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BUILDING CULTURE FOR GAME
SPEED DRILLS

IT'S ALL ABOUT STANDARDS



YOU EITHER LIVE UP TO THE STANDARD OR YOU RUN IT.

ASSISTANT COACH STANDARDS

Serve First. Your #1 job is to make the head coach's job easier. Do this by being a servant leader, showing up prepared, reliable, and ready to give of yourself each day.

Own Your Role. Act as if this is your own team. One day, it may be. Lead with the responsibility, humility, and care you would expect from others.

Work With What You Have. Do what you can, with what you have, where you are. No excuses, creativity, and persistence.

Protect the Culture. Enforce our team standards at all times. Protect the clubhouse. Culture is everything.

Be a Problem-Solver. When you see a challenge, bring a solution. Do not add to the head coach's load, lighten it.

Be Professional. Always. Your conduct, your words, your presence should reflect integrity, respect, and discipline.

Encourage and Inspire. Motivate everyone in your area to buy in to what the program needs.

Bring Energy and Joy. Every day, bring enthusiasm, effort, and positivity. 75% of your words at practice should teach and inform. The other 25% should encourage, uplift, and reinforce standards.

Be Honest. When asked for input, speak truthfully. Don't be a "yes" man. True loyalty means giving honest perspective, even when it's hard.

Stay Present With Athletes. Once practice begins, coaches shouldn't be discussing drills or arguing a point. That belongs before or after practice. During practice, our full attention belongs to the athletes, teaching, correcting, encouraging, and modeling the way.

AUGUST: MENTAL GAME AND INSTALLS, 7TH INNING PROGRAM

SEPTEMBER: CONTROLLED GAME EVALUATION PERIOD

OCTOBER: MENTAL GAME AND CORRECTION

NOVEMBER: IN GAME EVALUATION PERIOD

DECEMBER: TEAM COMPETITION PERIOD

JANUARY: SCRIMMAGE AND LIVE GAME PERIOD

FEBRUARY - MAY: IN- SEASON GAMES

JUNE & JULY: EVALUATION AND IMPROVEMENT PLANS





RED = DEFEATED

YELLOW = DISTRACTED

GREEN = IN THE ZONE, DIALED IN

RECOGNIZE YOUR SIGNAL LIGHT.

RECOGNIZE YOUR EMOTIONS.

UNDERSTAND WHERE YOU ARE AT.

ACT DIFFERENT THAN YOU FEEL

~~HOW DO YOU FEEL?~~

HOW YOU FEEL DOESN'T MEAN HOW YOU WILL PERFORM.

ACT DIFFERENT THAN YOU FEEL.

RECOGNIZE WHERE YOU ARE AT, WHO DO YOU WANT TO BE?

RECOGNIZE HOW YOU FEEL, ACT DIFFERENTLY THAN YOU FEEL.

BE WHO YOU WANT TO BE.

STANDARDS OVER FEELINGS.

IF YOU DON'T
CONTROL YOUR
MIND, THE **GAME**
WILL.



7TH INNING PROGRAM

1ST INNING: GAME IS BRAND NEW, FOCUSED AND EXCITED, EVERYONE IS PRESENT

2ND INNING: STILL FOCUSED, GAME STILL "NEW"

3RD INNING: GAME IS NO LONGER FRESH. FOCUS CAN DRIFT.

4TH INNING: THE GAME BEGINS TO CHALLENGE WITH ADVERSITY.

5TH INNING: RESULTS OF THE GAME CHANGED MOODS. MENTAL TOUGHNESS.

6TH INNING: FOCUS TURNS BACK TO THE GAME, ONLY 6 OUTS LEFT.

7TH INNING: EVERYONE IS FOCUSED BACK ON THE GAME.

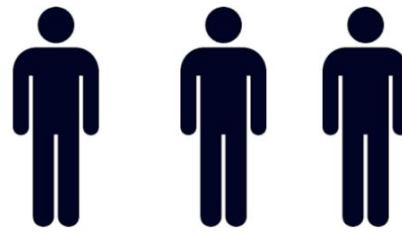




Non-leader.
Great Guy.

Non-leader.
Great Guy.

Non-leader.
Great Guy.



Leads himself.
Does his job.

Non-Leader.
Great Guy.

Leads himself.
Does his job.

Team Description: No one leads, including coaches. Struggles through adversity.

Team Description: Coach leads the team. Team never reaches its full potential.

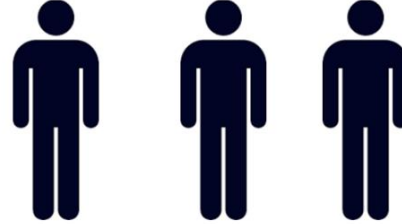
LEADERS drive the **CULTURE**.
CULTURE drives **BEHAVIOR**.
BEHAVIOR produces **RESULTS**.



Leads himself.
Does his job.

Great Leader.
- Encourages
- Empowers
- Inspires

Leads himself.
Does his job.



Great Leader.
- Encourages
- Empowers
- Inspires

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Great Leader.
- Encourages
- Empowers
- Inspires

Team Description: One great leader encourages, empowers and inspires others to be great. Others learn from him and start to adapt his qualities. Team thrives from the adversity of the season and reaches potential because of a great player leader.

Team Description: This team sets records. They overachieve because they all over believe. **This team becomes legendary.**

FRIEND

DEFINITION: A FRIEND IS SOMEONE YOU CONNECT WITH ON A PERSONAL LEVEL OUTSIDE OF THE SPORT. YOU HANG OUT, SHARE INTERESTS, AND SUPPORT EACH OTHER BEYOND THE CONTEXT OF THE TEAM.

ROLE: FRIENDS ARE OFTEN SOURCES OF EMOTIONAL SUPPORT AND COMPANIONSHIP. THEY UNDERSTAND YOUR STRUGGLES, CHEER YOU UP WHEN YOU'RE DOWN, AND HAVE YOUR BACK, NO MATTER THE SITUATION.

COMMUNICATION: FRIENDS MAY NOT ALWAYS BE CRITICAL OR PUSH YOU TO DO BETTER. THEY ARE MORE FOCUSED ON MAINTAINING A POSITIVE, COMFORTABLE RELATIONSHIP.

EXPECTATIONS: THE EXPECTATIONS FROM A FRIEND ARE MORE ABOUT LOYALTY AND ENJOYMENT RATHER THAN PERFORMANCE.

TEAMMATE

DEFINITION: A TEAMMATE, IN THE CONTEXT OF THE SPORT, IS SOMEONE WHO SHARES THE SAME GOALS AND PURPOSE WITH YOU—WINNING GAMES, PERFORMING WELL, AND IMPROVING AS A GROUP.

ROLE: TEAMMATES ARE OFTEN FOCUSED ON PUSHING EACH OTHER TO EXCEL AND MAINTAINING A STRONG COMPETITIVE MINDSET. THEY WORK TOGETHER TO ACHIEVE TEAM GOALS, WHICH CAN SOMETIMES MEAN HOLDING EACH OTHER ACCOUNTABLE OR BEING MORE CRITICAL.

COMMUNICATION: TEAMMATES COMMUNICATE BASED ON WHAT'S BEST FOR THE TEAM'S SUCCESS. THIS MEANS BEING HONEST AND SOMETIMES DELIVERING TOUGH FEEDBACK, EVEN IF IT'S UNCOMFORTABLE.

EXPECTATIONS: EXPECTATIONS ARE HIGHER IN TERMS OF WORK ETHIC, PERFORMANCE, AND SUPPORT DURING THE GAME. A GOOD TEAMMATE ALWAYS PUTS THE TEAM'S NEEDS ABOVE INDIVIDUAL WANTS.

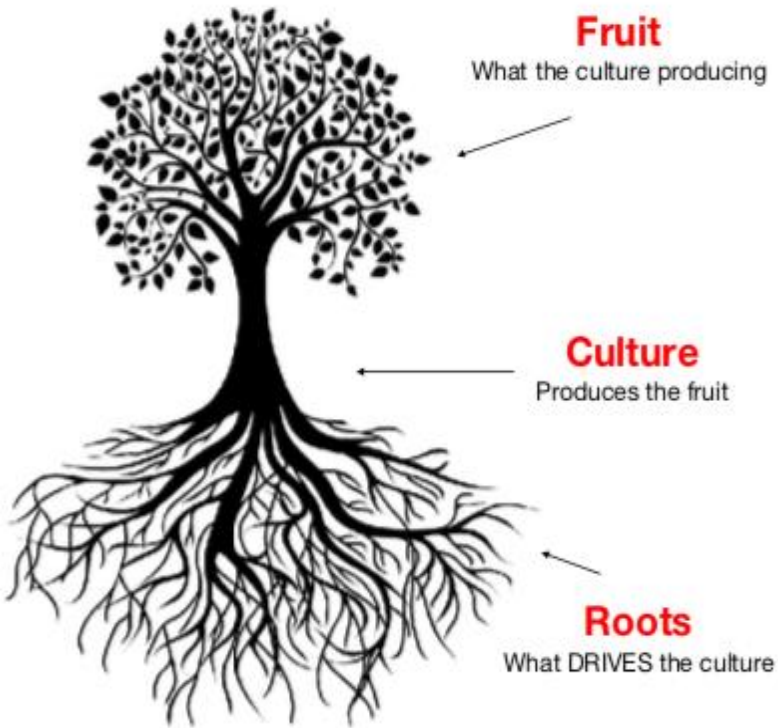
KEY DIFFERENCE BETWEEN FRIEND & TEAMMATE

THE MAIN DIFFERENCE IS **FOCUS AND PRIORITY**. WHILE A FRIEND FOCUSES ON YOUR WELL-BEING AND HAPPINESS, A TEAMMATE'S FOCUS IS ON MUTUAL SUCCESS AND GROWTH IN THE SPORT. YOU CAN BE GREAT FRIENDS OFF THE FIELD, BUT WHEN YOU STEP ON THE FIELD, THE RELATIONSHIP SHIFTS TO A PROFESSIONAL, GOAL-ORIENTED MINDSET. A FRIEND MIGHT LET THINGS SLIDE, BUT A TEAMMATE WILL CHALLENGE YOU IF IT MEANS MAKING THE TEAM STRONGER.

FINDING A BALANCE BETWEEN BEING A GOOD FRIEND AND A GOOD TEAMMATE CAN CREATE STRONG TEAM CHEMISTRY, BUT IT'S IMPORTANT TO RECOGNIZE WHEN TO SWITCH BETWEEN THE TWO ROLES FOR THE TEAM'S BENEFIT.



