

Defense

March 26

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2:20 – Setup field

1. Bases – Scarlett, Olivia
2. Batting tees – Emily Q, Emily H, Brandy
3. Bucket of balls – Hailey L, Dulce
4. Empty bucket – Teagan, Hailey G
5. Bownets (old ones) – Natalie, Aviv
6. Pitching Machine (plugged in, with balls) - Roxy, Ella, Maddy Q, Jianna

2:34 – Attendance

1. Absent – Savannah, Imelda, Maddie E, JC
2. Hustle award selector – Scarlett
3. Contracts – Brandy, Jianna, Dulce, Hailey G, Aviv, Haley L, Imelda, Roxy, Savannah.

2:35-3:00 – Warm-up

1. Easy Lap
2. Active motion – 120' – High knees, butt kicks, skips, swivels (each side)
3. Sprints (4)
4. Steal with slide (60')(2)
5. Static warm-up – torso swivel, arm circles

3:00-3:30 – Skills

1. Throwing: easy throws, pitching distance throws, pitches(10), 60' throws(10), long toss(4), quick feet
2. Station 1: tee hitting – load, trigger, point of contact, follow through.
3. Station 2: hit grounders at second base
4. Station 3: hit flyballs

3:30 – 3:45 – Misc

1. 4 corners
2. SI/DI/TI: two batters
3. Rules – Outs at 3rd, score strategy

3:45-4:35 – Defense

1. Play 3: ground ball to pitcher with runner at 1st, <2 outs
2. Play 4: ground ball to 1st with runner at 1st, <2 outs
3. Bunt defense

4:35 – Tear down

Stages of learning:

- 1) Unconscious incompetence
- 2) Conscious incompetence – feels terrible
- 3) Conscious competence
- 4) Unconscious competence – where we want to be