

TODAY'S QUOTE: What you do with a mistake – recognize it, admit it, learn from it, forget it. Dean Smith

TEAM DYNAMIC STRETCHING – 5 MINUTES

Note to coaches – my team uses most of this warmup routine before all practices / games

<https://www.youtube.com/watch?v=y6WqKxXa73w>

Light jog down and back

Toe touch with 2 arm circles (see youtube video) / quad pullback with leg raise

Knee raises out to in / knee raises in to out

Lateral lunges / walking lunges with a reach (reach under, then up)

high knee jog down; skip (high) back

butt-kick jog down / sprint back

PITCHING / HITTING / AGILITY –

HITTING STATIONS (ALWAYS WEAR HELMETS)

Side toss (coach/parent tosses)

Front Toss (use coach who will pitch in most games)

Tee drills (players can load for each other – both hitter and ball loader must wear helmets)

Wiffle balls (coach pitch)

PITCHING/CATCHING: (2 pitchers at a time) Warm ups (4 stage progression), pitch full distance, long toss, speed drill

FIELDING

Throwing Progression

- 1) Wrist flips, short throws on one knee
- 2) Parallel and perpendicular throws with partner (add in a competition to 10 catches)
- 3) Long throws with a crow hop

INFIELD STATIONS

- 1) 2 lines: straight, forehand side, back hand side
- 2) 2 long lines... take a short hop or roll, throw across to first, fielder runs ball back to coach

OUTFIELD STATIONS -

- 1) Drop step, tuck and run
- 2) Tennis ball drills (no glove)

BASE RUNNING

1st base break down, 2nd base turn and look to the outfield, 3rd base tag up

FOUR CORNERS OR STAR DRILL

Four Corners: Catcher – 1B – 2B – 3B (clockwise and counterclockwise)

Star Drill order: Catcher – 2B – 3B – 1B – SS – back to Catcher

CONE DRILLS

Hour glass (4 cones in a square) – backpedal, sprint diagonal, backpedal, sprint diagonal and catch

Figure 8 drill – start between 2 cones. Field a ball, shuffle around cone on left, field a ball, shuffle around cone on right, field a ball to end it

OUTFIELD STATIONS

- 1) Catch tennis ball on the run (forehand, bare hand)
- 2) Catch tennis ball on the run (backhand, bare hand)
- 3) "Up" drill... girls start facing away from coach who throws ball up in the air, player turns and finds it when coach yells "up"
- 4) DROP STEP, TUCK & RUN: Get under the ball, don't meet the ball at the spot

INFIELD STATIONS

- 1) Move through the ball – Straight on / Move to right / Move to left
- 2) GROUNDERS: Coaches hit grounders (2 lines) – rotate girls to practice taking throws as first basemen

TOSS & TAG

Girls pair up, practicing flip and dart tosses while keeping in low receiving position (add competition, 1st to 10)

END OF PRACTICE (FUN DRILL)

Bucket drill

4 Corners

Name game

Ask girls if anyone remembers the quote from the beginning of practice. See if they can tell you what they think the quote means.

GENERAL NOTES TO REMIND GIRLS OF BEFORE GAMES

Pitchers:

- cover home! Run to the plate (no jogging).
- **know the situation** and move out of the circle and back up a base with runners on.

Catchers:

- extend the glove and meet the pitch.
- on a pitch in the dirt... Stay big!
- need to turn the glove over.
- wild pitch... Locate the ball. Make eye contact with the pitcher before throwing to home!

Outfield:

- **Know the situation** before every pitch! (Where should I be positioned? What is the pitch count? How many outs? Where am I throwing if the ball is hit to me?)
- Hit the cut-off!
- Can not "airmail" throws into the infield.
- Block/ get big on balls hit on the ground.
- BE AGGRESSIVE! Go after the ball!

Infield:

- **Know the situation** before every pitch.
- CHARGE EVERY BALL!
- Communicate with each other.

All:

- MUST... Watch the ball the entire way into the glove. (Catchers, 1st base, fielders).
- Base runners... **Know the situation** and listen!
- Bat discipline... Work the count and keep the odds in your favor. Do not help the pitcher.

No one gets in trouble for trying. If someone dives at a ball but misses and it rolls to the fence then that's OK. If someone stares at a ball and it rolls to the fence then that's bad. Be aggressive everywhere on the field. Leave it all on the diamond!

SUGGESTIONS ON QUOTES TO USE FOR PRACTICES: (Recommend that coaches explain a little bit about the person who said the quote and why what they said is meaningful. For older players, see if they can explain what the quote means to them...)

