



**TIGERS**

# MASTER SCHEDULE

## INSTRUCTORS MANUAL FOR TIGER WINTER TRAINING

### INTRODUCTION

Welcome to the Rawlings Tigers Winter Program Instructors Manual. The manual is setup according to the week and its topic. In each weekly topic you will get a video link the key points, itenarary, and how the cages will be set up during training.

It is of the up most importance that you know how the cage is set up before you come in for your training session. We only have 60 minutes to accomplish what is needed for the material of the week. We want a fast pace atmosphere with our coaching staff being completely hands on and active.

Lastly, we recommend that you print off the cage layout. You will be assigned a cage when you arrive.

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### WEEKLY TOPICS

**WEEK 1:** TIGER BATTING PRACTICE ROUTINE

**WEEK 2:** LOWER HALF BALANCE AND POWER

**WEEK 3:** PLATE COVERAGE

**WEEK 4:** NEGATIVE MOVE

**WEEK 5:** SWING PATH

**WEEK 6:** HIGH-LOW PITCHES

**WEEK 7:** MENTAL APPROACH



**TIGERS**

# BATTING PRACTICE ROUTINE

*CREATE POSITIVE HABITS*

**(PLAY VIDEO)**



## WEEK 1 KEYS POINTS

1. TIGER BP ROUTINE
2. STAYING INSIDE THE BASEBALL
3. TEACH HOW TO SET UP MIDDLE-AWAY TEE'S AND SOFT TOSS

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## TIGER BATTING PRACTICE ROUTINE

Round 1: 2 bunts.

Speed guys can do a few more and bunt for hits also. Regular guys do one sacrifice bunt down each line.

Round 2: Middle Away Round (5 swings)

No matter where pitches are, we're hitting the ball to center or right for righties; center or left for lefties. Teach letting the ball travel, staying inside the ball.

Round 3: Hit and Run (5 Swings)

Rule 1, must swing to protect runner.

Rule 2, must get the ball on the ground so no double plays.

Rule 3, try to get to right side/vacated second base hole (for right-handers, opposite side for lefties). If ball is riding in hard, make quick decision to see if you can inside out it, if not, pull it hard and hope for the best.

**Round 4: Get runner over (5 Swings)**

Guy on second hit the ball to the right side - get him over to third. Teach hitters and runners that the runner on second is going to go if the ball is hit to his left. This lets the hitter know he has a little lee way on inside pitches.

**Round 5: Get Him In (5 Swings)**

Guy on third, less than two outs. Try to drive something in the air to the outfield to get hit or sac fly or hard ground balls towards middle. In general, let's try to hit line drives or deep fly balls.

**BONUS:**

**Round 6: Number Rounds.**

This is if time allows, example: group of three guys, after their situational rounds, each guy gets 5 in a round. Next round 4, final round 3.

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**STAYING INSIDE THE BASEBALL- TEE'S, FRONT TOSS, BATTING PRACITCE**

- Make sure they know what staying inside the ball means. Hand lead and barrel follows.
- Make sure you put the ball on the tee with the two seams facing upright and inside/outside seam.
- Aim inner seam to middle.
- Make sure you hit the ball middle to middle-opposite field

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**ITINERARY: Players Watch Video on Week 1 on VIP Page before coming in to Hit!**

**Four 12 minute stations**

**LAST Station 10 minutes (Everyone moves to the main )**

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**GROUP A Big Cage: Film Videos, BP Rounds**

**GROUP B Cage 4 Drill Work :** Soft Toss with Color Baseballs (Hitters much start with eyes closed, tosses says “Ball” as he releases it)