BASEBALL



BROPHY BASEBALL LEADERSHIP

FRESHMAN: LEARNING

- GOOD TEAMMATE TRAITS

SOPHOMORES: DEVELOPING/ FOLLOWING

- QUALITIES

JUNIORS: LEADING

- OPPORTUNITIES

SENIORS: INSPIRING

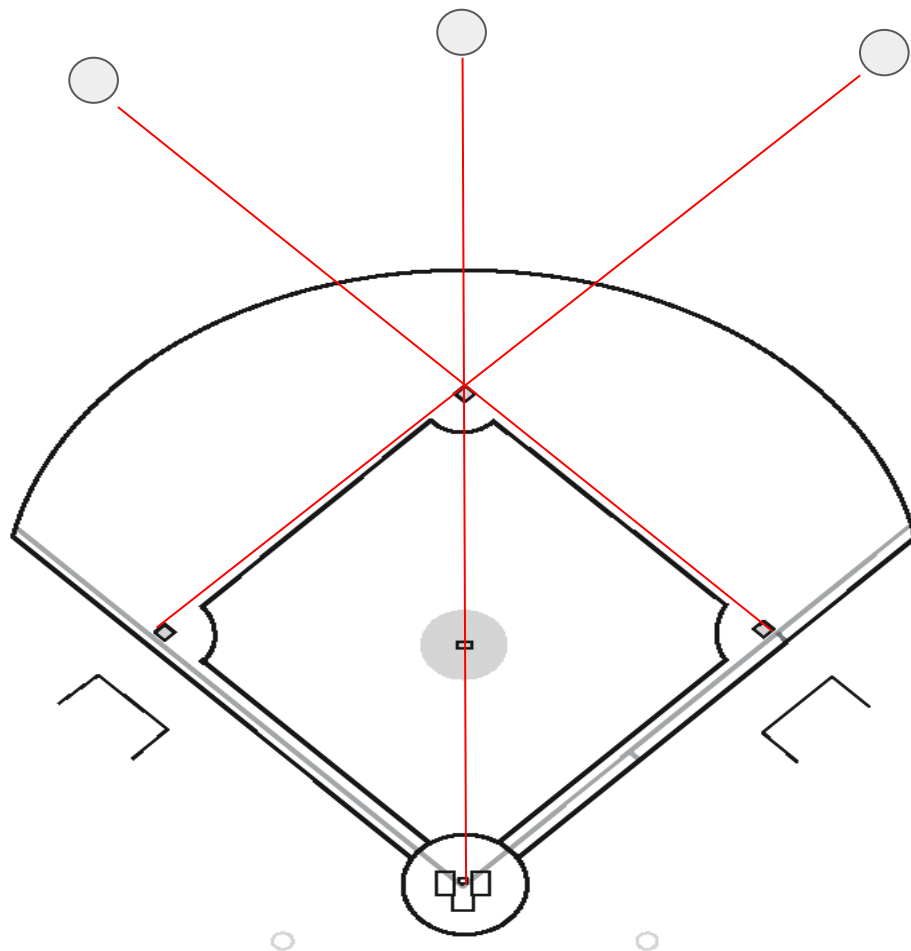
- EMPOWERING YOUNGER PLAYERS

COACHES

- CREATING MORE LEADERS

**AUGUST - BASEBALL
INSTALL**

Outfield Positioning

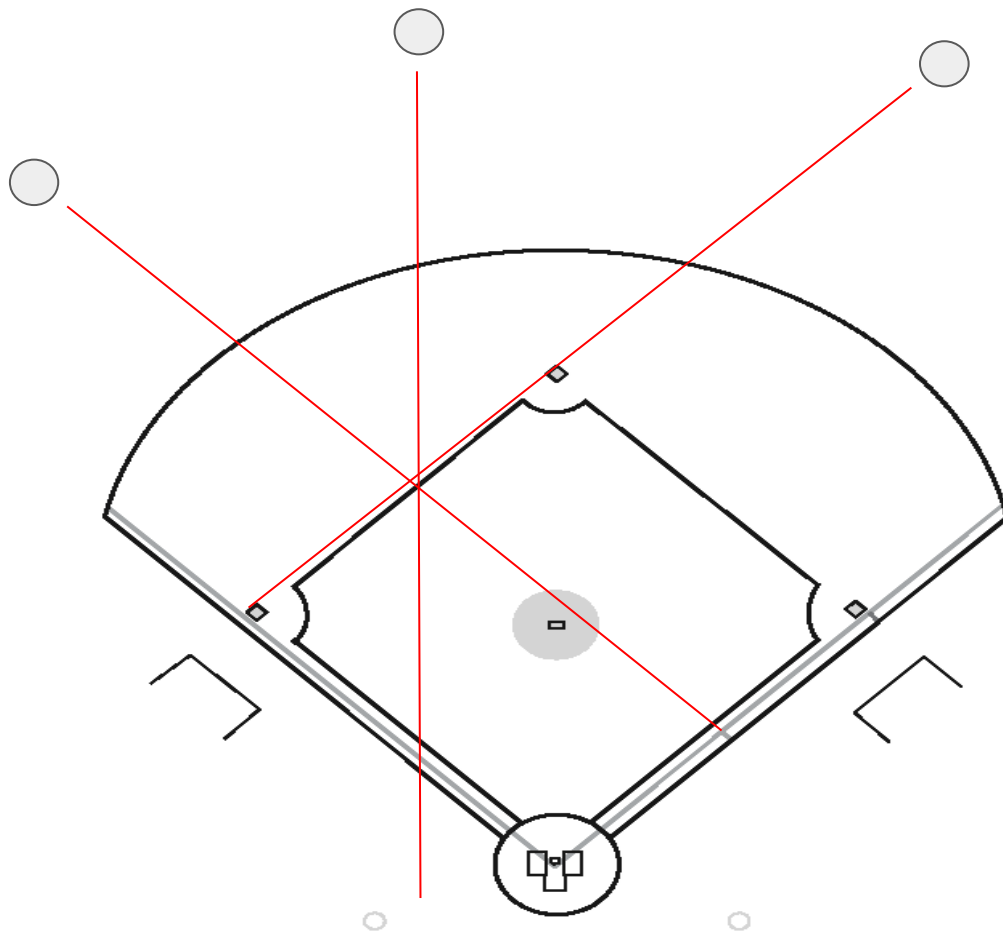


Straight Up Positioning

LF = Lined up w/ 1B & 2B

CF = Lines up w/ H & 2B

RF = Lined up w/ 3B & 2B

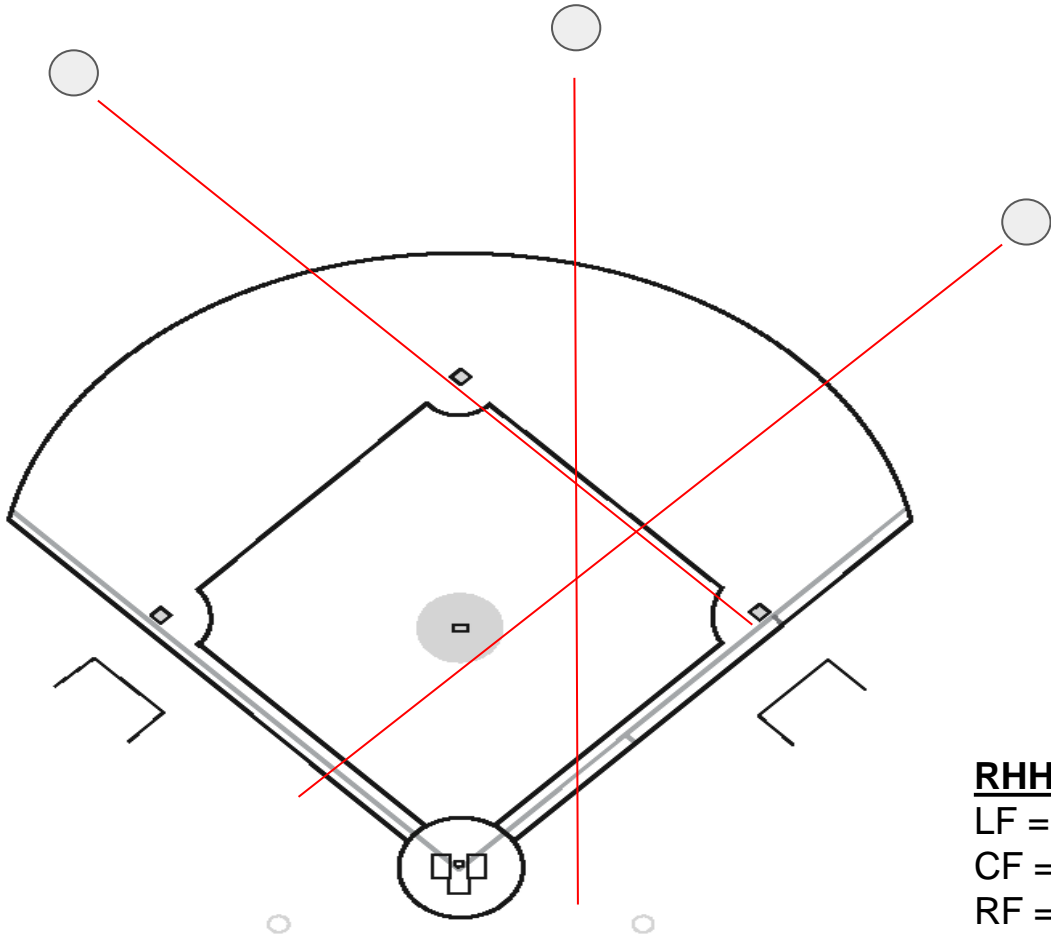


LHH OPPO

LF = Split 3B & 2B

CF = 3B side of mound

RF = Straight Up



RHH OPPO

LF = Straight Up

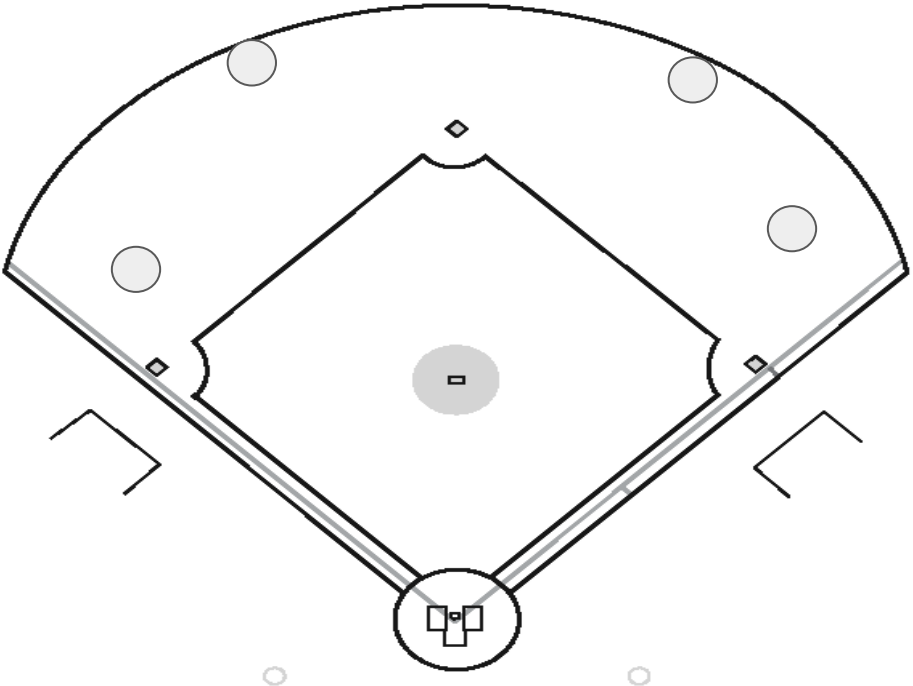
CF = 1B side of mound

RF = Split 1B & 2B

Infield Positioning

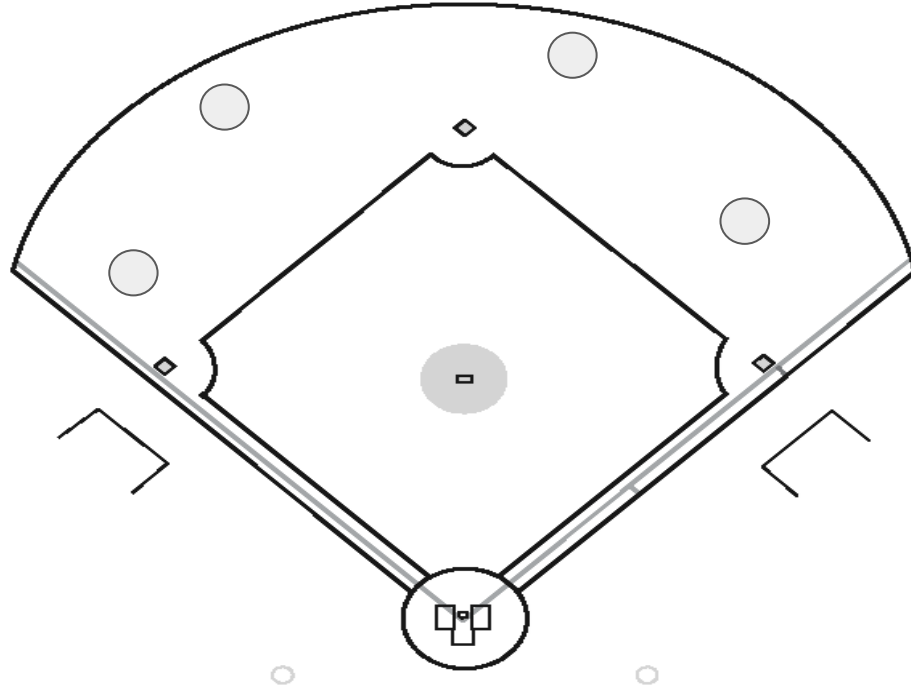
INF: Straight UP

Normal infield depth.



INF: RHH PULL

Left side taking away pull
side hits down 3B line and
5/6 hole. Give the hitter the
4 hole and 1B line.



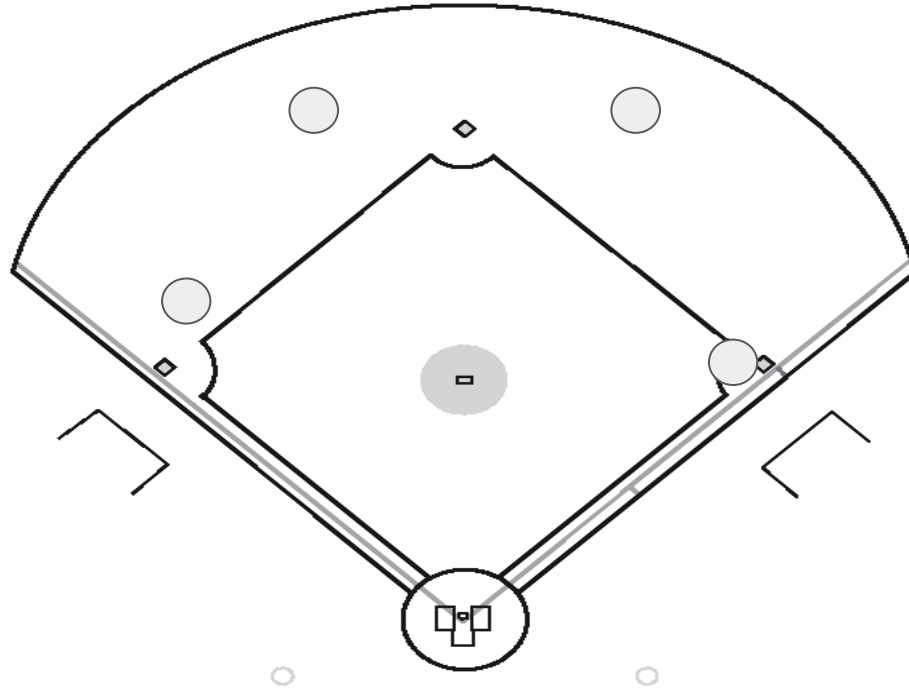
INF: Straight Up - Double Play Depth

3B = Even w/ bag

SS = 5 in and 5 toward 2B

2B = 5 in and 5 toward 2B

1B = Hold runner, 2 shuffles off bag