1. "Success – it's what you do with what you've got." Woody Hayes
2. "Life is ten percent what happens to you and ninety percent how you respond to it." Lou Holtz
3. "The difference between the impossible and the possible lies in a man's determination." Tommy Lasorda
5. "Do not let what you cannot do interfere with what you can do." John Wooden
6. "It's not whether you get knocked down; it's whether you get back up." Vince Lombardi
7. "Do you know what my favorite part of the game is? The opportunity to play." Mike Singletary
8. "It is not the size of a man but the size of his heart that matters." Evander Holyfield
9. "The more I practice, the luckier I get." Jerry Barber
10. "We didn't lose the game; we just ran out of time." Vince Lombardi
11. "Set your goals high, and don't stop till you get there." Bo Jackson
12. "Make sure your worst enemy doesn't live between your own two ears." Laird Hamilton, surfer
13. "If you fail to prepare, you're prepared to fail." Mark Spitz
14. "Never let the fear of striking out get in your way". Babe Ruth
15. Don't practice until you get it right. Practice until you can't get it wrong.
16. "The key is not the will to win. Everybody has that. It is the will to prepare to win that is important." Bobby Knight
17. Always want the ball. --Brittany B., pitcher, Colorado
18. If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes." John Wooden
19. Embarrassing isn't making an error or striking out, embarrassing is making an error or striking out and pouting about it
20. The majority of players have to learn to be confident, just like players have to learn to throw a ball. It's a process and it gets stronger the more it's practiced. Even if you have to fake it to practice it, fake it until it becomes real. You WILL start to believe it
21. If you can dream it, you can do it. Walt Disney
22. Tough times don't last; tough people do. Gregory Peck
23. The difference between winning and losing is most often... not quitting. Walt Disney
24. Play like a Champion! Notre Dame mantra
25. Never limit yourself, never be satisfied, and it's free! Jennie Finch
26. There are 3 types of baseball players: those who make it happen, those who watch it happen, and those who wonder what happens. Tommy Lasorda
27. If opportunity doesn't knock; build a door. Milton Berle

28. You just can't beat the person who never gives up. Babe Ruth
29. Do you know what my favorite part of the game is? The opportunity to play – Mike Singletary
30. Don't look back. Something might be gaining on you. Satchell Paige
31. Success isn't given. It's earned. On the track, on the field, in the gym. With blood, sweat, and the occasional tear. – Nike
32. I never have the fear of getting beat which is how most people lose-dan gable
33. Most people never run far enough on their first wind to know that they have a second-William James
34. "Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision." Muhammad Ali
35. "Hi, my name's Mae, and that's more than a name, that's an attitude." A League of Their Own
36. "Listen, Lupus, you didn't come into this life just to sit around on a dugout bench, did ya? Now get your butt out there and do the best you can." The Bad News Bears
37. "I'll make it." Hoosiers
38. "This is a simple game: You throw the ball, you hit the ball, you catch the ball." Bull Durham
39. "You can do it!" The Waterboy
40. "If you put your effort and concentration into playing to your potential, to be the best that you can be, I don't care what the scoreboard says. At the end of the game, in my book, we're gonna be winners." Hoosiers
41. "There's no crying in baseball!" A League of Their Own
42. "No. Try not. Do... or do not. There is no try." Yoda
43. You can't put a limit on anything. The more you dream, the farther you get. Michael Phelps
44. Sweat plus sacrifice equals success. Charlie Finley
45. The will to win is important, but the will to prepare is vital. Joe Paterno
46. There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein
47. I don't know if I practiced more than anybody, but I sure practiced enough. I still wonder if somebody, somewhere, was practicing more than me. Larry Bird
48. What we think we become. All that we are arises without thoughts, with our thoughts, we make the world. The Buddha
49. And my dad drilled it in my head, you now, "If you want it bad enough, and you're willing to make the sacrifices, you can do it. But first you have to believe in yourself". Jennie Finch
50. Whether you think you can, or you think you can't--you're right. Henry Ford
51. My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging. Hank Aaron
52. Instruction does much, but encouragement everything. (Letter to A.F. Oeser, Nov 9, 1798)

53. You can't always control circumstances, however, you can control your attitude, approach, and response. Your options are to complain or to look ahead and figure out how to make the situation better. Tony Dungy

54. I haven't failed, I have just found 10,000 ways that didn't work. Thomas Edison

55. "Practice like you've never won. Perform like you've never lost."

56. When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. - Henry Ford

57. Being a competitor is not dependant on your gender, sport or genetics. Being a competitor is a choice; a decision, and becomes a life style

58. "It's supposed to be hard. If it wasn't hard, everyone would do it. The hard...is what makes it great!" A League of Their Own