



COACHING TUNEUPS TO PROPEL ON & OFF FIELD SUCCESS

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COACHING TUNEUPS TO PROPEL ON & OFF FIELD SUCCESS

- Coaching w/ the Athlete in Mind
- Setting the lineup card
- Defensive positioning
- Defensive Core Drills



Anything worthy of your passion,
should be worthy of your
preparation.

— Sue Enquist —



A TRUE WIN: Coaching With the Athlete in Mind

- Kids have changed...have YOU?
 - Stress and Anxiety are high in today's youth. Millennials are the most anxious generation in history.
 - Utilize the warm up as a time to decompress, talk with the team, have a little fun and relax
 - Avoid too many boot camp environments, at least at the start of practice
 - Earn their keep!
 - They are high on fight or flight reactions
 - Involve the parents in your outer circle to gain their buy in and help reach the athlete.
 - Get to know the parents and family dynamics as a gateway to seeing how the athlete has learned to communicate. Meet them where they are and improve as you see fit.
 - Millennial attention span is less than prior generations. Avoid too much of the same practice routine or drill
 - Involve your non-starters and embrace their roles! They are next up. Pinch roles are to be celebrated. Groom your starters to take on responsibility to keep their backs up ready.
 - Success for the female athlete
 - Streams beyond the playing field. Get to know them and what is important to them.
 - Feel good > Play good
 - WHY is important
 - Explanations are at their fingertips with technological advances. They will expect the same in athletics.
 - Female coaching staff member(s)
 - Coach what you have not what you want, not what you had



A TRUE WIN: Coaching With the Athlete in Mind

- EXPOSURE/ RECRUITING POTENTIAL
 - Their success is your success
 - Coach to improve the player and to improve the game
 - Skillset needed to play at next level
 - Softball IQ
 - Leadership qualities
 - Team players / Unselfish athletes
 - Academic Achievers
 - Fundamentals and Footwork
- USE THEM DON'T ABUSE THEM. Find the balance between what is right for the team and good for the athlete.
 - Be sure they have a wide array of skills
 - “My coach makes me bunt every time”
- A GOOD PROGRAM WILL ATTRACT GOOD ATHLETES >> WINS!



SETTING THE LINEUP CARD

New York Yankees

\$114,457,768

vs

\$39,722,689

Oakland Athletics

“Your goal should be to buy wins. And in order to buy wins you need to buy runs.”



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SETTING THE STARTING LINEUP

POWER HITTERS

They will be hot and cold. Pay attention and adjust them in the lineup accordingly. Coach them for process/fundamentals not results and the slumps will be few. More power tends to result in more strikeouts. Train them for pitch selection and launch ability to hit the green. Power follows speed or power. RBI producers.

SPEED PLAYERS

Fast players in the lineup. Slaphitters or otherwise. The goal is to get them safely on base. From there let them take risks either early or late in the game. Train them to read pitch releases and freely make decisions. Autonomous athletes. Instinctual firecrackers on the base paths. Speed follows speed. Run producers.



