

MAKING PRACTICE WORK FOR GAMES

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The *Practice MUST-HAVE'S*:

- 1. Competition**
- 2. Accountability**
- 3. Consequence**
- 4. Pace**

PACE:

Game Pace *versus* Practice Pace

(1 at-bat vs. 1 rotation)



	<i>Pitches</i>	<i>Swings</i>	<i>Time</i>	<i>(in 1st 22 seconds)</i>
GAME	6	5	2 minute 14 seconds	<i>(1 swing)</i>
PRACTICE	5	5	22 seconds	<i>(5 swings)</i>



**Rushing Things
or Rushing
Around** won't help
– we do stand
around in our
game



TIME THINGS:



- **infielders release times** (*glove to glove*)
- **infield's bunt coverage** (*bunt to 1b's glove in 2.9 or better*)
- **time your outfielder's releases**
- **catcher's release times on throws** (*touch to release: 1.00 = OK, .8 sec = good, .6 sec = exceptional*)
- **team running times for home-1st, 1st – 3rd, 2nd – home.**
- **warm up “quick catch”** (*1st pair to 10 throws – or – most throws for pair in 20 seconds*)

COMPETITION, ACCOUNTABILITY, CONSEQUENCE:

- Use **GAMES** within drills or skills work.
- **Pitcher's practice:**
 - *"runs and outs" game:*
 - *hit target = strike*
 - *miss target = base*
 - *3 strikes = out, 4 bases = runs*
 - *pitch "x" amount of innings and record score*
 - *pitcher versus pitcher*
 - HORSE:**
 - *pitcher vs. pitcher*
 - *Just like Horse in basketball*



COMPETITION, ACCOUNTABILITY, CONSEQUENCE:

- Pairs competition in batting practice

- players divided into pairs for BP
- each pair has combined score vs. all other pairs
- points are as follows (off machine, front toss, Live or T)

<i>HITTING points</i>	
Groundball	+ 1
Flyball	- 3
Line Drive	+ 3



- Pitcher's Competition In Batting Practice

pitcher's throw to batter's while working on their pitching workout points are achieved based on what they do with each batter

<i>PITCHING points</i>	
Groundball	+1
Flyball	+ 3
Line Drive	- 3



COMPETITION, ACCOUNTABILITY, CONSEQUENCE:

“Champion Challenge”

(anyone can stop practice & challenge any other player to a skill of their choice, challenged player determines penalty for loser)

GAMES for general competition improvement:

- *Over-the-Line game*
- *Frisbee Football*
- *Big Ball Soccer*
- *Capture the Flag*

Team Drills Manual & Creating Team Chemistry Book

OTHER IDEAS:



- **Have OUT practice instead of “fielding” practice** – *this helps work on the concept of sticking with the player (even if you bobble it) and GET THE OUT, versus stopping if you bobble the ball because you didn’t “field it cleanly”*
- **Keep track of winners for each competition and post them at each practice.**
- **Keep standings for practice competitions as the season goes on.**
- **Eliminate all “JUST ONE MORE” and “END ON A GOOD ONE”**