BALANCE** Pitcher must get to a balanced position in order to achieve launch. Knee must come up at least to 90° keeping a loose foot. Approximately 80% of weight should be located on the inside foot of the back leg.

Drill: Ball Pick up

Either on a balance beam or flat ground, place a baseball beside the pitcher in stretch position. Picking up the front leg, have pitcher reach down for the ball, balancing on back leg. Have pitcher come up into balance position (see photo).



[Click on picture to view video](#)

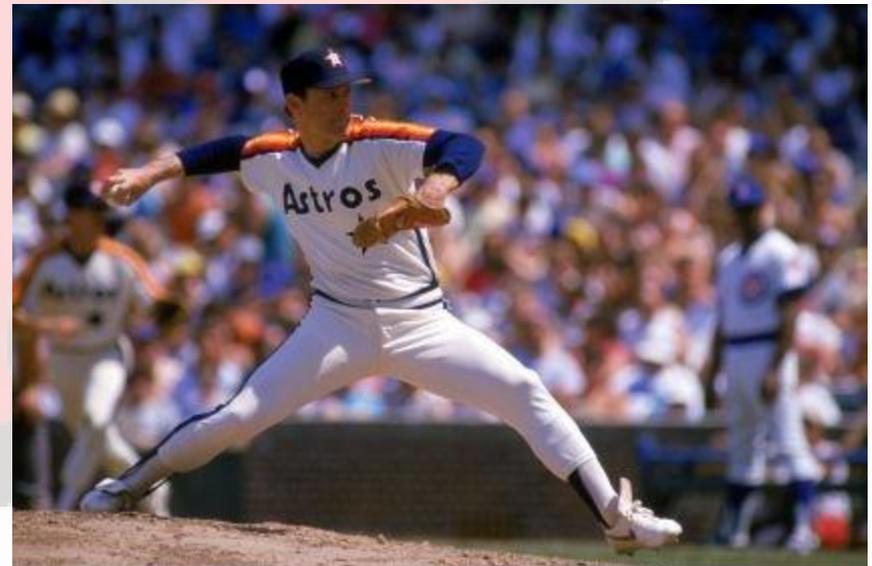
Pitching

- **LAUNCH** As the pitcher releases from the balance position, he will stride toward home, keeping 70% of the weight on the back leg, front foot down, into a 'power position'. Stride will be down first, then out. Shoulders parallel to the ground. Hands separate as lead leg moves down from balanced position.

[Click on picture to view video](#)

Drill: Down and out on balance beam

On a balance beam, start in the balance position, bringing front leg straight down almost touching the floor. At the same time, break the hands with arms out. Stride out front foot.



Pitching

- **WEIGHT TRANSFER**-Once the pitcher reaches the launch position, weight transfer must occur by turning the hips and arm while driving off the back leg. Momentum is to the catcher, giving full body power

Drill- Ball reach

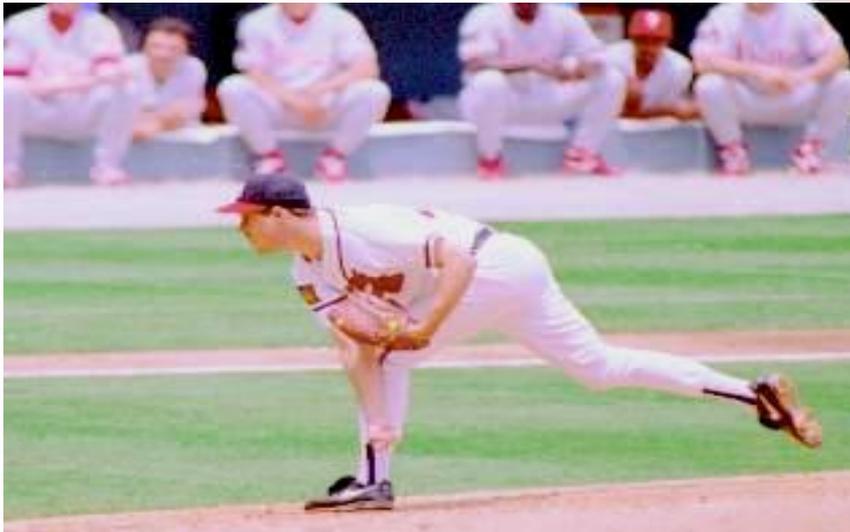
Begin in the launch position. With a partner, lean back handing the ball to your partner. Repeat the process, having your partner make you reach to grab the ball. Grab the ball and follow through; hips first, feeling weight shift



[Click on picture to view video](#)

Pitching

- **COMMAND** A pitcher should finish, weight shifted toward the plate with flat back. Pitcher wants to get out over the front foot, seeing the target. When releasing the ball, the arm should act as a whip. The back push leg should follow through so the pitcher ends in a fielding position.



Drill- Knee drill

In a lunge position (opposite leg of throwing arm out front, knee on ground) slowly rock back, feeling weight shift. Throw when coming forward, using the legs to push forward in an explosive movement. End with back parallel to the ground in fielding position.

Pitching

- **MENTAL DISCIPLINE** *“90% of the game is half mental”*
– Yogi Berra
- Every throw counts, even when playing catch. Always be working on something
- No matter how bad the situation, NEVER lose your cool to yourself or your teammates. Always focus on the next pitch
- Always present yourself in a professional manner
- Understand before stepping on the rubber what the situation is. Find out where runners are or what the count is.
- See the pitch before you throw it.
- Before the game begins, make sure to talk with coaches and your catcher: Go out with a game plan

Other Pitching Drills

(Click on each drill to view video's)

- [Long Toss \(Glove, Eyes, Ball\)](#)
- [Sock Drill](#)
- [Strengthen side with Momentum](#)
- [Stride Drill](#)

Infield

- **APPROACH-** Is the 1st step in being prepared to receive the baseball. The infielder should do the following:
 - Know where to position themselves in the field (righty or lefty up, man on 1st, etc.)
 - Begin moving forward as the pitcher begins their wind up
 - Be on the balls of their feet when the ball is hit



[Click on picture to view video](#)

Infield

- **MEETING THE BALL**

The approach to the baseball is important because the player's goal is to:

- Be aggressive and get to the baseball
- Have their body moving towards the direction of the throw
- Be in the "Best" position to field the baseball



Click on picture to view video

Infield

- **FUNNELING**

Being able to receive the baseball with a wide base, back parallel to the ground, glove out and open, throwing hand on top, and with soft hands bringing the baseball to the center of the body.