THE SPEED EFFECT

#		AVG	OPS	GP-GS	AB	R	H	2B	3B	HR	RBI	TB	SLG%	BB	HBP	SO	GDP	OB%	SF	SH	SB-ATT
15	<u>Becker, Kylan</u>	.426	1.042	61-61	197	55	84	4	9	1	28	109	.553	22	2	12	0	.489	0	4	34-41
30	<u>Latham, Abbey</u>	.330	.965	61-61	188	36	62	13	0	10	54	105	.559	22	4	40	3	.406	3	1	17-19
11	<u>Whitley, Tate</u>	.290	.660	56-52	124	23	36	5	1	0	12	43	.347	2	3	23	0	.313	2	2	6-7
1	<u>Horton, Kaylee</u>	.289	.692	61-61	187	31	54	4	5	0	28	68	.364	12	0	15	0	.328	2	3	23-29
20	<u>Puk, Jessica</u>	.250	.830	61-61	168	28	42	7	1	9	41	78	.464	20	13	26	0	.366	4	2	11-14
24	<u>Gillespie, Autumn</u>	.243	.818	60-59	152	32	37	6	4	5	25	66	.434	21	15	32	0	.384	2	2	9-9
6	<u>Allee, Mikayla</u>	.216	.714	60-60	97	21	21	3	0	2	12	30	.309	18	14	22	0	.405	2	3	2-2
18	<u>Finney, Brittany</u>	.194	.709	60-58	155	21	30	8	1	8	34	64	.413	22	1	44	0	.296	1	0	1-1
19	<u>Werdann, Izzy</u>	.375	1.125	11-1	8	2	3	2	0	0	3	5	.625	1	1	4	0	.500	0	0	0-0
3	<u>Pinto, Alyssa</u>	.333	.666	4-0	3	0	1	0	0	0	0	1	.333	0	0	0	0	.333	0	0	0-0
36	<u>Alvarez, Gabby</u>	.264	.710	49-17	72	2	19	5	0	2	15	30	.417	2	1	21	0	.293	0	0	1-1
21	<u>Roth, Amanda</u>	.216	.664	45-42	111	16	24	6	0	3	22	39	.351	7	9	25	1	.313	1	1	1-2
16	<u>Gutierrez, Sydney</u>	.200	.461	21-1	20	1	4	0	0	0	3	4	.200	2	0	7	0	.261	1	0	0-0
10	<u>Cooper, Katelin</u>	.200	1.156	39-0	5	11	1	0	1	0	2	3	.600	3	1	3	0	.556	0	0	5-7
17	<u>Hvitved, Kacey</u>	.200	.629	13-0	5	6	1	0	0	0	0	1	.200	2	0	2	0	.429	0	0	3-4
23	<u>Mena, Ally</u>	.178	.527	32-19	45	4	8	2	1	0	1	12	.267	5	0	9	0	.260	0	1	0-0
14	<u>Watford, Taylor</u>	.103	.429	30-6	29	4	3	2	0	0	4	5	.172	5	1	9	0	.257	0	0	0-0
32	<u>Loftin, Kelsha</u>	.000	.000	52-0	2	23	0	0	0	0	0	0	.000	0	0	0	0	.000	0	0	15-20
	Totals	.274	.787	61-61	1568	316	430	67	23	40	284	663	.423	166	65	294	4	.364	18	19	128-156
	Opponents	.238	.612	61-61	1565	170	373	44	4	26	149	503	.321	92	26	360	8	.291	7	21	12-25