Defensive Scenarios

INF: Runner on 1st & 2nd, 0 out

The game calls for a bunt.

1B: In- read

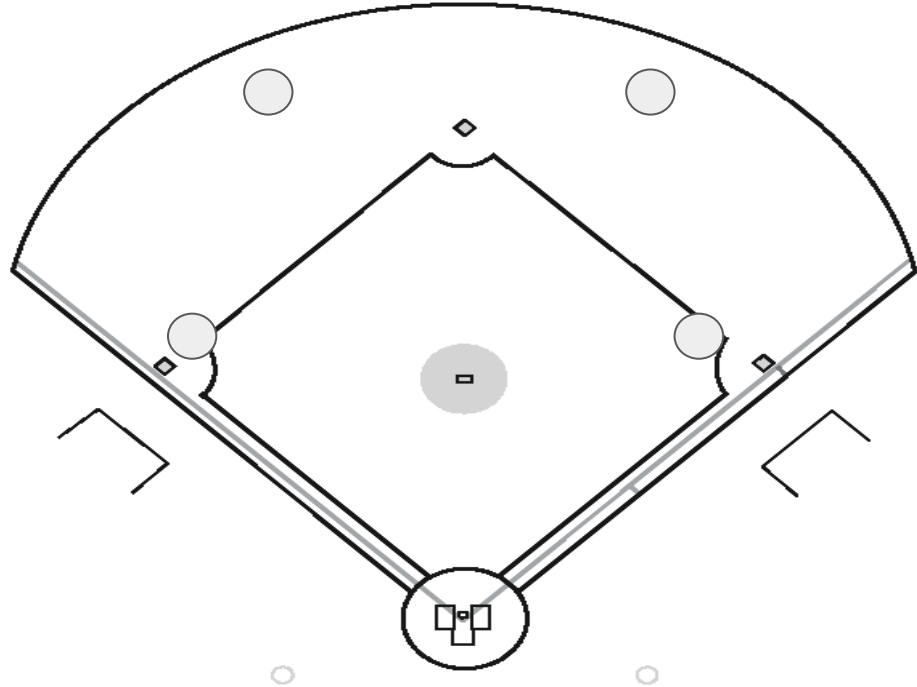
2B: DP Depth, read to cover 1B

SS: DP Depth

3B: In - Read

Anticipate that teams only bunt to move runners with 0 outs.

They can always bunt for a hit with 1 or 2 outs but do not play for a bunt with 1 or 2 outs.



INF: Runner on 2nd & 3rd, 0 outs

Offense is in a score 1/move 1 AB

Corners In Situations

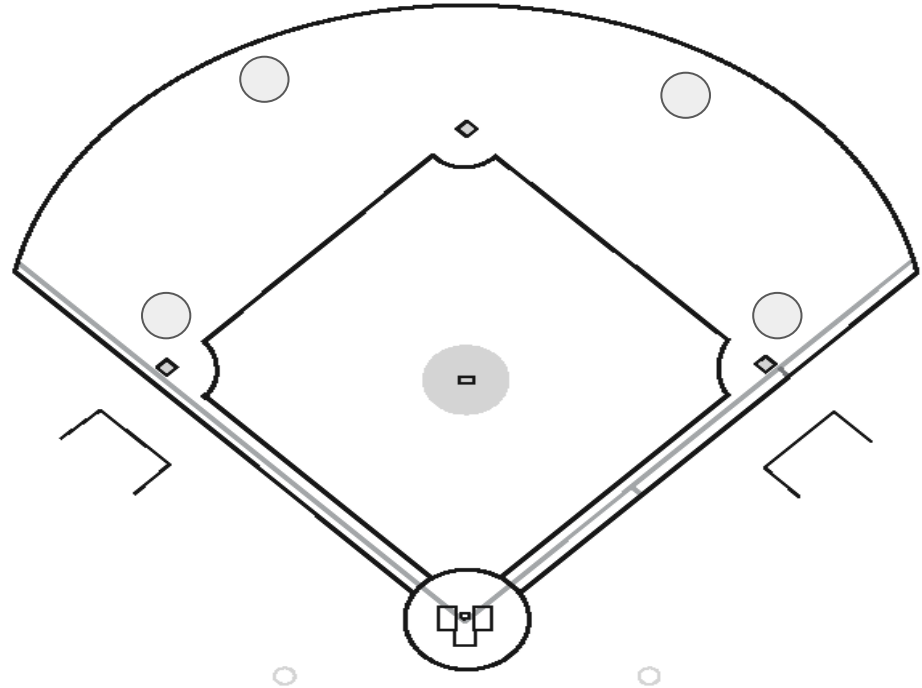
- Early in the game
- Willing to trade outs for runs
- Have a comfortable lead
- Force hitter to hit the ball middle

Infield Back Situations

- Have a comfortable lead
- Willing to trade runs for outs
- High "barrel" situation

Infield In Situations

- Potential of low scoring game
- Late in the game
- Force hitter to elevate the ball
- 0-3 run game



INF: Runner on 2nd & 3rd or 3B only, <2 outs

Defense will set the hitters approach

Corners In

- Defense is giving the hitter an RBI up the middle

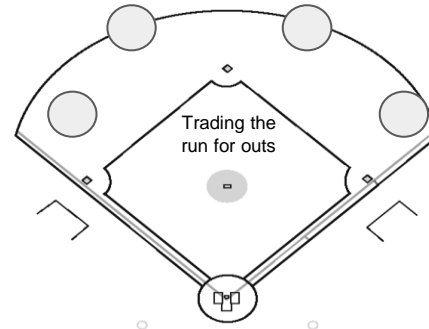
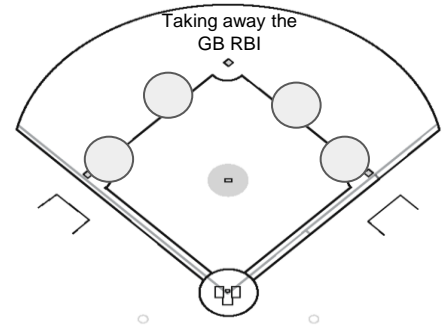
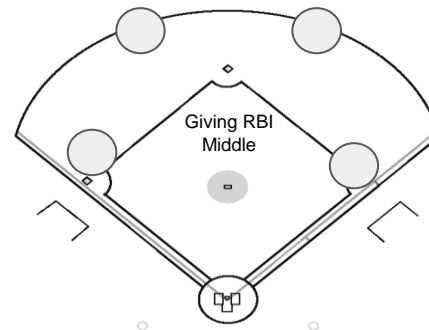
Infield In