[Click on picture to view video](#)



Infield

- **TRANSFER** Moving the baseball from your glove to your throwing position. As the hand moves to the throwing position with the elbow pointed towards your target, the feet move from right to left, left to the target. (Feet do not crossover)



Infield

- **ACCURACY** Is the process in which the ball is thrown on target to the attended receiver. The Transfer Step helps put the body in the correct position, now the fielder must focus and make an accurate throw to get the runner out.



Other Infield Drills

(Click on each drill to view video's)

- [Ozzie Drill](#)
- [Ripken Drills](#)
- [One Hand](#)
- [Double Play](#)
- [STUD WITH RANGE](#)

Hitting

- **Stance-** Having a proper stance where your feet are just outside your shoulders, your front foot should be at the front of the plate, and your ear is over belt buckle.
- 70% of your weight on your back leg
- Bat is in a comfortable position
- Chin in shoulder
- Two eyes on the pitcher

[Click on picture to view video](#)



Hitting

- **Rhythm and Loading-** When the pitcher breaks his hands the hitter transfers his legs and hands back. 3 items to consider for rhythm:
 - When to start loading
 - Making sure the backside gets to ideal hitting position on time
 - When the stride foot should land



[Click on picture to view video](#)

Hitting

- **Stride and Drive-** Stride the distance that your front foot moves from your load position, drive the hips forward and push with back leg

Focus on stride foot creates strong
Front side to hit off of; hands inside baseball
or pitch location, bottom hand palm up,
head position focused on the ball



Hitting

- **Contact-** Focus on use of lower half to drive baseball, contact point is near front foot for ball hit towards centerfield



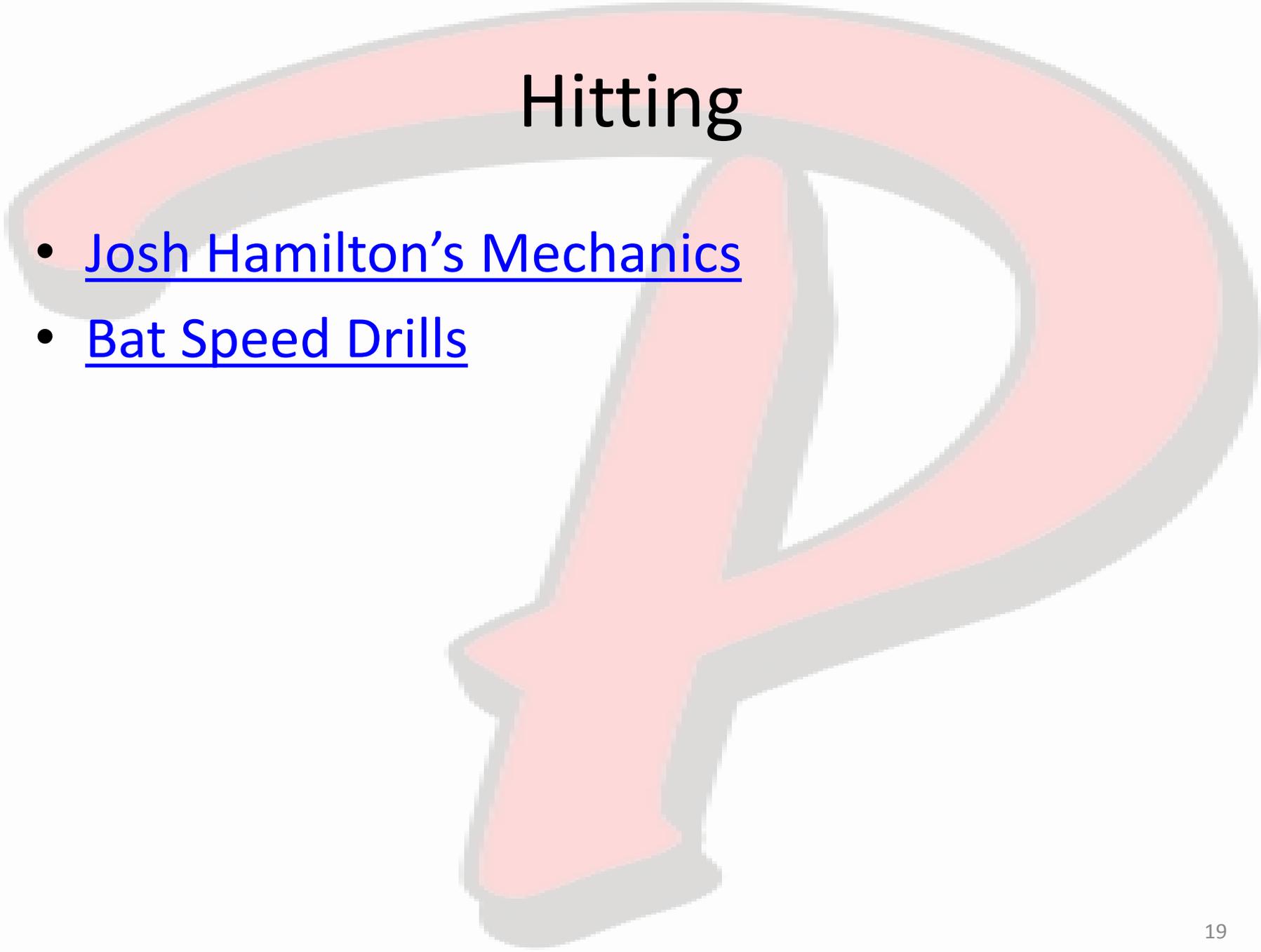
Hitting

- **Plate Approach-** Focus on one pitch at a time, keep the same routine, failure is going to happen, don't dwell on it, and live in the moment
- **Fail 70% of the time and make the Hall of Fame**



[Click on picture to view video](#)

Hitting



- [Josh Hamilton's Mechanics](#)
- [Bat Speed Drills](#)

Outfield



What makes a good Outfielder?