THE POWER EFFECT

#		AVG	OPS	GP-GS	AB	R	H	2B	3B	HR	RBI	TB	SLG%	BB	HBP	SO	GDP	OB%	SF	SH	SB-ATT
5	<u>Carranco, Reyna</u>	.416	1.041	57-57	178	51	74	13	1	5	40	104	.584	15	1	17	0	.457	3	6	0-0
32	<u>Palomino-Cardoza, Alyssa</u>	.386	1.264	62-62	197	60	76	18	2	19	66	155	.787	33	4	36	0	.477	3	0	0-0
17	<u>Martinez, Malia</u>	.337	.994	62-62	193	35	65	9	0	14	57	116	.601	18	0	30	1	.393	0	2	0-0
19	<u>Harper, Jessie</u>	.333	1.206	62-62	204	65	68	9	1	29	69	166	.814	20	1	27	3	.392	2	0	1-1
44	<u>Kean, Jenna</u>	.313	.746	48-37	99	25	31	1	2	1	10	39	.394	6	0	24	0	.352	0	1	7-8
8	<u>Mulipola, Dejah</u>	.305	1.223	62-62	167	49	51	7	0	23	55	127	.760	43	6	45	2	.463	0	0	1-2
2	<u>Martinez, Hannah</u>	.280	.676	51-45	125	25	35	3	1	2	20	46	.368	6	0	28	0	.308	2	7	1-1
36	<u>Pierce, Rylee</u>	.266	.833	51-51	139	28	37	5	0	8	23	66	.475	18	2	33	2	.358	0	2	2-2
21	<u>Kuderca, Riley</u>	1.000	2.000	28-0	1	7	1	0	0	0	0	1	1.000	0	0	0	0	1.000	0	0	1-4
88	<u>Statman, Tamara</u>	.323	.959	33-25	65	9	21	2	0	4	13	35	.538	9	2	6	0	.421	0	1	0-0
11	<u>Edior, Hillary</u>	.281	.785	27-19	57	6	16	2	0	2	9	24	.421	7	1	13	0	.364	1	0	0-0
7	<u>Bowen, Hanah</u>	.250	.641	31-16	48	9	12	1	0	1	3	16	.333	3	1	10	1	.308	0	2	0-0
4	<u>Campbell, Carli</u>	.242	.544	40-24	66	14	16	1	0	0	2	17	.258	4	0	4	0	.286	0	4	0-1
12	<u>Davis, Ivy</u>	.220	.645	26-19	41	13	9	2	0	0	3	11	.268	6	5	15	0	.377	1	1	0-0
33	<u>Krist, Joelle</u>	.200	.629	20-10	30	3	6	0	0	0	2	6	.200	11	1	8	0	.429	0	1	1-1
15	<u>Pacho, Izzy</u>	.195	.591	24-9	41	2	8	0	0	2	5	14	.341	3	0	8	2	.250	0	0	0-0
71	<u>Schuld, Marissa</u>	.000	.000	9-2	4	1	0	0	0	0	0	0	.000	0	0	1	0	.000	0	0	0-0
9	<u>Young, Taryn</u>	.000	.000	5-0	1	0	0	0	0	0	0	0	.000	0	0	1	0	.000	0	0	0-0
	Totals	.318	.966	62-62	1656	402	526	73	7	110	377	943	.569	202	24	306	11	.397	12	27	14-20
	Opponents	.183	.541	62-62	1442	120	264	33	6	36	107	417	.289	112	22	415	8	.252	4	15	14-25

THE LEADOFF

- **STRONG FIELD PRESENCE**
 - WIN THE CROWD
 - SET THE TONE FOR THE TEAM
- **GREAT HAND EYE AT THE PLATE**
 - BARREL CONTROL
 - CONTACT HITTER
- **SPEED**
 - ABILITY TO GET IN SCORING POSITION
 - SMART ON THE BASE PATHS
- **PLATE DISCIPLINE**
 - WALKS
 - CAN GO DEEP IN THE COUNT
- **OBP/ SLAPHITTER?**



BSN SPORTS™ OFFICIAL LINE-UP

TEAM: _____ DATE: _____
HOME VISITOR TIME: _____
OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

THE 2 HOLE

- AN ADDITIONAL LEADOFF
 - CAPABLE OF SETTING THE TONE
 - OBP/SLAPHITTER?
 - ATHLETE WITH RBI POTENTIAL
 - MAY LEAD IN RBIs
- SPEED
 - ABILITY TO GET IN SCORING POSITION
- PLATE DISCIPLINE
 - ABILITY TO HIT OPPO
 - VERSATILITY- BUNT, HIT, SLAP
 - PATIENT APPROACH
 - CAN HIT DEEP IN THE COUNT
- NOT AN AUTOMATIC SACRIFICE



BSN SPORTS™ OFFICIAL LINE-UP

TEAM: _____ DATE: _____
 HOME VISITOR TIME: _____
 OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

THE 3 HOLE

- LEADING RBI PRODUCER
 - - 9, 1 &/OR 2 ON BASE TO HIT IN

- LAUNCH LITERATE

- BEST POWER NUMBERS
 - MAY NOT HAVE THE BEST POWER POTENTIAL
 - BUT IS GOOD AT CLUTCH PERFORMANCE

- HITS FOR HIGH AVERAGE

- STRIKEOUTS ARE LOW



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 OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

CLEAN UP HITTER

- BEST POWER POTENTIAL
 - NOT AS CLUTCH AS 3 HITTER, BUT HAS THE POTENTIAL
 - MAY HIT FOR HIGH AVERAGE LIKE 3 HOLE
- RBIs
- LAUNCH LITERATE
- ABILITY TO CHANGE THE GAME WITH ONE SWING
 - HOMERUN THREAT
- THERE IS VALUE TO THIS HITTER HITTING ON OPPOSITE SIDE OF PLATE AS 3 AND 5 HITTER



