

Practice Organization and Team Drills

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Practice Philosophy

- * What do you want to accomplish?
- * Pre Season?
- * Game week?
- * Heading into conference?

Why Practices fail

- * Lack of planning
- * Lack of foresight
- * Poor time management (people standing around)
- * No creativity (Do you like doing the same thing everyday?)

UTSA Practice Philosophy

- * Practice 80% of what happens in every game (1 & 3rds are not a high % play)
- * Make every drill game like
- * Trust my team to help me run practice (I teach, they hit)
- * **Make them better everyday in a physical, mental, and confident aspect**

UTSA 7 inning approach

- * Goal is to put pressure on the individual or team throughout practice in order to simulate game like anxiety/fear.

Results of 7 inning practices?

- * More consistent play
- * The fearless and the fearful emerge
- * Better, more consistent enthusiasm thru practice
- * Goal oriented practices

Example of a 7inning practice plan

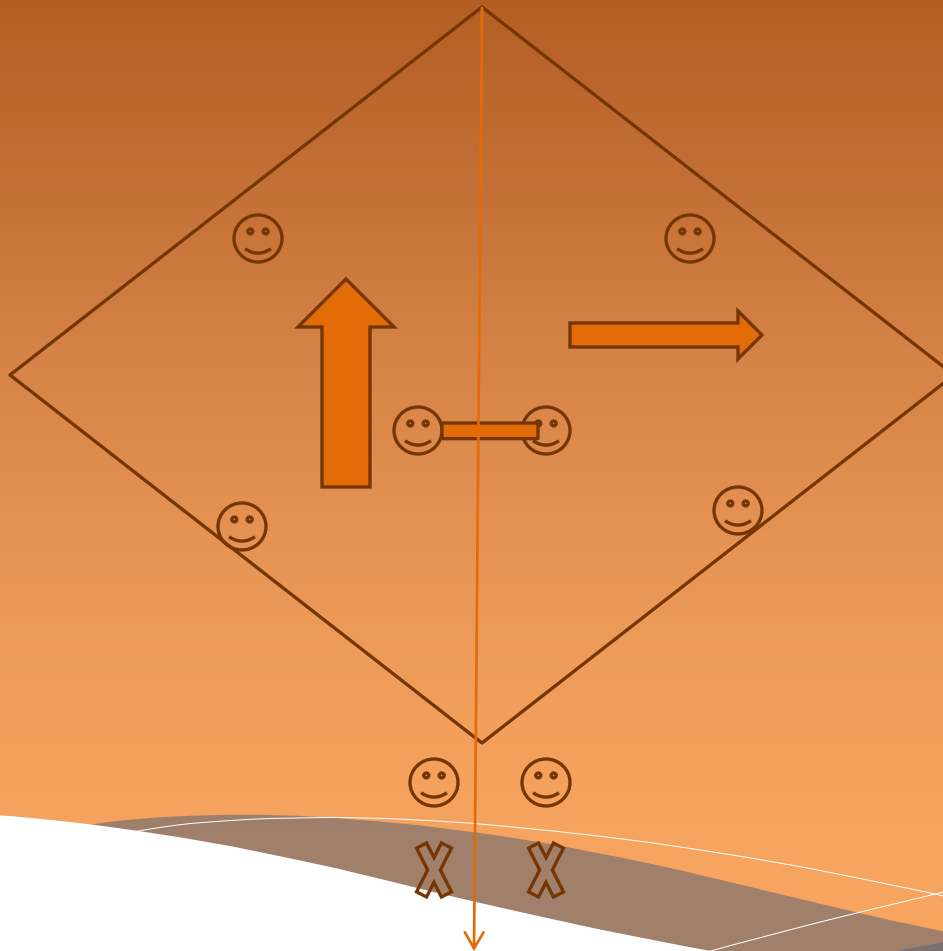
Higher % of the game the bigger the consequence

- 2:00pm Jog and Stretch
- 2:15pm Throw Inning 1: No dropped or over thrown balls. Consequence: 300
- 2:25pm Infield outfield split (glove work)
Infield: Sequential bunt defense
Olympic drill
Rotate Drill Inning 2: protect the team, no balls thrown to wrong base
Consequence: 10 up downs
Outfield: Fence Drills
Two line communication back up drill Inning 3: must create space . Consequence: 10 up downs
Long hop drill
- 2:45pm Team cut drill Inning 4: No dropped or overthrown balls. Consequence: farthest fence
- 3:00pm Infield run for outfield (Today's emphasis runner on 2nd, when to concede home and when to stop runner at 2nd)
Inning 5: Base running, must touch front of base and take good angles. Consequence: 20 dead bugs
- 3:15pm Outfield run for infield (Today's emphasis don't be afraid to give up a run to get an out)
- 3:30pm Hit/Tee drills
Cage 1: long tennis ball bounce
Cage 2: Larkin Drill
Field: Live Inning 6: No pop ups. Consequence: 10 split jumps
Pitchers Inning 7: No walks. Consequence: 1 min wall sit
- 4:45pm Go home... study... eat a good meal... watch Jersey Shore!!!