- **Athletic Ability**
 - Arm Strength
 - Speed
 - Quickness
 - Coordination
 - “ability to make plays”
- **I.Q & Instincts**
 - Routes and Angles
 - Acknowledge Hitter Tendencies
 - Positioning and Awareness
 - Communication

Outfield

- **Throwing**

- Outfielders must sprint to the baseball either in the air or on the ground to improve throwing position
- Players must square body to the target before making throws. Player must establish body control.
- Players should pay attention to foot work in drills to make sure feet are in proper throwing position.
- Crop Hop is extremely important. This should be exaggerated in drills to make sure its used on every out field throw.
- Outfields should use momentum from attacking the baseball when possible to improve throwing power.
- Players **MUST** be accurate and hit the cut. Players also need to recognize the correct location to throw the baseball. Before each pitch players should mentally determine what needs to be done if the ball is hit to you!

[Crow Hop Roll Drill](#)

Outfield

- **Catching the Baseball**

- All baseballs should be caught in front of the player and at its highest point
- All players on the field should attempt to make every catch using two hands.
- Players should attempt to catch all baseball behind the predicted landing point. This will allow players to work feet and body forward toward your throwing target. This should be done both with runners on base and without runners on base.
- BE IN GOOD POSITION / DO NOT COAST!

[4 Corner Cone Drill](#), [Around the Cone](#), [Over the head](#)

Outfield

- **Fielding Ground Balls**

- Regular Ground Balls

- Sprint to the Baseball and square your shoulders to the infield for better fielding and throwing technique.
 - Field the ball with two hands with shoulders square to the baseball. Ok to field the ball on one knee to prevent the ball from going through your legs on hard hit balls.

- “Do or Die” Ground Balls

- “Do or Die” ground balls are grounders that a play needs to be made to prevent a runner from advancing to prevent a change in the outcome of the game! DO NOT TURN ROUTINE PLAYS INTO 2 or 3 BASE ERRORS
 - Players should attempt to field the ball on glove side while in the same motion moving the ball to the throwing slot and using the running momentum to help create a stronger throw.

Outfield

- **Path / Tracking the Baseball**

- Shallow Fly Ball
- Recognize all surroundings
 - Players should attack the baseball when its recognized the ball will be in front. Communication with Infielders is critical. **NO COASTING**
- Fly Ball Hit Left or Right
 - Players should use a cross over step and explode to the baseball. Use a banana type route to round the baseball and establish good throwing position.
- Deep Fly Ball
 - Players should drop the foot on the side that the ball is hit then rotate opposite hip and foot while keeping eyes on the ball. Players should explode to the baseball and work back to the baseball. **NO COASTING.**

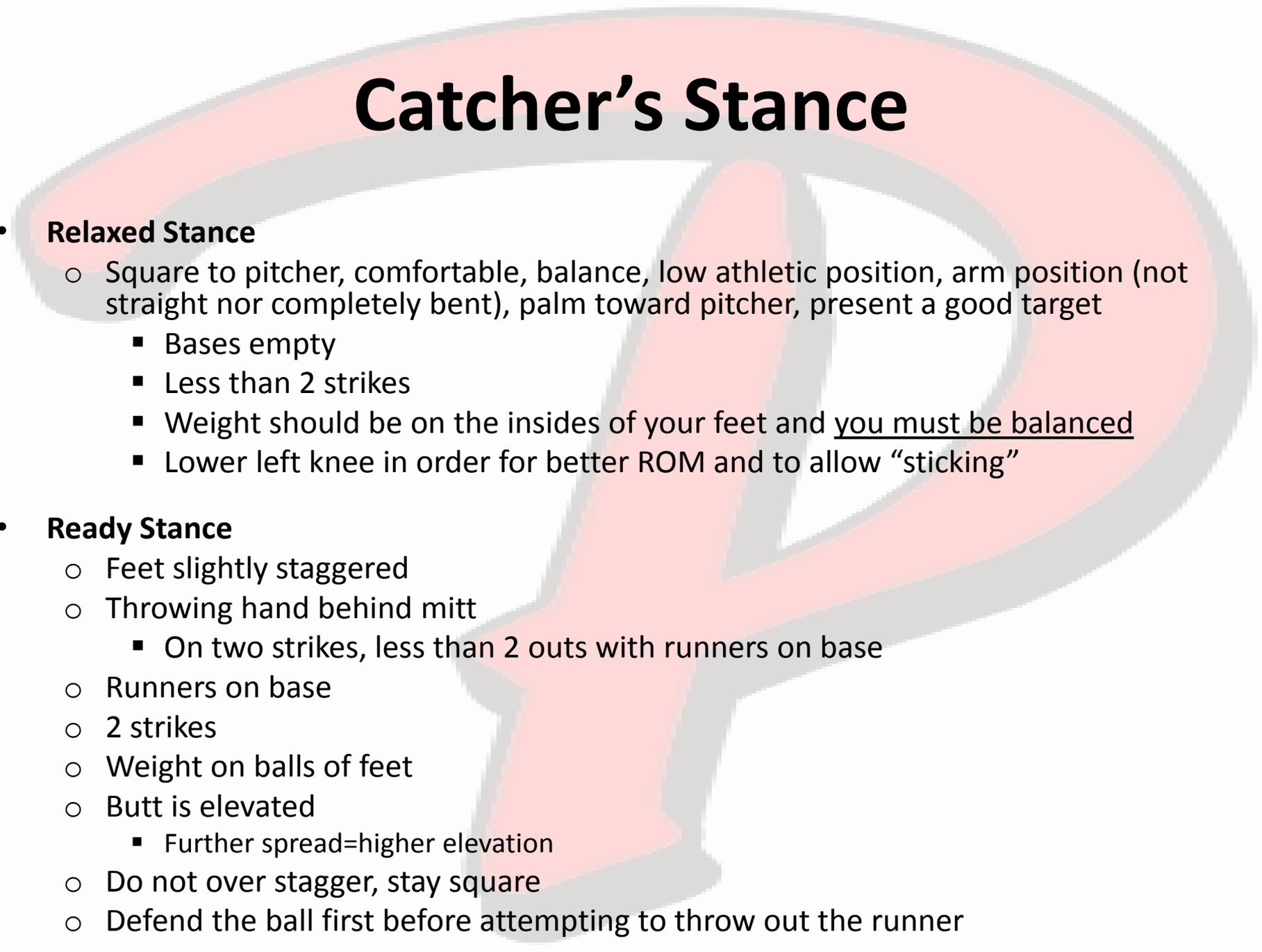
[Pass Pattern Drill](#)