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COACH: _____

THE 5 SPOT

- ROUNDS OUT “HEART / MEAT OF THE LINEUP”
 - - SPOTS 3, 4, 5
- NOT AS PRODUCTIVE AS 3 OR 4 HITTER
- FLY BALL TENDENCIES
- RBI POTENTIAL
- ADDITIONAL POWER HITTER IN LINEUP



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TEAM: _____ DATE: _____
HOME VISITOR TIME: _____
OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

6 HOLE

- 2ND LEADOFF HITTER TO TURN THE LINEUP OVER
 - VERSATILITY TO WORK THE COUNT, WALK / REACH BASE
 - OR POWER HITTER
 - SIMILAR TO #5 HITTER, NOT AS MUCH POP
- CAN TURN THE LINEUP OVER
 - HITTERS 1-5
 - HITTERS 6-9
- CONSIDER DH FOR THIS SPOT
- PAY ATTENTION TO THE METRICS TO DETERMINE WHICH ROLE PLAYER IS THE BEST FIT
 - INNINGS LED OFF
 - AT BATS WITH RISP



BSN SPORTS™ OFFICIAL LINE-UP

TEAM: _____ DATE: _____
HOME VISITOR TIME: _____
OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

7 & 8 HITTERS

- SOMEWHAT INTERCHANGEABLE
- A GREAT PLACE FOR YOUR DEFENSIVE SPECIALISTS THAT NEED A PLACE IN THE LINEUP
- 8 HITTER SHOULD HAVE MORE SPEED THAN 7 HITTER
- BOTH MAY BE MORE LINE DRIVE HITTERS
- MAY OR MAY NOT HAVE THE STRONGEST BATS BUT UNDERSTAND THEIR ROLE
- IF 6 HITTER IS A 2ND LEADOFF, THEN ALIGN 7 & 8 AS NECESSARY



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COACH: _____

9 HOLE

- BASE HITTER
- CAN ALSO TURN THE LINEUP OVER AS ANOTHER GOOD LEAD OFF OPTION
- STRONG AT THE TOP & THE BOTTOM
- NEEDS SPEED WITH #1 HITTER FOLLOWING



BSN SPORTS™ OFFICIAL LINE-UP

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HOME VISITOR TIME: _____
OPPONENT: _____ FIELD: _____

	#	STARTING PLAYER	POS	SUBSTITUTION
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COACH: _____

IN SEASON LINEUP CHANGES

ANALYZE THE TRENDS OF YOUR LINEUP POSITIONS 1-9 FIRST

- WHAT LINEUP POSITIONS(S) LEAD OFF INNINGS MOST FREQUENTLY?
- WHO HITS WELL WITH NOBODY ON BASE?
 - INSERT LEAD OFF HITTERS HERE: USUALLY SLOTS 1,6,7,9
- WHAT LINEUP POSITIONS(S) ARE UP MOST WITH RISP
- WHO IS UP MOST OFTEN WITH RISP?
- IS THAT ATHLETE EFFECTIVE IN THAT POSITION?
 - INSERT RBI LEADER/POWER HITTER(S) HERE: 2,3,4,5
- BE SURE YOUR SPEED IS NOT ALWAYS UP WITH SLOW RUNNERS ON BASE IN FRONT OF THEM (ESPECIALLY SLAP HITTERS).
- BE SURE NOT TO HAVE SLAPHITTERS BEHIND SINGLES HITTERS THAT CANNOT GET THEMSELVES IN SCORING POSITION.
- ANY BENCH RESERVE ATHLETES READY TO IMPACT?



The background of the slide is a close-up photograph of several baseballs and a brown leather baseball glove. The baseballs are in various shades of green and white, with some showing signs of use. The glove is positioned in the upper right quadrant. A red rectangular box with a diagonal black and red striped pattern is overlaid on the right side of the image.