- Defense is forcing hitter to get the RBI in the air

Infield Back

- Defense is trading the run for an out

Decision can be made off of the inning, score, pitcher tendencies (GB/FB) or hitter tendencies (GB/FB)

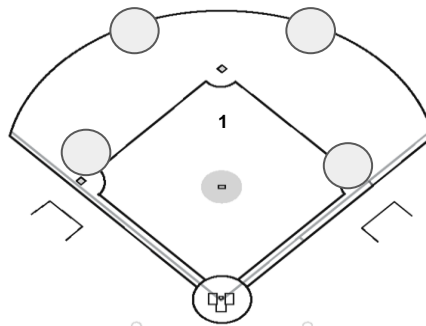


1st & 3rd Defense

1st & 3rd Defense w/ < 2 outs

Offensive Options:

- Straight Steal
- Safety Squeeze
- Hit & Run
- Hit (Bases loaded approach)



1st & 3rd Defensive Options with < 2 outs

Regular defense

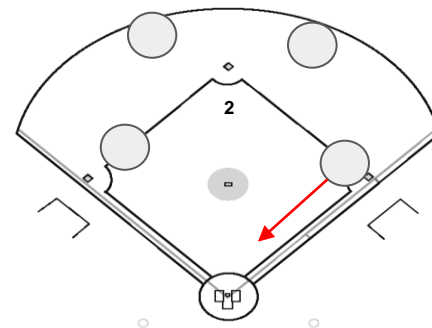
- Ground Ball = INF turn two
- Fly Ball = shallow, chance for out at

home

deep, keep runner on

1B

Safety Squeeze: get the out at 1B



Safety Squeeze Defense

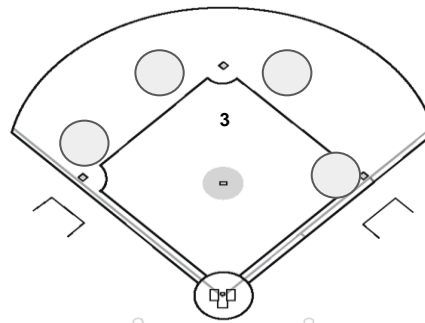
- 1B: crash on pitchers leg lift, get out at home
- 3B: crash on pitchers leg lift, get out at

home

^can be set up by P 3-1 move to see hitters hands

0 outs, infield reads the runner on 3B

- 1B: Hold runner
- 2B: Halfway depth
- SS: Halfway depth
- 3B: In
 - On a ground ball, if runner on 3B breaks home, INF gets the out at home.
 - If runner on 3B does not break, INF turns the DP. MIF positioned in/halfway to still cover 2B on SBA & DP.
 - “Philly” can be called when runner on 3B is winning, tying, or go-ahead run



1st & 3rd Defense w/ 2 outs

Offensive Gimmick Options:

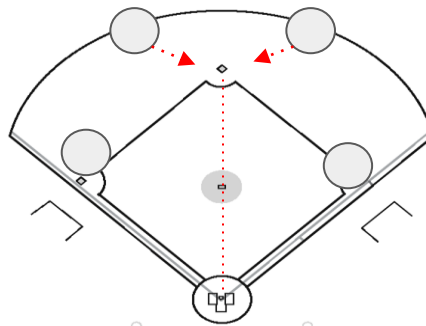
Straight Steal: defend with play 1 or 2

Delay Steal: defend with play 1 or 2

Play 1 = throw through to 2B, get the out @ 2B

Play 2 = MIF read runner on 3B

Play 3 = Pump fake to 2B, check 3B



Early Break: "step off" pitcher defends

- Purpose of the play is to put pressure on the pitcher to make a decision.

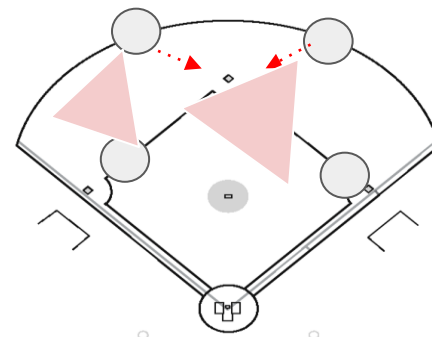
1- 1B = "Step off, step off"

2- P = step off, check 3B

3- If runner on 3B, jumps or is extended, get out at 3B

4- If runner on 3B does nothing, turn body, pump fake to 2B, re-check runner on 3B

5- If runner on 3B does nothing on 4, give the ball up to the MIF



Long lead: pitcher defends

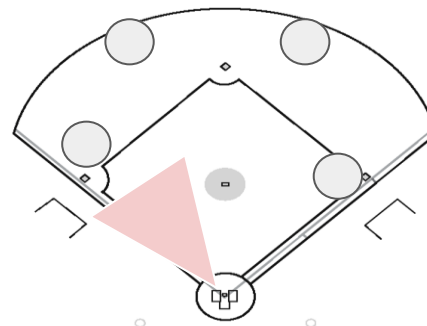
- Purpose of the play is to get the 1B to run toward 2B and send the runner on 3B as soon as the 1B runs with the ball
RHP: 3-1 move, check 3B then 1B runner, give ball to MIF

LHP: medium leg pick to 1B

1B: pump fake to 2B, check runner on

3B

1st basemen should **NEVER** run with the baseball toward 2B - give it up to the MIF.



Regular Bunt Defense

Regular Bunt Defense: Get an out.

Hard bunt back to pitcher: check lead out,
adjust to trail out

1B/3B: read hands - return to base if you do
not field the bunt

MIF: “L up” to your base

Early Show: read for slash

3B: read

SS: creep in

2B: creep in

1B: read

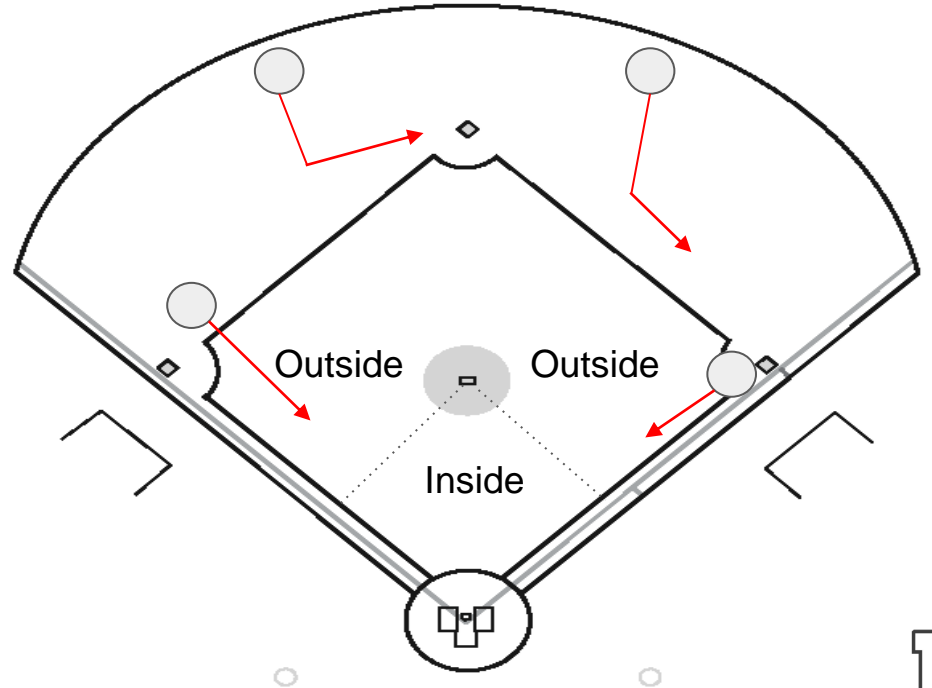
3B: Outside 45 feet, work from the line-in