Outfield

- **Outfield I.Q.**
 - Every player on the field of play has a purpose!
 - Every pitch each outfielder should identify the game situation.
 - No play in the game of baseball is routine.
 - Make backing up plays, charging ground balls hit to infielders or backing up infield throws a habit
 - Be in proper position on each pitch!

Drill LIVE Fungo Situations

Catcher's Stance



- **Relaxed Stance**

- Square to pitcher, comfortable, balance, low athletic position, arm position (not straight nor completely bent), palm toward pitcher, present a good target
 - Bases empty
 - Less than 2 strikes
 - Weight should be on the insides of your feet and you must be balanced
 - Lower left knee in order for better ROM and to allow “sticking”

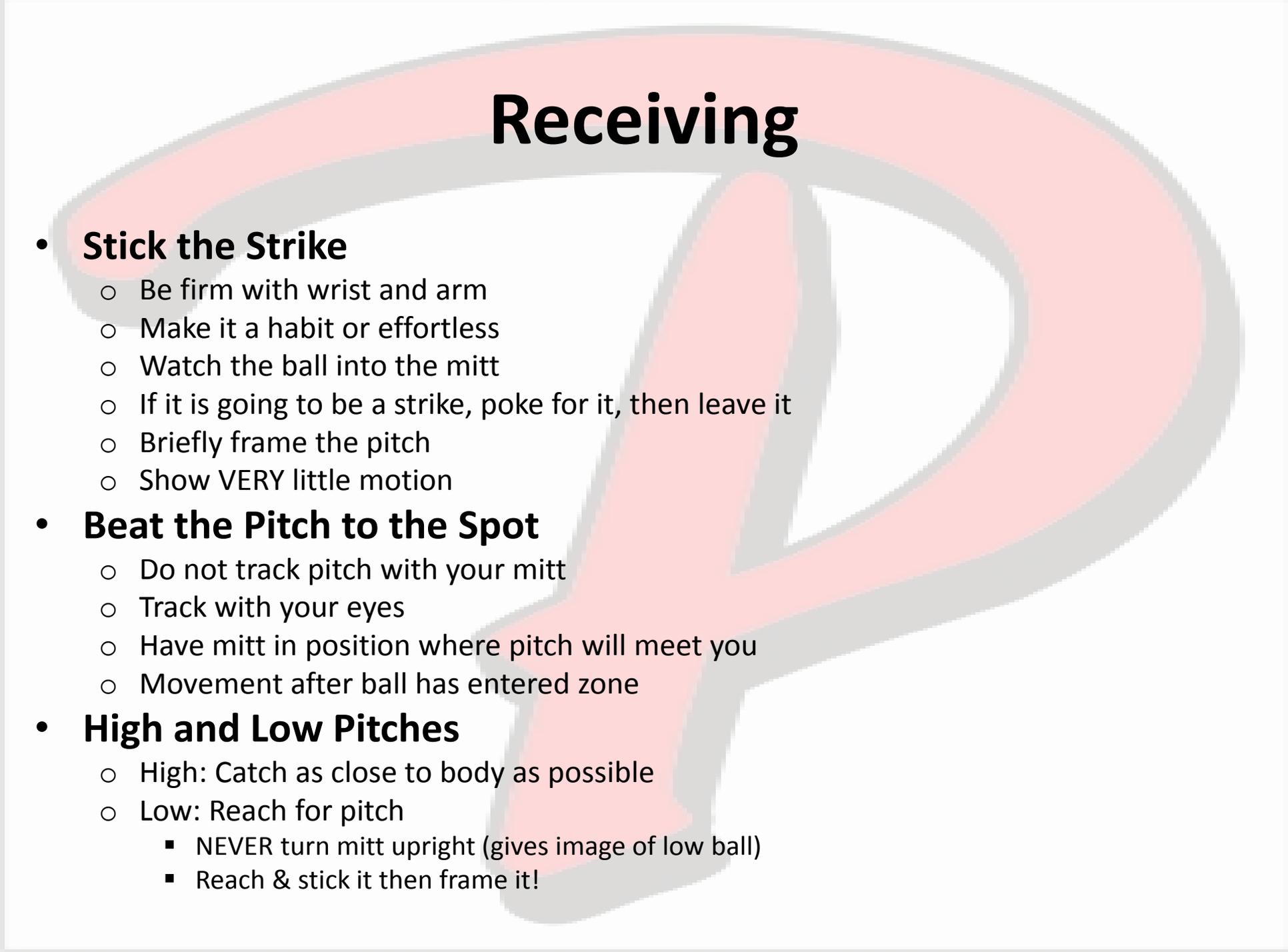
- **Ready Stance**

- Feet slightly staggered
- Throwing hand behind mitt
 - On two strikes, less than 2 outs with runners on base
- Runners on base
- 2 strikes
- Weight on balls of feet
- Butt is elevated
 - Further spread=higher elevation
- Do not over stagger, stay square
- Defend the ball first before attempting to throw out the runner