**DEFENSIVE
POSITIONING:
WHO GOES WHERE?**



POSITION PLAYERS

- MIDDLES
 - STRONGER ARM AT SS
 - LOOK FOR BOTH TO BE VOCAL LEADERS WITH GOOD RANGE
 - BOTH ARE INTERCHANGEABLE IN THE OF BASED ON SKILLSETS

- CORNERS
 - 3B IS MORE OF THE AGGRESSOR, “HOT CORNER”, QUICK HANDS
 - 1B CAN BE A STRONG BAT IN THE LINEUP, LACKING SOME DEFENSIVE PROWESS, BIG TARGET FOR RECEIVING, LEFTY FAVORABLE POSITION

- OUTFIELD- CAN POSITION BASED ON PITCHING PLAN
 - EXAMPLE: IF PLAN IS TO PITCH MORE AWAY, CAN POSITION BEST DEFENDER TO OPPO FIELD
 - POSITION OUTFIELDERS ACCORDING TO STRENGTH. SOME ARE BETTER GOING OVER THE SHOULDER VS GLOVE SIDE.
 - LF- USUALLY GOOD DEFENDER, DECENT TO GOOD ARM
 - CF- BEST DEFENSIVE RANGE, CAPTAIN, DECENT TO GOOD ARM
 - RF- BEST ARM, SOMETIMES THE WEAKEST OF THE THREE, LEFTY FAVORABLE POSITION



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 OPPONENT: _____ FIELD: _____

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COACH: _____

The background of the entire slide is a close-up photograph of various baseballs and a brown leather baseball glove. The baseballs are in shades of white, light green, and tan, with some showing signs of use. The glove is positioned in the upper right quadrant. A red rectangular box with a diagonal black and red striped pattern is overlaid on the right side of the image.

**DEFENSIVE CORE
DRILLS
OUTFIELD**



QB AT THE CORNERS

KEY DRILL POINTS:

- COMMUNICATION
- CF CAN LEARN RANGE OF RF & LF



TRIANGLE DRILL

KEY DRILL POINTS:

- ALL OUTFIELDERS OR OF + MIF
 - CAN ALSO DO DRILL WITH ALL POSITION PLAYERS
- COMMUNICATION
- DROP STEPS & FOOTWORK
- BACK UP ANGLES



OF PROTECTION THROWS

KEY DRILL POINTS:

- STRESSES PROPER MECHANICS
- THROW WITH BODY BEHIND ARM
- ALIGNMENT TO FOLLOW THRU



RUN THROUGHS

KEY DRILL POINTS:

- CONES SET UP TO GIVE VISUAL AID AND COMPETITIVE FOCUS
- GET TO BALL BEFORE IT CROSSES CONES
- GO DOWN WITH GLOVE ONLY
- LUNGE STRIDE OUT TO CONTINUE CUTTING DOWN THROWING DISTANCE
- SHORTER THROWING DISTANCE > GREATER THROWING ACCURACY > LESS ATTEMPTS TO ADVANCE BY RUNNER



OF THROWS

KEY DRILL POINTS:

- MOMENTUM TO TARGET DOES NOT STOP AFTER THE THROW
- MOMENTUM ONCE STOPPED SHOULD BE IN A DIRECT LINE TO TARGET
- PROTECT YOUR SHOULDER / ARM



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QUICK RELEASE THROWS

KEY DRILL POINTS:

- FIELD AWARENESS / SITUATIONAL AWARENESS
- COMING IN, RELEASE BALL QUICK, NO NEED FOR FULL ARM CIRCLE



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The background of the slide is a close-up photograph of several baseballs, some white and some green, scattered around a brown leather baseball glove. The glove is positioned in the upper right quadrant. The baseballs are in various orientations, showing their stitching and texture. The overall scene is brightly lit, highlighting the details of the equipment.