1B: Outside 45 feet, work from the line-in

P: Inside 45 feet

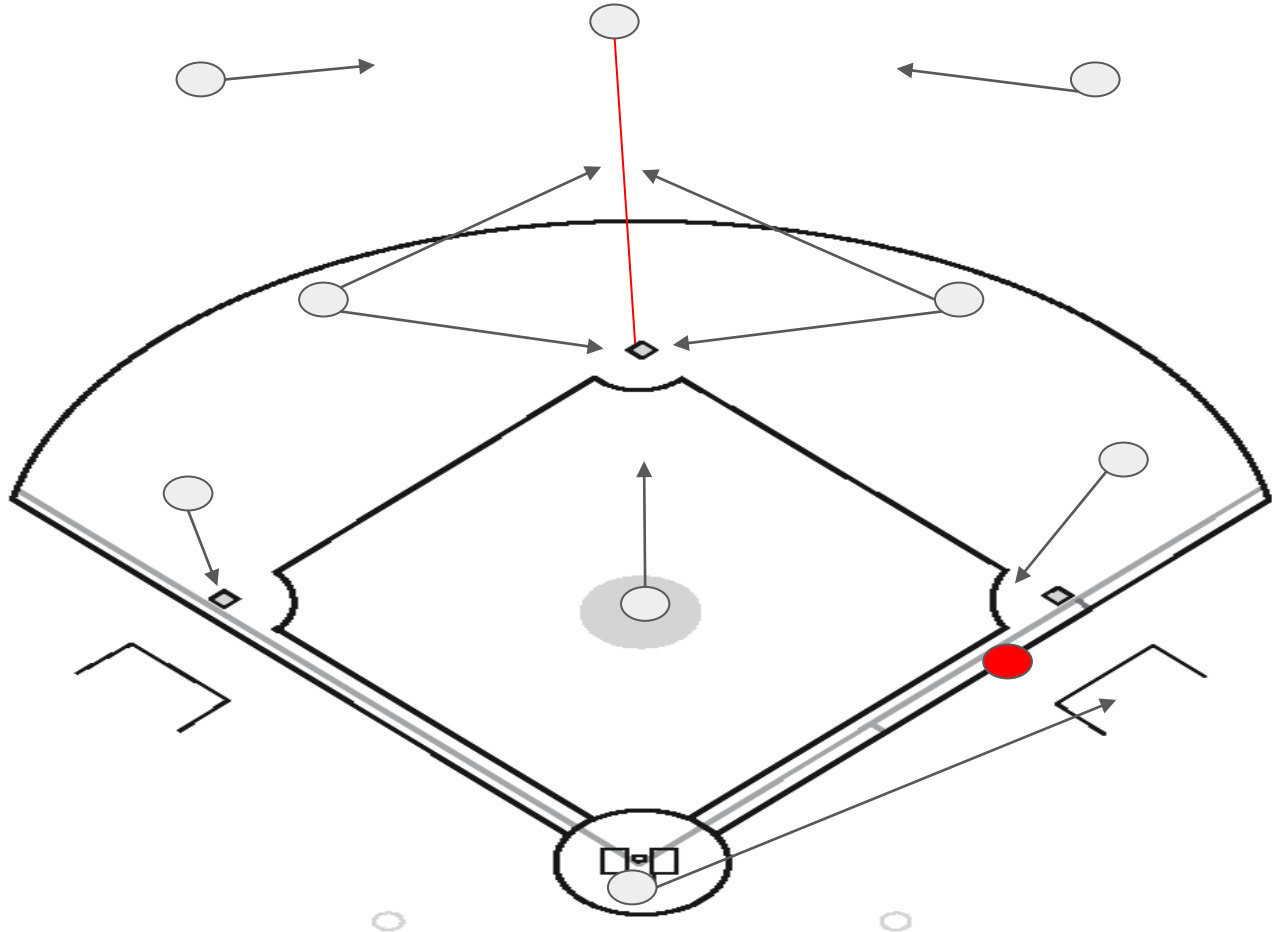
C: Inside 45 Feet

P: cover 3B anytime the 3B fields a bunt



Responsibilities by Position

**NO ONE ON
SINGLE to CF**



OFFENSIVE RESPONSIBILITIES

Safety Squeeze 1st & 3rd

Outs = 0 or 1

Show = late, pitcher's release

Placement = 1B side

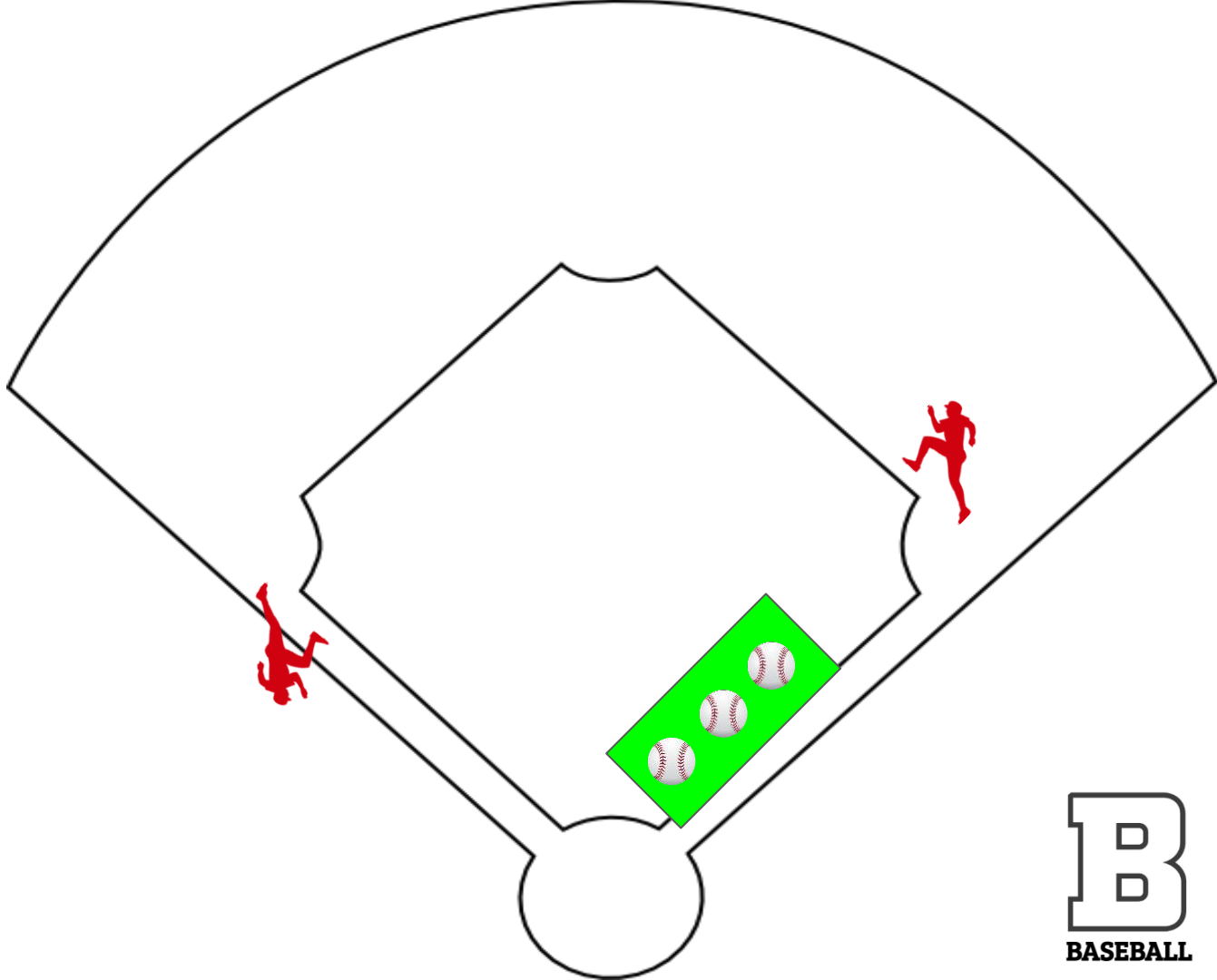
Show late to not give away
safety on a pitcher's 3-1 move.

Play is nearly indefensible when
executed correctly with good
placement and timing. Bunted to
the 1B side because the 1st
baseman is holding the runner
on.

Only bunt strikes, not a suicide
squeeze.

3B runner: reading bunt down &
away from the pitcher.

1B runner: see the bunt down



Important Play

Situation: Runner on 2B - 0 outs.

(Can also be used with runners on 2nd & 3rd w/ 0 outs = score one, move one)

Goal: Move the runner to 3B

Approach: Drive the ball to the right side.

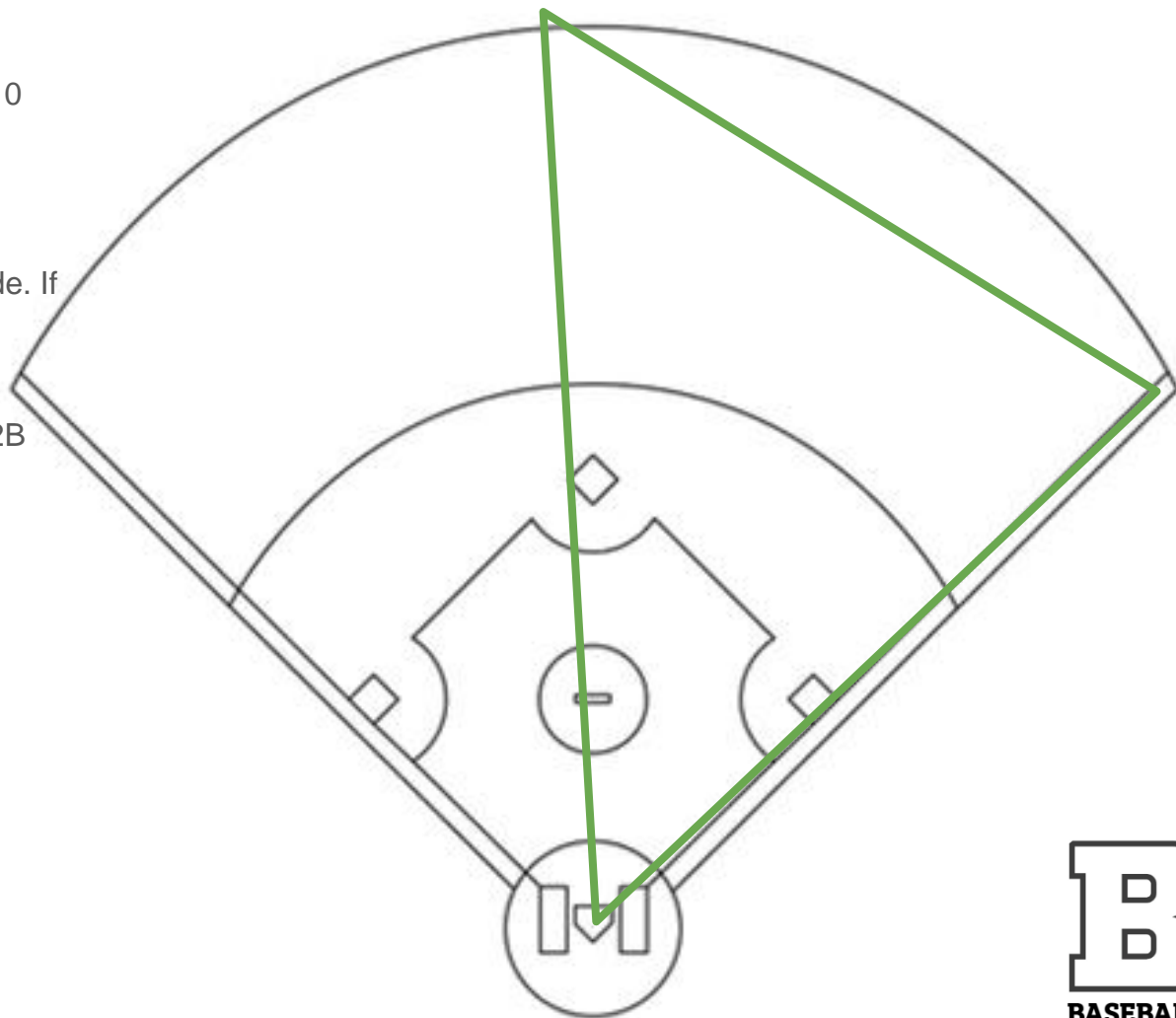
Before 2K: looking to do damage to the right side. If we want a soft out we will bunt.

With 2K: Find a way to get the ball to the right side. Still need to do your job. Runner on 2B NEEDS to be standing on 3B at the end of an Important Play.

Pitch selection is key in this at bat. You have the entire AB to execute!

RHH: looking for something over the plate. Keep hands inside. Can back off the plate to make everything middle/out.

LHH: Looking for something to pull. Can get on the plate to make everything middle/in.



Hit and Run

On the ground, out of the middle.

Hitter must make contact.