Catcher's Set Up

- **Relation to the Hitter**
 - Know your hitter
 - Find a comfortable distance as close up as possible
- **When to Set Up**
 - Do not set too early after giving sign not to give location away
 - In windup: In middle of windup
 - In stretch: Just before ball is released
- **Count and Pitch Type**
 - Behind count: Set up to cover more plate
 - Ahead of count: Set up off center
 - NEVER directly centered
- **Fastballs**
 - Work the corners, frame into the zone
- **Breaking Balls**
 - Set up on corners away from batter OR attempt to stuff batter inside
 - Prepare to block wild or in the dirt pitches
- **Change ups**
 - Set up outside or away from batter
 - Give a low target for your pitcher
- **0-2 count**
 - Pitchers call
 - Up and In can be a good tool to stuff batter or low and in the dirt out of the zone
- **Wild Pitchers**
 - In the chance a pitcher is "off" align straight and square. Do not allow movement Help him back in.

Receiving



- **Stick the Strike**

- Be firm with wrist and arm
- Make it a habit or effortless
- Watch the ball into the mitt
- If it is going to be a strike, poke for it, then leave it
- Briefly frame the pitch
- Show VERY little motion

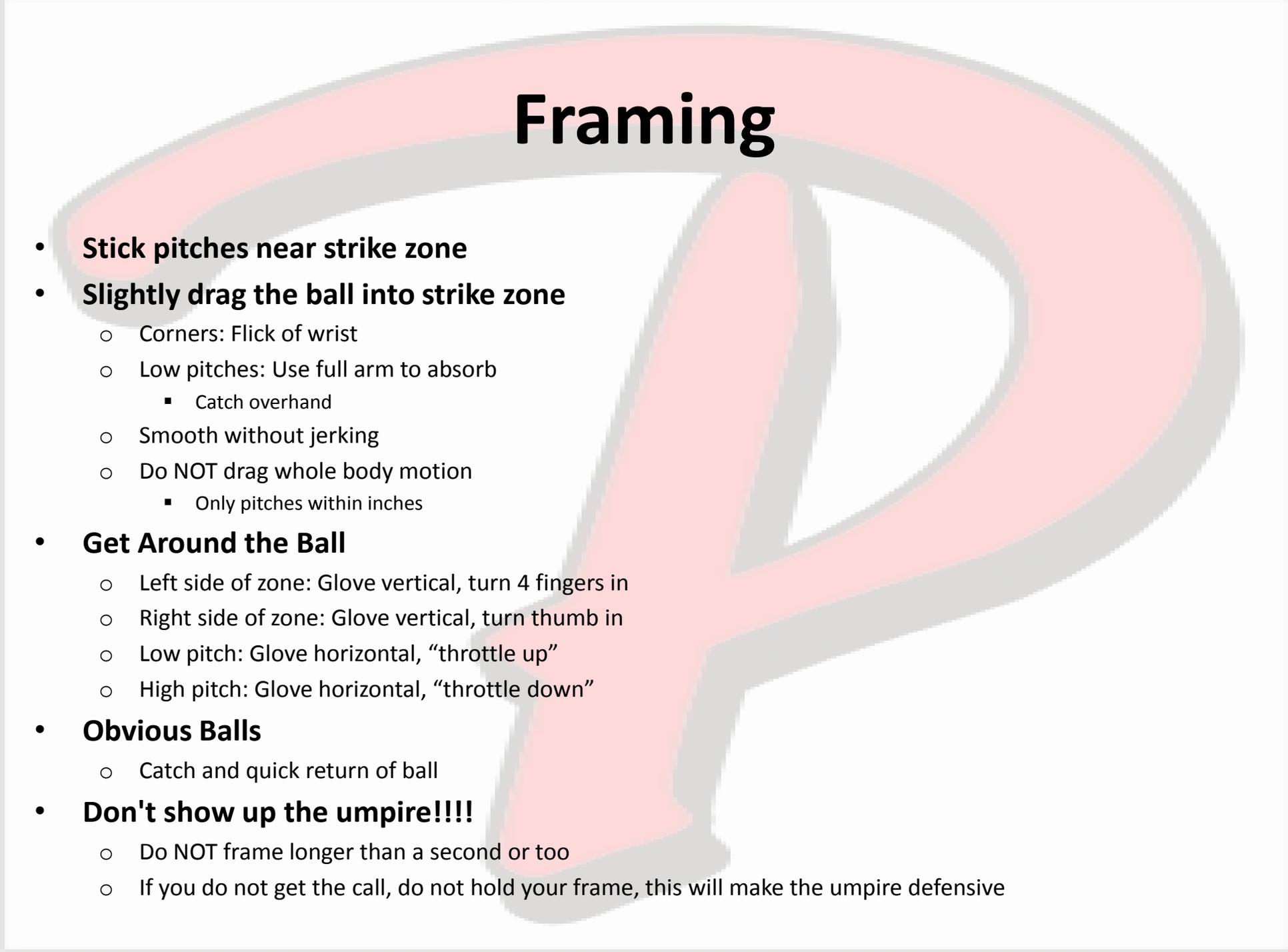
- **Beat the Pitch to the Spot**

- Do not track pitch with your mitt
- Track with your eyes
- Have mitt in position where pitch will meet you
- Movement after ball has entered zone