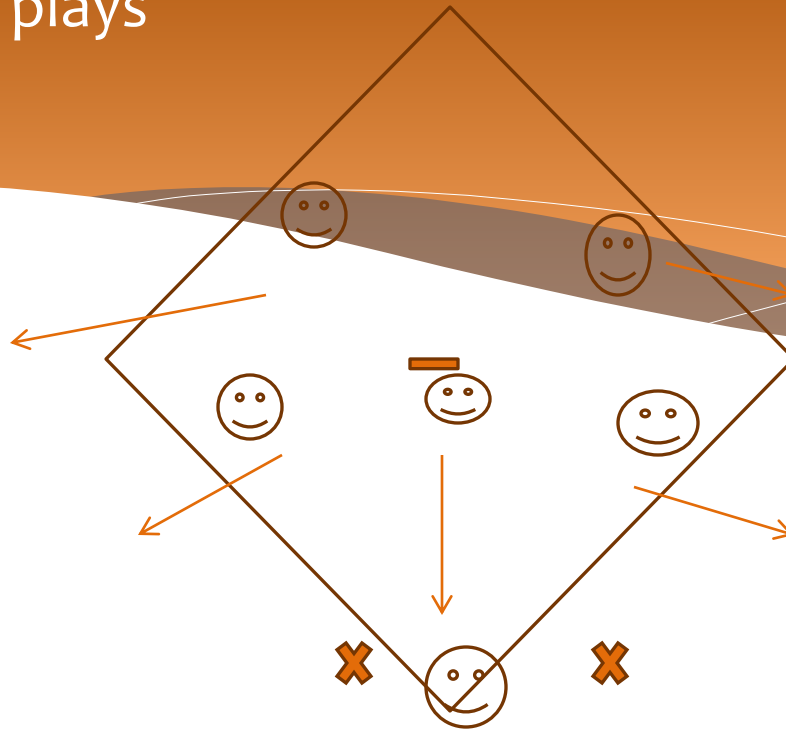
Team Drills!

Bunt Defense! ☺=Player X = Coach

Left side go to 2nd/Right side go to 1st



Field Specific plays

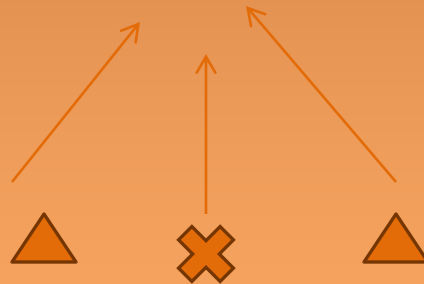


- * Split field in half
- * Left side working on ground balls, fake throws, pop flies, foul balls, slaps, etc.
- * Right side working on ground balls, fake throws, pop flies, foul balls, etc.
- * Pitchers throwing wild pitches to catcher and putting tag on at home.

Outfield Love

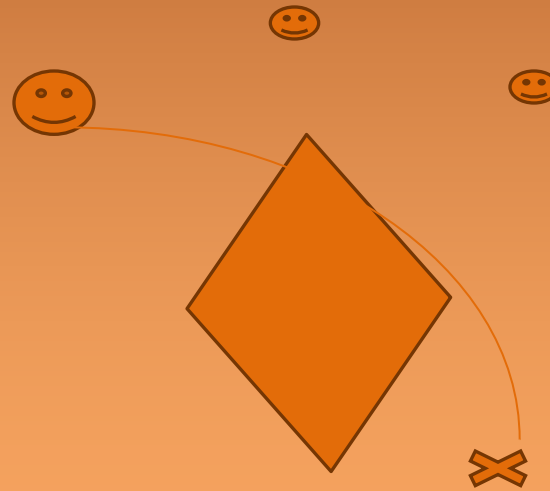
What is outfield doing while infield is doing their drills?

- 10x down & blocks, do or dies, QB's, run thru with pop ups
- Immediately to fence drills (do not forget foul ball fences)
- Two line communication drill grounders and fly balls, with emphasis on backup (create space)



Outfield needs full field reps! But the infield is not done yet....and we only have one field!!!

- Use pitching machine to shoot balls over infielders head while infield is still doing work (disclaimer: test machine prior to starting the drill)
- Again, do not forget foul territory



Game Like Drills

- * Front toss is a great way to control situations and does not allow players to “guess” or “cheat.”
- * Lay a net sideways and have someone toss from knees, coach/player hit
- * Side toss is another great way to control reps
- * Outfield loves front toss reps (this is a great way to work in hitting reps for your team while outfield is doing defensive reps)

Game Like Drills

- * Infield NEEDS to run for outfield.
- * This helps them learn the speed of the game and when to throw ahead vs. stopping an advancing runner.
- * One cut person, catcher, a person on each base and switch frequently.
- * One coach or player teaching baserunning.
- * One coach hitting and teaching defense.

Game Like Drills

- * Outfield runs for infield
- * Often times we have pitcher throw at half speed coach “hits live.”
- * Players often run own offense. (steals, bunts, etc.)
- * Defense runs own defensive plays.
- * I ask “why?” often to hear thought processes and interject when I think they are making a BIG mistake.

3 way 21 outs drill

- * Three “teams” for 21 outs.
- * All three “teams” must be perfect to win 21 outs
- * If any aspect of one team fails, we start over!
- * Baserunning team and two teams on defense.
- * Example: Team 1 caught a routine pop-fly in LF with a runner on 1st. Runner on 1st did not do secondary lead-off, they failed. Team 2 (baserunning group) now goes to defense. Team 1 remains on defense, and now team 3 is running bases.

“They just don’t know the game”

- * Whose fault is that?
- * Our job to teach them
- * Rotation drill is my favorite drill to “teach” them the game
- * After three outs everyone rotates positions
- * Drill is over when everyone has played every position
- * Consequence if a ball is thrown to wrong base due to lack of communication team has 10 up/downs

Rotation

* = rest station