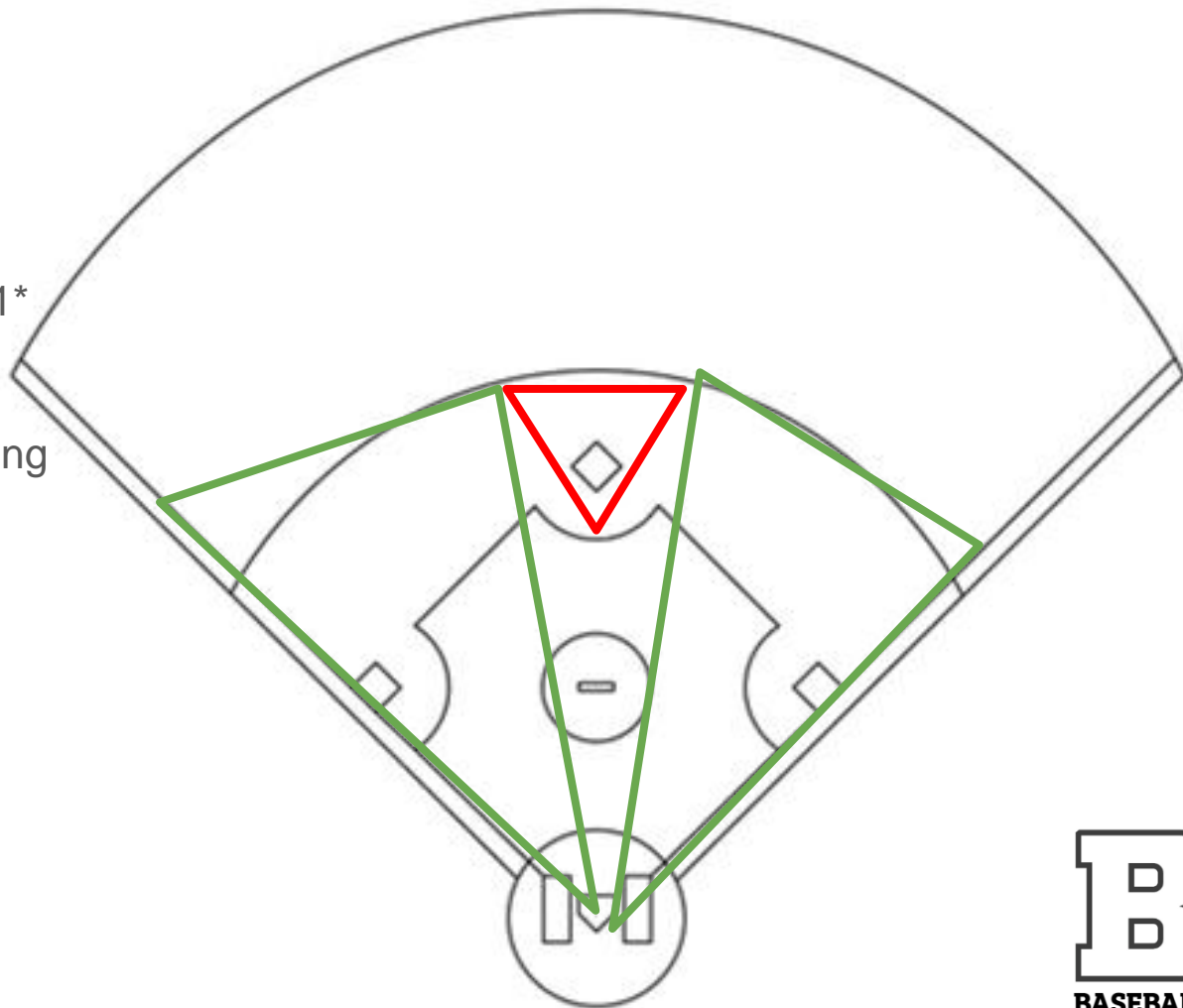
Goal: Get runner from 1st to 3rd

Counts: 0-0, 1-0, 2-0, 1-1, 2-1, 0-1*

Outs: 0 or 1

*After hitter is late on FB - assuming pitcher does not want to speed hitters bat up with an off speed.

3-1: run and hit, get the runner in motion. Hitter only swinging at strikes.



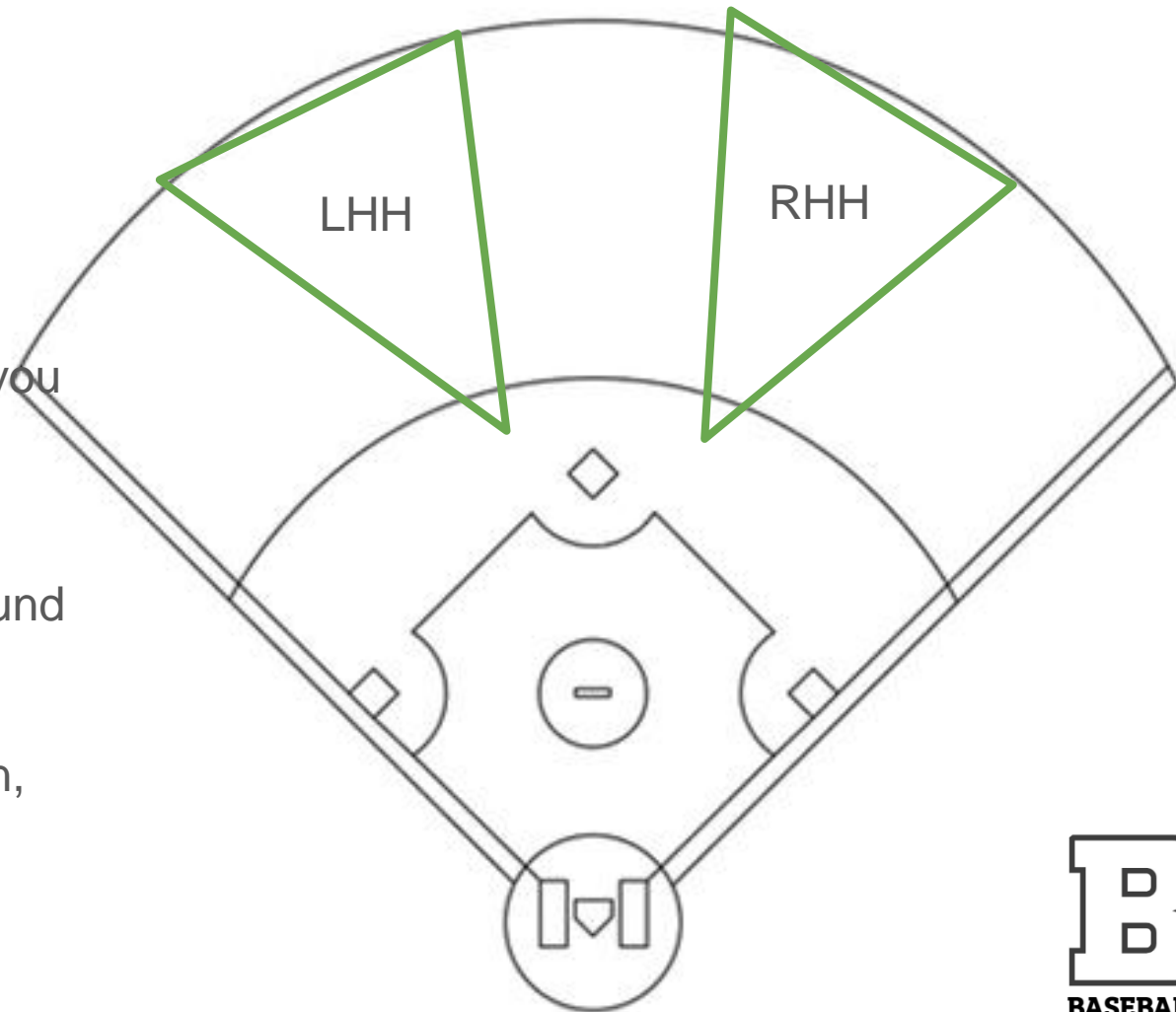
3B< 2: MIF IN

Situation: Runner on 3rd base
less than 2 outs, infield in.

Approach: Bases loaded
approach - get something up you
can drive!

Infield is playing in for the ground
ball.

Pitch Selection: Hunt elevation,
something up at the thighs.



3B < 2 - MIF Back

Situation: Runner on 3rd base less than 2 outs. Middle infield is back. Before the at bat check the infield and see where the RBI is. In this situation the RBI is in the middle of the field.

Approach: Drive a ball off the top of the pitchers mound. The hitters mistakes should still give us an RBI.

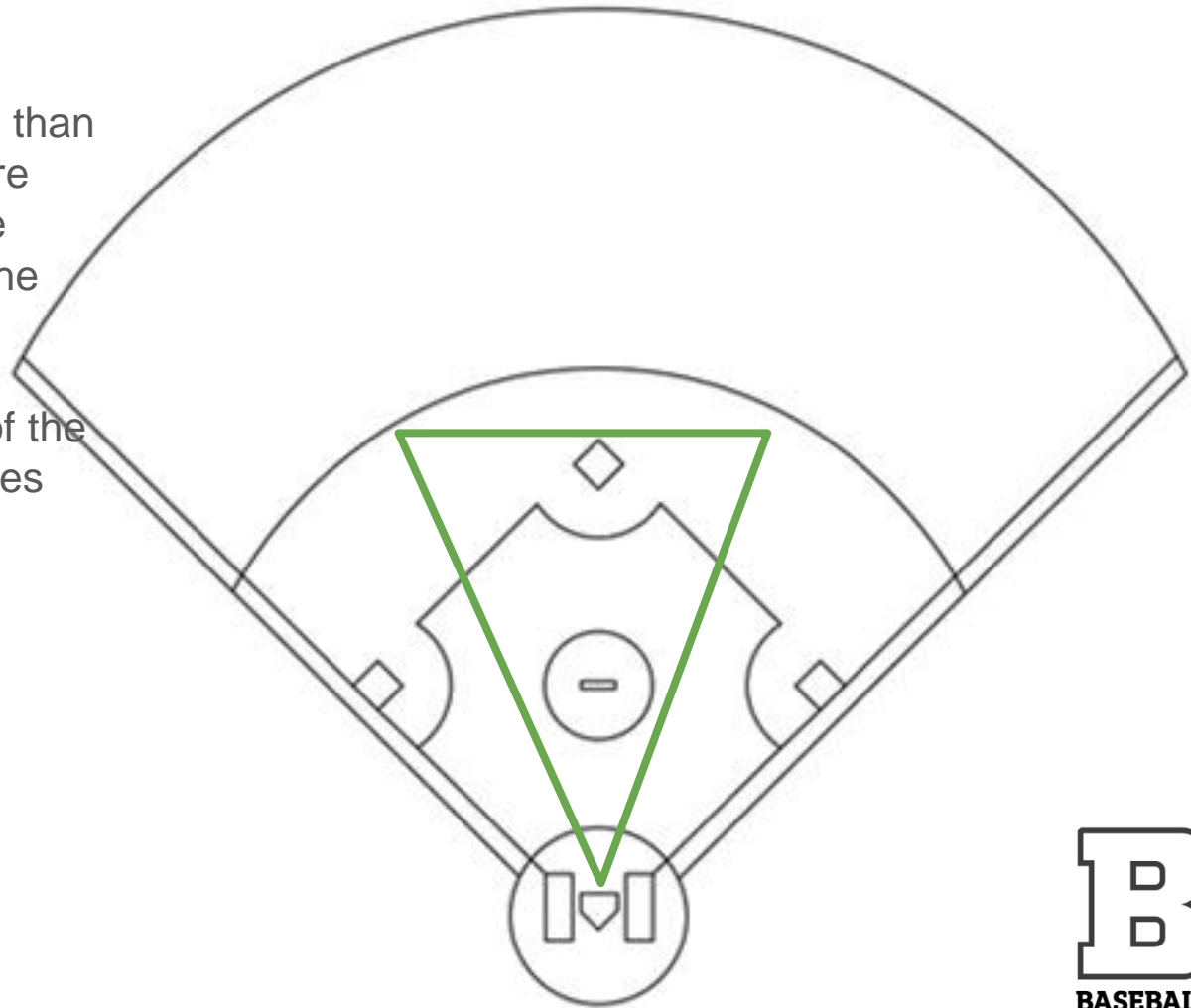
RHH jam = 4 - 3 RBI

RHH roll over = 6-3 RBI

LHH jam = 6-3 RBI

LHH roll over = 4-3 RBI

We are NOT in a bases loaded approach here - HARD MIDDLE!



WHAT IS "FUN"?