- **High and Low Pitches**

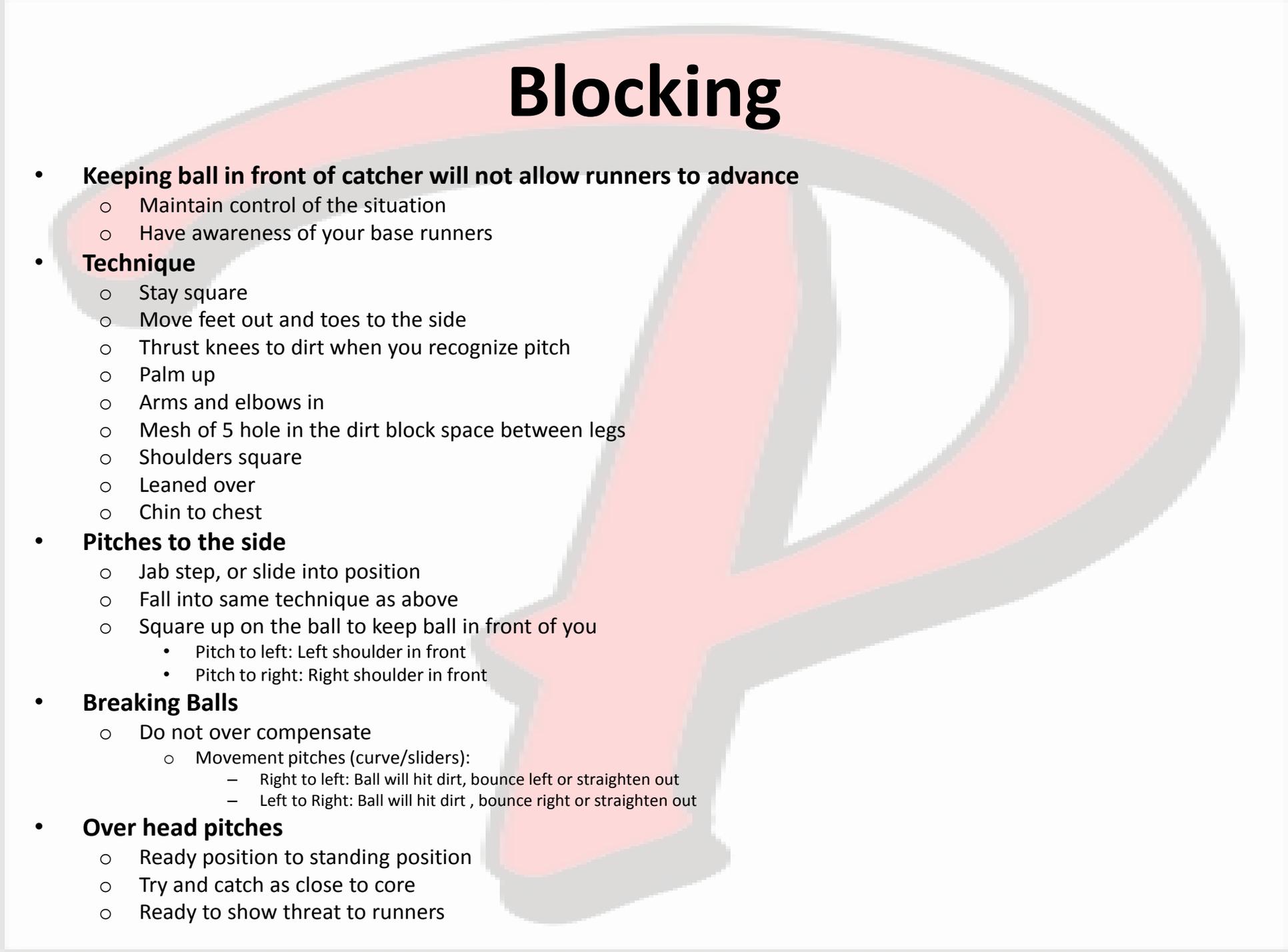
- High: Catch as close to body as possible
- Low: Reach for pitch
 - NEVER turn mitt upright (gives image of low ball)
 - Reach & stick it then frame it!

Framing



- **Stick pitches near strike zone**
- **Slightly drag the ball into strike zone**
 - Corners: Flick of wrist
 - Low pitches: Use full arm to absorb
 - Catch overhand
 - Smooth without jerking
 - Do NOT drag whole body motion
 - Only pitches within inches
- **Get Around the Ball**
 - Left side of zone: Glove vertical, turn 4 fingers in
 - Right side of zone: Glove vertical, turn thumb in
 - Low pitch: Glove horizontal, “throttle up”
 - High pitch: Glove horizontal, “throttle down”
- **Obvious Balls**
 - Catch and quick return of ball
- **Don't show up the umpire!!!!**
 - Do NOT frame longer than a second or too
 - If you do not get the call, do not hold your frame, this will make the umpire defensive

Blocking



- **Keeping ball in front of catcher will not allow runners to advance**
 - Maintain control of the situation
 - Have awareness of your base runners
- **Technique**
 - Stay square
 - Move feet out and toes to the side
 - Thrust knees to dirt when you recognize pitch
 - Palm up
 - Arms and elbows in
 - Mesh of 5 hole in the dirt block space between legs
 - Shoulders square
 - Leaned over
 - Chin to chest
- **Pitches to the side**
 - Jab step, or slide into position
 - Fall into same technique as above
 - Square up on the ball to keep ball in front of you
 - Pitch to left: Left shoulder in front
 - Pitch to right: Right shoulder in front
- **Breaking Balls**
 - Do not over compensate
 - Movement pitches (curve/sliders):
 - Right to left: Ball will hit dirt, bounce left or straighten out
 - Left to Right: Ball will hit dirt , bounce right or straighten out
- **Over head pitches**
 - Ready position to standing position
 - Try and catch as close to core
 - Ready to show threat to runners

Throwing

Throw through the target, not to it!