DEFENSIVE CORE DRILLS INFIELD



CUT OFFS

KEY DRILL POINTS:

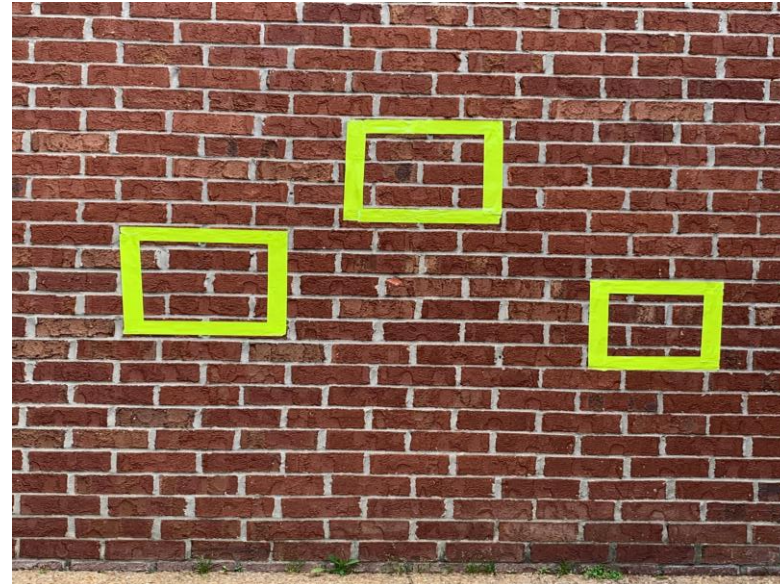
- FOOTWORK
- INFIELDER TO MAKE THE LONG THROW, NOT OUTFIELDER
- PEEL BACK WITH THE THROW, KEEPING FEET MOVING
- QUICK ALIGNMENT > TURN READY TO THROW



INFIELD PLAY – PITCHING POCKET

KEY DRILL POINTS:

- GREAT TOOL TO USE FOR THROWING TARGET IN INFIELD
- AIM FOR WASTE, NOT CHEST WITH THROWS
- TIGHT ARM POCKET IF POSSIBLE
- LARGER ARM CIRCLE FOR LONGER THROW



INDEPENDENT DRILL

KEY DRILL POINTS:

- GLOVE STAYS OUT IN FRONT OF EYES AS MUCH AS POSSIBLE
- BUTT STAYS LOW, GLOVE ABLE TO REACH DIRT
- SOFTIES OR UNBELIEVABALLS OR REAL SOFTBALLS



FIELDING OUT IN FRONT DRILL

KEY DRILL POINTS:

- FOOTWORK- CONSTANT MOTION
- BUTT STAYS LOW, GLOVE ABLE TO REACH DIRT
- UNPREDICTABLE BOUNCES
- SOFTIES, UNBELIEVABALLS, TENNIS BALLS OR REAL SOFTBALLS



THROWING POCKET DRILL

KEY DRILL POINTS:

- CREATING A TIGHT POCKET
- CLAPPING MOTION
- AIM FOR WASTE, NOT CHEST WITH THROWS
- LARGER ARM CIRCLE FOR LONGER THROW



THROWING POCKET DRILL #2

KEY DRILL POINTS:

- SMALLER THROWING ARM / POCKET FOR SHORTER THROWING DISTANCE
- CLAPPING MOTION
- HIGH POCKET OR LOW POCKET IS ACCEPTABLE
- KEEP LEGS UNDER YOU, KEEP FEET MOVING



THROWING POCKET DRILL #3

KEY DRILL POINTS:

- LARGER THROWING ARM / POCKET FOR FURTHER THROWING DISTANCE
- CLAPPING MOTION
- HIGH POCKET OR LOW POCKET IS ACCEPTABLE
- KEEP LEGS UNDER YOU, KEEP FEET MOVING



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COACHING TUNEUPS TO PROPEL ON & OFF FIELD SUCCESS

- **Coaching w/ the Athlete in Mind-** pay attention to your athletes. The world around us is evolving just like our generational youth. Keep them active, hold their attention. Involve the parents in your outer circle.
- **Setting the lineup card-** Out think your opponents with your lineup geared to beat their defense and pitching. Nothing is set in stone. Reassess your lineup a few times in the season to make sure it fits.
- **Defensive positioning-** you're only as strong as your last roster member. Be sure and keep your non-starters in the mix and full of purpose.
- **Defensive Core Drills-** FOOTWORK FOOTWORK FOOTWORK



Anything worthy of your passion,
should be worthy of your
preparation.

— Sue Enquist —



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QUESTIONS?



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