SEEING YOUR TEAM
NATIONALLY
RANKED BY
BASEBALL AMERICA
IS "FUN"



SEEING YOUR TEAM RANKED #1 IN THE STATE IS "FUN"

Rank	Team	Record	Change
1.	BROPHY PREP	(15-3)	+3
2.	QUEEN CREEK	(16-2)	+2
3.	CASTEEL	(15-3)	+2
4.	HAMILTON	(11-7)	-3
5.	SAGUARO	(19-0)	-2
6.	LIBERTY	(15-3)	+1
7.	SANDRA DAY O'CONNOR	(12-6)	+1
8.	NOTRE DAME PREP	(13-5)	+2
9.	SUNRISE MOUNTAIN	(15-3)	+5
10.	MOUNTAIN POINTE	(13-5)	-4
11.	MOUNTAIN RIDGE	(12-6)	-2
12.	CATALINA FOOTHILLS	(13-5)	--
13.	NORTHWEST CHRISTIAN	(16-1)	--
14.	BASHA	(10-8)	-3
15.	SALPOINTE CATHOLIC	(15-3)	+2
16.	VALLEY CHRISTIAN	(15-1)	-1
17.	CANYON DEL ORO	(16-2)	-1
18.	CENTENNIAL	(14-4)	+1
19.	TUCSON	(13-5)	+1
20.	NOGALES	(13-4)	+1
21.	RED MOUNTAIN	(13-5)	+2
22.	LAKE HAVASU	(15-3)	+3
23.	CANYON VIEW	(13-6)	NR
24.	DESERT VISTA	(12-6)	-2
25.	CAMPO VERDE	(12-6)	NR

Rank	Team	Record	Last Week	Change
1.	BROPHY	(20-5)	LAST WEEK: 2	▲
2.	CASTEEL	(19-6)	LAST WEEK: 4	▲
3.	HAMILTON	(20-6)	LAST WEEK: 1	▼
4.	O'CONNOR	(19-7)	LAST WEEK: 3	▼
5.	QUEEN CREEK	(19-7)	LAST WEEK: 7	▲
6.	LIBERTY	(16-8)	LAST WEEK: 9	▲
7.	SAGUARO	(22-9)	LAST WEEK: 5	▼
8.	BASHA	(15-10-1)	LAST WEEK: 5	▼
9.	MOUNTAIN RIDGE	(12-12)	LAST WEEK: 8	▼
10.	SUNRISE MOUNTAIN	(25-4-1)	LAST WEEK: NR	▲

SEEING YOUR TEAM
MENTIONED AS
ONE OF THE TOP
PROGRAMS IN THE
SOUTHWEST IS
"FUN"



Rank	Team
11.	PENSACOLA CATHOLIC
12.	LINCOLN-WAY WEST
13.	STONEMAN DOUGLAS
14.	NORTH BROWARD PREP
15.	BROTHER RICE
16.	HARLEM
17.	PROSPER
18.	NORTH COBB CHRISTIAN
19.	GRAPEVINE
20.	BRANADA
21.	BARBE
22.	SAN HOUSTON
23.	VALLEY VIEW
24.	BROPHY COLLEGE PREP
25.	WEST MONROE

Rank	Team
1.	HAMILTON (AZ)
2.	BISHOP GORMAN (NV)
3.	BROPHY PREP (AZ)
4.	BASIC (NV)
5.	SAGUARO (AZ)
6.	CASTEEL (AZ)
7.	O'CONNOR (AZ)
8.	LAS VEGAS (NV)
9.	QUEEN CREEK (AZ)
10.	REGIS JESUIT (CO)
11.	FAITH LUTHERAN (NV)
12.	VALLEY CHRISTIAN (AZ)
13.	DIXIE (UT)
14.	LA CUEVA (NM)
15.	CHAPARRAL (CO)

SEEING YOUR TEAM
NATIONALLY
RANKED BY
MAXPREPS IS "FUN"

SEEING YOUR
TEAMMATE
FEATURED ON THEIR
POSTING IS "FUN"

MONDAY

6:15a – A, Team Lift

2:45p – J/M/S/T

3:00p – **Lightning Bolt**

Hit & Run/ Loaded

3:30p – **Live Baserunning**

Running Game @ 1B

- 1.) Time to home
RHP: 1.3 or below
LHP: 1.5 or below
- 2.) Good move/great move
- 3.) Pick looking for sign
- 4.) Pick coming set
- 5.) Long holds

Running Game @ 2B

- 1.) Crisp looks
- 2.) Daylight
- 3.) Inside move
- 4.) Glove drop pick

3:50p – Field Maintenance

TUESDAY

1:15p – J/M/S/T

1:35p – **Position Defense**

Infield: Garcia

Outfield: Nunez

Catchers: Nicholas

Pitchers: OYO

2:00p – **Execution Game**

Rd 1: R on 1B, H&R/SL&R

Rd 2: R on 2B, Imp/Drag

Rd 3: R on 3B < 2, Inf In

Rd 4: R on 3B <3, MIF back

Reps 1, 2, 3 are dead

Rep 4 is **LIVE**

3:00p – Field Maintenance

WEDNESDAY

6:15a – A, Team Lift

2:45p – J/M/S/T

3:00p – **Lightning Bolt**

Safety/H&R/Loaded AB

3:30p – **Outfield vs Infield**

-OF on defense first

4:00p – **Bunt Game**

-R on 1B, drag/late sac

-R on 2B, drag

-R on 3B, safety squeeze

4:15p – Field Maintenance

THURSDAY

1:15p – J/M/S/T

1:35p – **Position Defense**

Infield: Odden

Outfield: Garcia

Catchers: Nicholas

Pitchers: Nunez

1:55p – **Offensive Stations**

Live: 0-0 Count + execution

Def: A+ Prep Step & First Step

OF: No Doubles

BR: @ 3B, down angle

Cages:

N Cage: Machine

Velo: inside/above

S Cage: Short work

High tee, split grip, beam

2:55 **Power Baseball**

Rd 1: 7th Inning Down 1

Rd 2: 7th Inning Down 2

Rd 3: 7th Inning, Tie Game

3:35p – Field Maintenance

LIGHTNING BOLT - OFFENSE

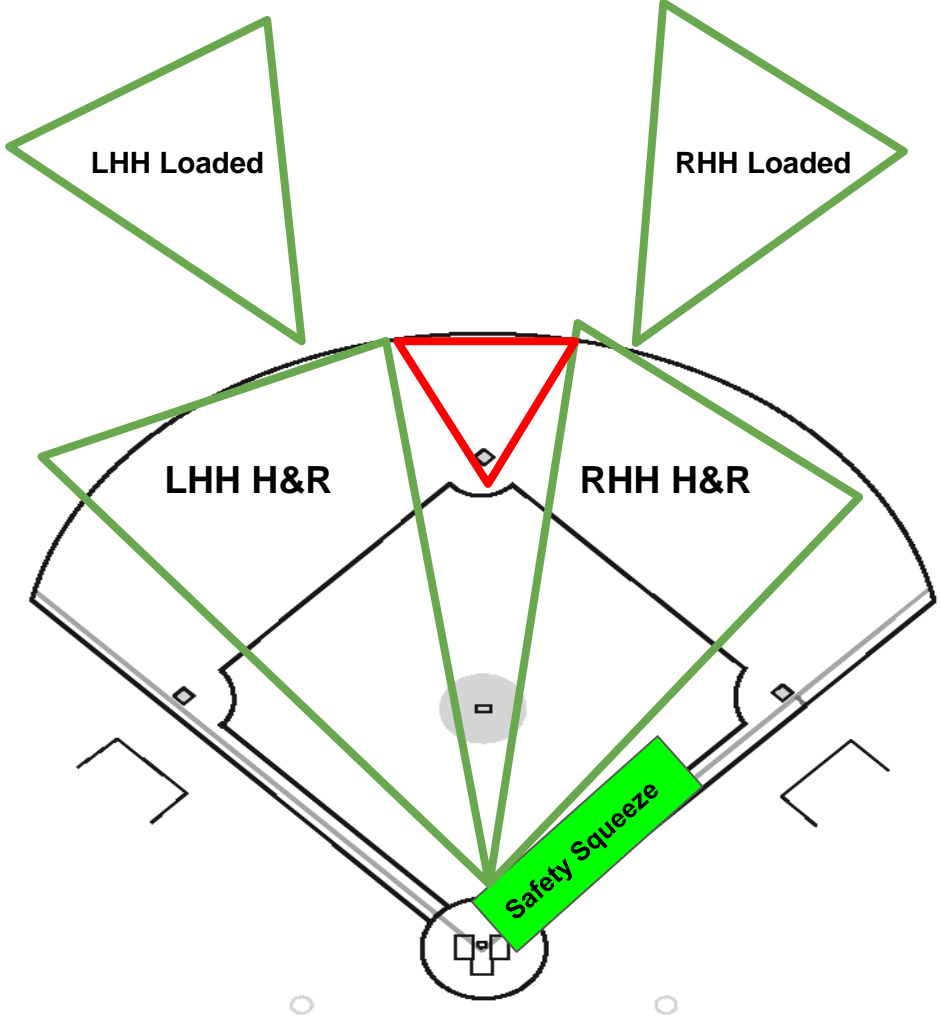
SITUATION: 1ST & 3RD < 2 OUTS

OFFENSIVE OPTIONS:

INSIDE GAME: SAFETY SQUEEZE

OUTSIDE GAME: HIT & RUN

HIT: BASES LOADED APPROACH



LIGHTNING BOLT - BASERUNNERS

SITUATION: 1ST & 3RD < 2 OUTS

OFFENSIVE OPTIONS:

SAFETY SQUEEZE

@1B: SECONDARY, SEE BALL DOWN

@3B: SECONDARY, SEE BALL DOWN

HIT & RUN

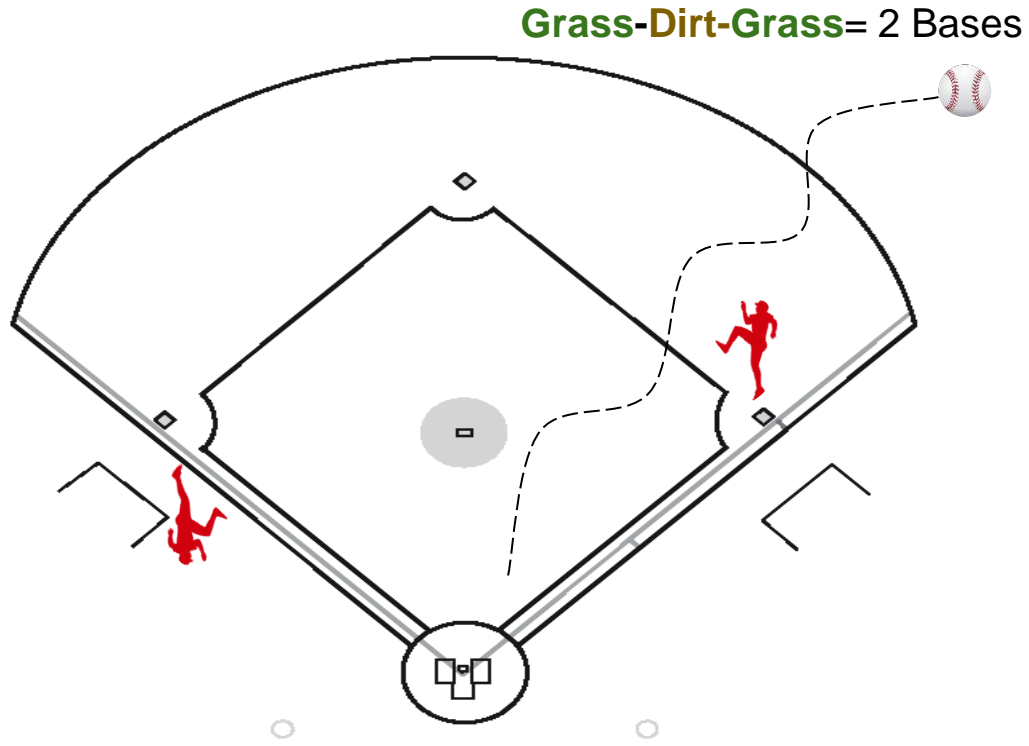
@1B: NO PICKS, RUN W/ HEAD UP

@3B: DOWN ANGLE, BACK ON LD, TAG

BASES LOADED APPROACH

@1B: SECONDARY, PLAY IT LIVE

@3B: DOWN ANGLE, BACK ON LD, TAG



LIGHTNING BOLT - DEFENSE

SITUATION: 1ST & 3RD < 2 OUTS

INFIELD

TURNING A DOUBLE PLAY ON EVERY PLAY

INFIELD DECOYS ON H&R

BALL GOES UP = INF GOES DOWN

BALL GOES DOWN = INF GOES UP

OUTFIELD

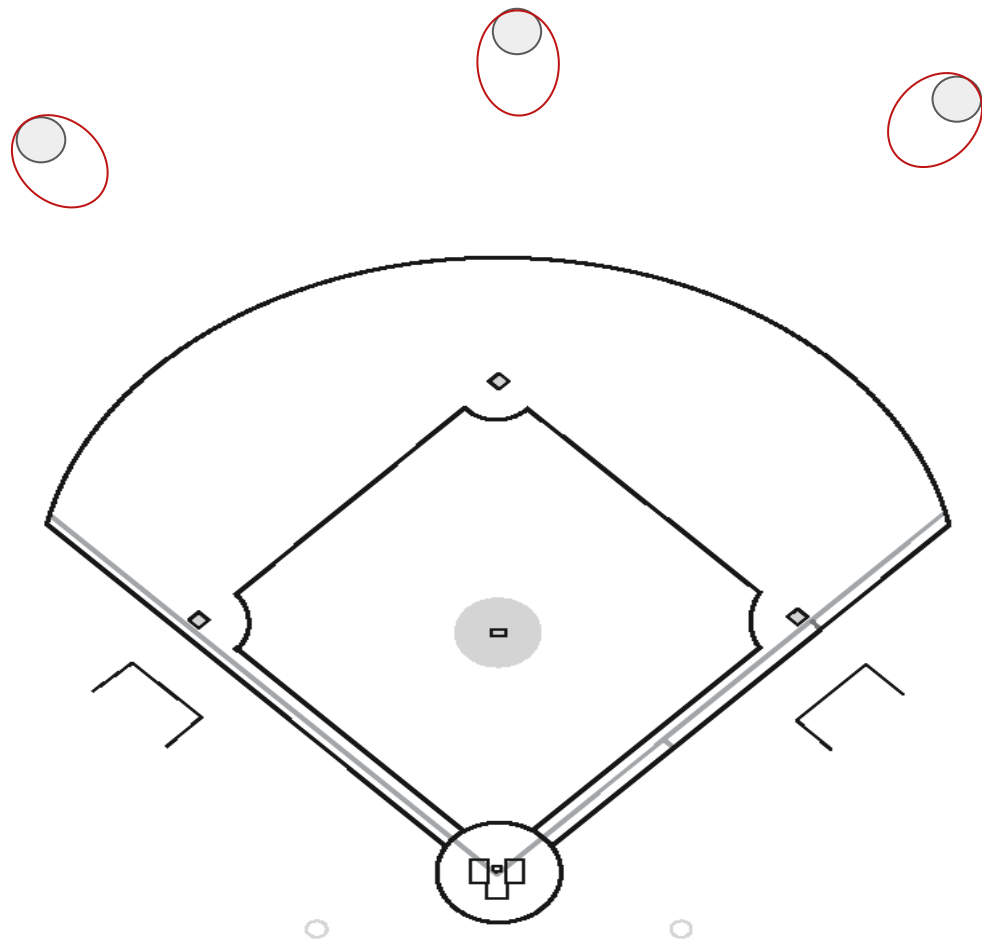
LIVE UNTIL THE THROW

BLOOP = DECOY

CAMPED = DECOY

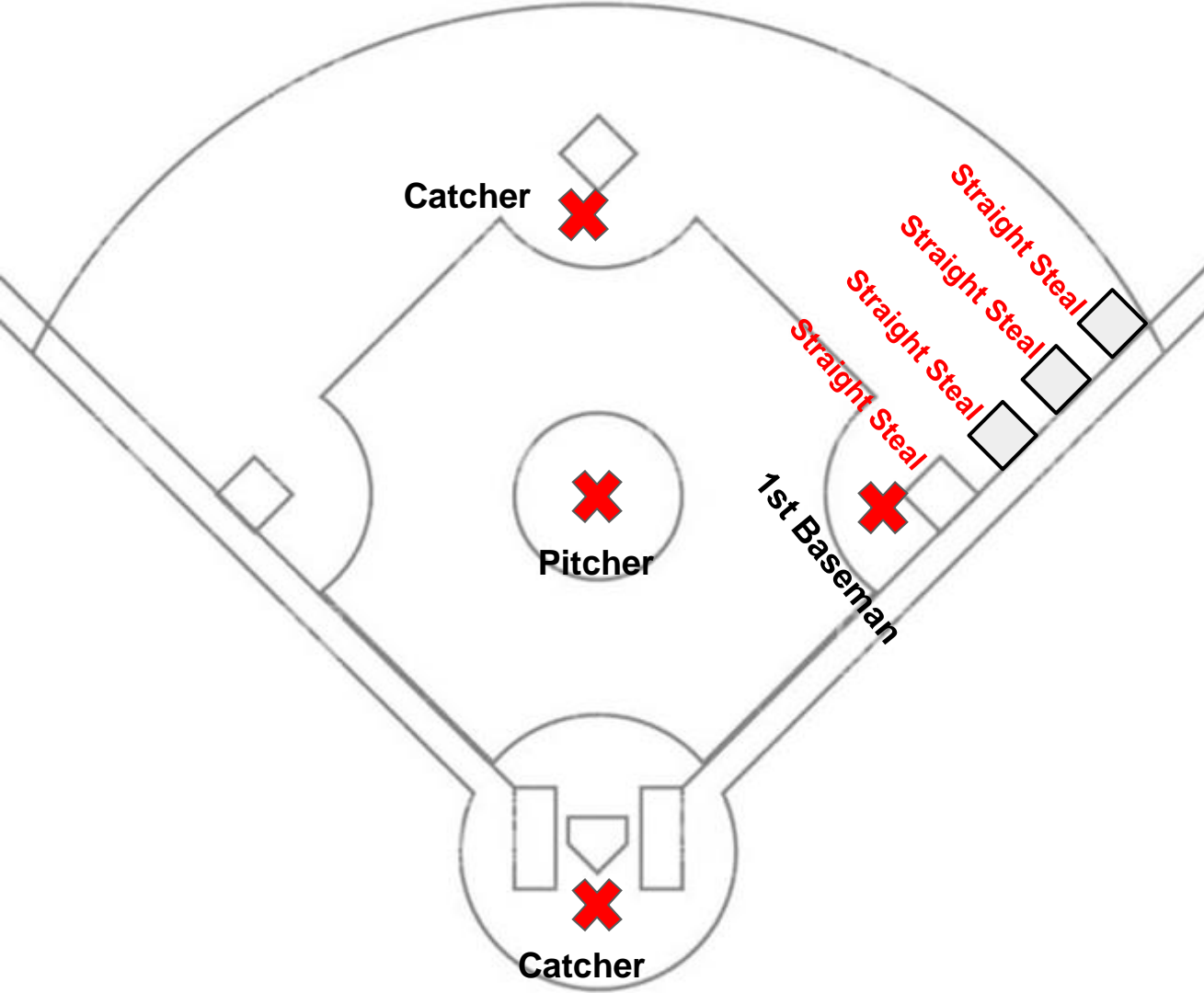
EXECUTED H&R = 2ND BASE

BALL IN THE "RED" = LOOK TO 3B





Live Baserunning



Pitchers: controlling running game

- "Running Game 1-6"
 1. Time to Home
 2. Tempo (holds)
 3. Pick Moves
 4. Balk Pick

^Pitching coach on pitchers times

Catchers: controlling running game

- Calling running game w/ P
- Throws to 2B

^Catching coach on C pop times

Baserunners: straight steal

Goal: Pitchers/catchers getting comfortable controlling the running game.

Runners getting comfortable with pitchers holding them on.

BRONCO EXECUTION

DEFENSE

DEFENSE

EXECUTION

BASE-RUNNING

Execution Routine

1st Round	2nd Round	3rd Round	4th Round	5th Round
Hit & Run	Important Play	3B < 2	Bases Loaded AB	RBI AB

Base-Running Routine

1st Base	2nd Base	3rd Base	3rd Base	2nd Base
1 Out	0 Out - Read	0 Outs - Read	1 Out - Down Angle	1 Out - Read

Defensive Routine

1st Round	2nd Round	3rd Round	4th Round	5th Round
Double Play	Regular	Corners In	In	Regular

Rounds of 4 - 4th Ball is LIVE!

Defense → Defense → Execution → Baserunning

INSIDE GAME ROUTINE

BEGINNING OF PRACTICE: GET THE BODIES MOVING, GET IN RHYTHM WITH THE BASEBALL.

END OF PRACTICE: LIVE, HARD 90s, PITCHERS ARE MAKING THROWS

RUNNER ON 1B, 0 OUTS: DRAG OR "LATE SAC"

RUNNER ON 2B, 0 OUTS: DRAG 3B LINE OR PUSH

RUNNER ON 3B, 1 OUT: SAFETY SQUEEZE, 1B OR 3B LINE

GOAL: BE THE FIRST PAIR TO SCORE.



POWER BASEBALL - SCRIPTED GAME

EXAMPLES:

RD 1: 7TH INNING DOWN 1

RD 2: 7TH INNING DOWN 2

RD 3: 7TH INNING, TIE GAME

RD 1: 1ST INNING, DOWN 5

RD 2: 3RD INNING, DOWN 3

RD 3: 1ST INNING, DOWN 8

GOAL: READ & RESPONSE VS READ & REACT



OFFENSIVE STATIONS: MASTERING "THE WALK"



OFFENSIVE STATIONS: HEART RATE BP

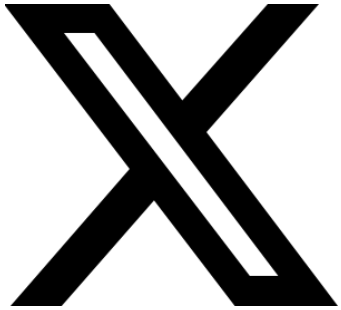


CARRY THE CLUB





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