- **Grip**
 - 4 seam
- **Stealing**
 - Keep runners out of scoring position
 - For the most part, runners steal on pitchers not catchers
- **Hitter Swings, Falls Across Plate**
 - May occur during your throw
 - Lean into and make contact
 - Batter interference should be called

Throwing to Second – Throwing Styles

- **Jab Step (from ready stance)**
 - Throwing leg closest to 2nd moves toward base just before catch
 - Stay low, don't stand up
 - Transfer glove with ball to ear for ball transfer
 - Use momentum to throw, mask on to throw out runner
- **Rock and Throw**
 - Throwing leg stays planted in ground
 - Transfer weight back to front leg during throw
 - Avoid for left side of body pitches
- **Replacement**
 - Feet from 3&9, to 6&12 without jumping

Throwing to Third Base

- **Move Around Hitter to Throw**
 - Same motions as 2nd base technique
 - Left handed batters: Not an issue
 - Right handed batters: Take step back from throwing leg

Other Throws

- **Pickups - Fielding the Ball**
 - Scoop
 - Bare hand
- **Clearing the runner**
 - Move to field of play, left of runner
- **Pitch Out**
 - Chest high
 - Jab throw to base
- **Pick off**
 - Not used often
 - Snap throw
- **Back to pitcher**
 - Clean, fast return, no “lobbing”

Covering Bases

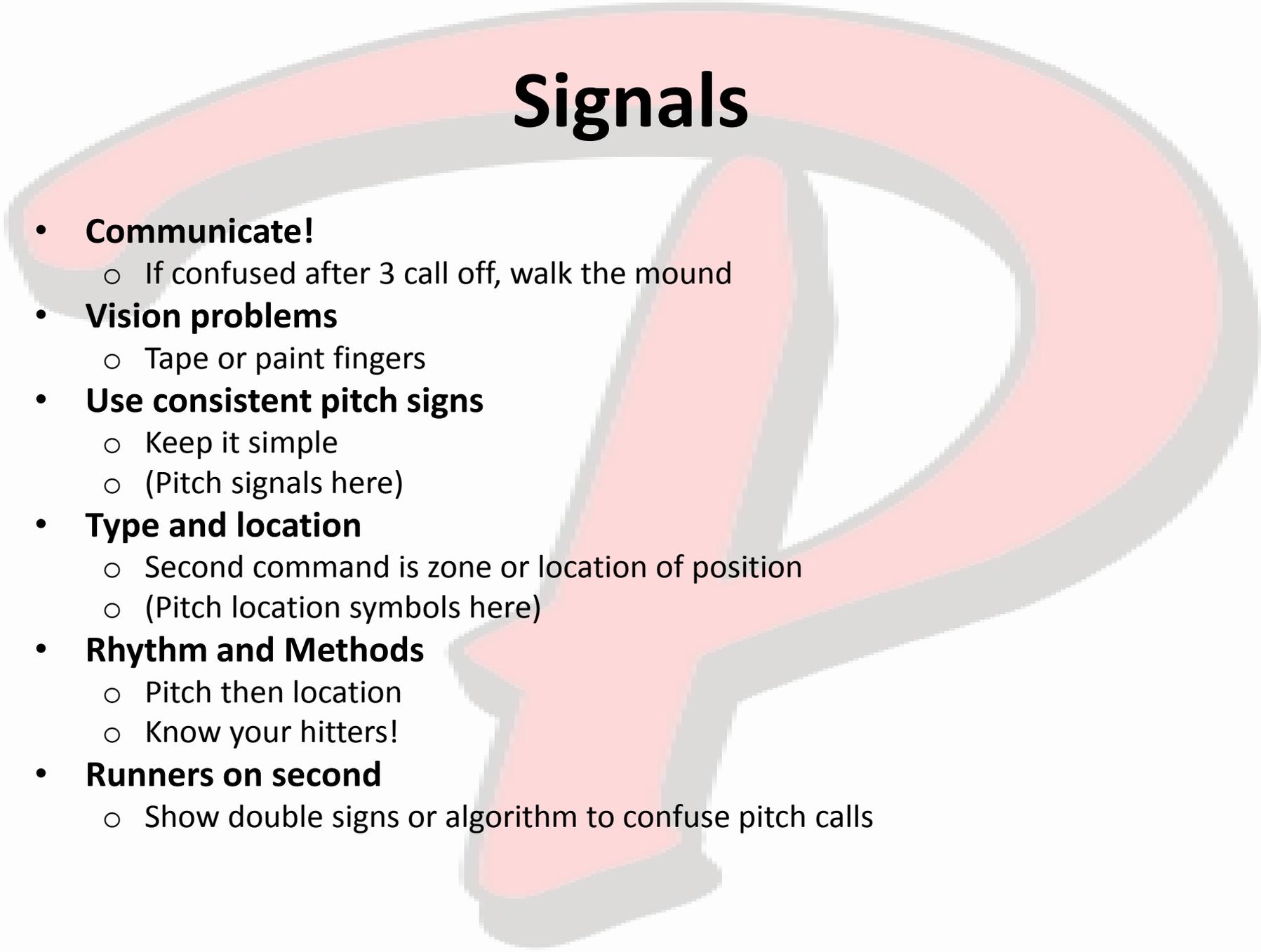
Have Situational Awareness!

