



## Geneva Viking Baseball

### BASEBALL PHILOSOPHY: Practice

#### **Approach: "Practice with a Purpose!"**

|                                                                       |                                                                                                                                             |                                                                                                       |                                                                                                                                   |                                                                                 |
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| <b>Organized Activity:</b><br>very little talking and standing around | <b>Fundamental:</b><br>Focus on essentials...Keep it simple so players can do it and own it. deliberate practice... 10,000 hours principle. | <b>Game-like:</b><br>Drills and activity should simulate game play and situations as much as possible | <b>Competitive:</b><br>Try to find ways to compete. There are winners and losers in baseball. Let players learn to deal with both | <b>Fun:</b><br>Try to keep it fun. Be creative to create energy and excitement. |
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Practice is the time that we have together as a team to make ourselves better baseball players and to prepare for the upcoming opponent. To be the **best team possible**, we have to make good use of practice time. As a coaching staff we will make sure that we have an organized and detailed practice plan. We also must maintain the schedule that has been established. Every effort will be made to get athletes in and out of practice on time. Players will be expected to be ready for practice when practice begins.

Each practice will start with an active running and flexibility warm-up. Players need to concentrate on this in effort to develop a strong pre-game/practice routine and to prevent injury. Following the team warm-up, we will begin practice. Practice can and will consist of a variety of baseball related activities: throwing, fielding, hitting, pitching, base running, conditioning, etc. **We will practice with a purpose!**

### **Quality Practice Keys:**

1) Work in the **ZONES**: All activities should have a different focus (strive for balance).

| Learning                                                                                                                                                                                                 | Performance                                                                                                                                                                                                   | Challenge                                                                                                                                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"> <li>Focus on fundamentals</li> <li>Coaches Teaching/Talking</li> <li>Deliberate Practice- Repetitions</li> <li>Mistakes are ok</li> <li>Looking to improve</li> </ul> | <ul style="list-style-type: none"> <li>Focus on players playing</li> <li>Coaches observing and evaluating</li> <li>Game like situations</li> <li>Try to limit mistakes</li> <li>Looking to execute</li> </ul> | <ul style="list-style-type: none"> <li>Combination of both Learning and Performance Zones</li> <li>Players learning to perform in high stress/heart rate environments</li> <li>High level of competition (score, positive and negative reinforcement)</li> <li>High level of difficulty</li> <li>High level of creativity</li> </ul> |

2) Use different player **ORGANIZING STRUCTURES**: Different groups allow for efficient and focus skill development.

| Individual                                                                                                                                                                                                                                                                                                                                     | Group                                                                                                                                                                                                                                                                                                                 | Team                                                                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"> <li><i>Per player, focus on essentials or weaknesses</i></li> <li><i>Giving different options for players to work on individual skills/performance</i></li> </ul> <p><b>Example:</b> hitting stations that focus on hip explosion vs drills off tee that work on hitting pitches in different locations</p> | <ul style="list-style-type: none"> <li><i>organizing players by position or similar baseball skills/ techniques</i></li> </ul> <p><b>Example:</b> SS and 2B working DB transfers</p> <p><b>Example:</b> 1B, 3B, Catchers working on bunt coverage</p> <p><b>Example:</b> Outfielders working on centerfield turns</p> | <ul style="list-style-type: none"> <li><i>Putting all the pieces together all at once</i></li> </ul> <p><b>Example:</b> Double cut drill... outfielders chasing down balls, infielders cutting, pitcher backing up, Runners running, everyone communicating</p> |

3) **PLAY, PRACTICE, PLAY**: this cyclical practice flow will keep things fresh and fun while constantly revisiting and building on skills.

| Play (PRE Practice/ Game)                                                                                                                                                                                                         | Practice                                                                                                                                                                   | Play                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>Something fun or exciting to get players going...</li> <li>Time for fun reps, playing the game</li> <li>Should be skills focused and competitive</li> <li>in the challenge zone</li> </ul> | <ul style="list-style-type: none"> <li>Deliberate and intentional drills to help players learn and develop</li> <li>Time to teach</li> <li>in the learning zone</li> </ul> | <ul style="list-style-type: none"> <li>Game like situations that allow players to apply what they just learning/practiced</li> <li>Time to observe and evaluate</li> <li>in the performance or challenge zone</li> </ul> |