- **Backing up third on a bunt**
 - Cover base if 3rd baseman fields bunt
- **Backing up first base**
 - Prevent runner from advancing to second
 - Line the throw up
 - Pitcher advances to cover home

Relays, Cut Offs, Plays at Home

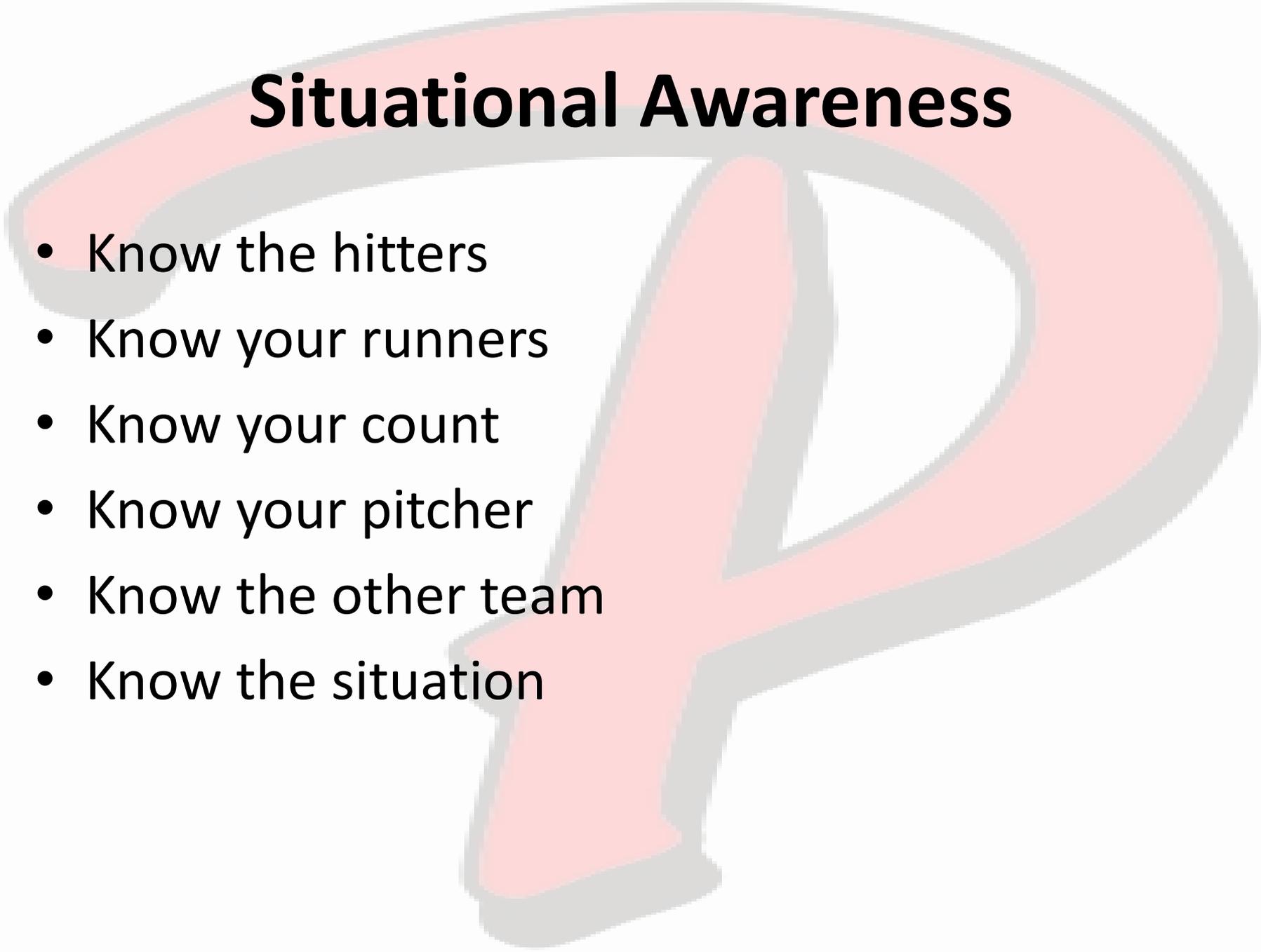
- **Relays to Home**
 - Position your cut off man
 - Arm positions to communicate alignment
 - Yell calls to continue throw or not attempt
- **Plays at home**
 - Position
 - Align left leg and toes parallel to baseline at third base
 - Back leg to home plate
 - Brace self in defensive stance to take possible collision
 - Mask on at all times!
- **Align the cut off man**
 - Give a target
 - Have foot on base for force
 - Be in your position for play at home
- **Field the Throw**
 - Good throws will come to you on fly
 - Do NOT let short hop, go get it!
 - If throw is so poor, keep in front of you in play
- **Apply the tag**
 - Ball in glove if extension is needed
 - This allows for better flexion
 - If close, use two hands in glove

Signals



- **Communicate!**
 - If confused after 3 call off, walk the mound
- **Vision problems**
 - Tape or paint fingers
- **Use consistent pitch signs**
 - Keep it simple
 - (Pitch signals here)
- **Type and location**
 - Second command is zone or location of position
 - (Pitch location symbols here)
- **Rhythm and Methods**
 - Pitch then location
 - Know your hitters!
- **Runners on second**
 - Show double signs or algorithm to confuse pitch calls

Situational Awareness



- Know the hitters
- Know your runners
- Know your count
- Know your pitcher
- Know the other team
- Know the situation

Different Ways to Pitch to Hitters

- **Pitching Carefully to Hitters**
 - When first is unoccupied, runner on second
 - Paint the corners
- **Going at hitters**
 - Force batter to chase and be aggressive
 - Typically fast balls
- **Different Counts**
 - 3-0 vs. 0-2: Going at a batter vs. playing it careful
- **Pitching Backwards**
 - When pitchers throw off speed, movement pitches early in count
 - Once ahead, pitch at batter with fast balls to “close out” at-bat
- **Saving Pitches for 2nd Time Through the Lineup**
 - Read first at bat
 - Save rhythm or pitches for next at bat
 - Do not let batter read pitcher at one time
- **Set up pitches/hitters**
 - Pitching inside, then pitch outside and visa versa
 - Pitching a fastball, then off speed or visa versa
- **Waste pitches**
 - Throw away outside of the strike zone in order to set up the next pitch or chase pitch