**GROUP C Cage 3 Power Development:** Keep clear for video shooting

**GROUP D Cage 2 Velo Station:** Middle/Away Tees (5 swings chart down your best score)

**GROUP E Cage 1 Core Strength:** 4 x 10 Frontal MB Rotational Toss

# WEEK 1 BATTING PRACTICE ROUTINE

BIG CAGE	<u>FILMING</u> FILM HITTERS DURING BP ROUTINE ON IPAD	<u>BP ROUNDS</u> 1: BUNTS 2: OPPO 3: HIT 'N' RUN 4: GET RUNNER OVER 5: GET HIM IN	BULLPENS
	HACK ATTATCK MACHINE L-SCREEN BASEBALLS		
CAGE 4	<u>OVERHAND</u> BUNTS 2 X10 COLORED BASEBALLS 2 X 10	<u>SETUP:</u> L-SCREEN BASEBALLS COLORED BASEBALLS	CAGE 3
	<u>INSTRUCTOR VIDEO AREA</u>		
	IPAD STOOL		
CAGE 2	<u>VELO STATION</u> 1X10 MIDDLE TEES 2X10 AWAY TEES 1 x 10 MAX OUT	<u>SETUP:</u> TEE BASEBALLS	CAGE 1
	<u>CORE STRENGTH</u> FRONTAL ROTATION MB TOSS 4 X 10	<u>SETUP</u> MED BALLS	
WALKING AREA			

## BENCHES



**TIGERS**

# LOWER HALF BALANCE & POWER

*BECOME THE HITTER THAT  
CRUSHES EVERYTHING*

**(PLAY VIDEO)**



## WEEK 2 KEYS

### LOWER HALF BALANCE AND CONTROL

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- Closed front foot 45 degrees or less at least through contact, try to keep through follow through.
- Firm front side. 3 options: locked, straight, slightly bent. We are not big on locks as it puts the weight to the heels. We like straight or slight bend. Not too much bend, that's a collapse. The slight bend keeps pressure down on the front foot to keep that a 45 degree or less.
- Back knee drives towards the pitcher. Back foot should be “shoelaces to center field, heel to the sky”. This get's full rotation out of the hips/core.
- Back leg L should form.
- Make sure significant gap space between legs, we call this a “power gap”, and make sure base is wide enough.
- Overview of 5 checkpoints following each swing (ALL HITTERS MEMORIZE):
  1. Closed front foot
  2. Firm front side
  3. Back foot - shoelaces to center, heel to the sky
  4. Back leg L
  5. Significant gap space

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**ITINERARY: Hitters watch video for Teaching concepts on Lower Half before coming to hitting**

**FIVE 10-minute stations**

**LAST STATION 10-minutes (Everyone moves to the big cage)**

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**GROUP A Big Cage : BP Rounds**

**GROUP B Cage 4 Drill Work:** Front toss, hold all finishes check down/review checkpoints

**GROUP C Cage 3 Power Development:** Heavy Balls and Bat

**GROUP D Cage 2 Velo Station:** Use cylinder block for Tess drills to keep front foot closed.

**GROUP E Cage 1 Core Strength:** 3 x 10 MB Russian Twist 8lb (Feet off ground)



# WEEK 2 LOWER HALF BALANCE AND POWER

## BIG CAGE

### BP ROUNDS

- 1: BUNTS
- 2: OPPO
- 3: HIT 'N' RUN
- 4: GET RUNNER OVER
- 5: GET HIM IN

## BULLPENS

SETUP:  
HACK ATTACK MACHINE  
L-SCREEN  
BASEBALLS

## CAGE 4

### FRONT TOSS

UP-HILL SWINGS

3X8

DOWN-HILL SWING

3X8

### SETUP:

L-SCREEN  
MOUND  
BASEBALLS

## CAGE 3

### POWER DEVELOPMENT

HEAVY BALLS & BAT

4 X 10

### SETUP

HEAVY BALLS  
HEAVY BAT

## CAGE 2

### VELO STATION

### CINDER BLOCK & BALANCE

BOARD

1X10 MIDDLE TEES

3X10 FRONT TOSS

### SETUP:

TEE

CINDER BLOCK  
BALANCE BOARD  
L-SCREEN  
BASEBALLS

## CAGE 1

### CORE STRENGTH

MB RUSSIAN TWIST

3 X 10

### SETUP

MED BALLS

WALKING AREA

BENCHES





**TIGERS**

# PLATE COVERAGE

*BE THE MOST FEARED  
HITTER.*

**(PLAY VIDEO)**

## WEEK 3 KEY POINTS PLATE COVERAGE

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- Plate Coverage means making sure the barrel of the bat is able to cover the whole plate comfortably, including the outer edge. Teach slow motion come downs to check spacing.
  - Spacing is a huge issue with a lot of young hitters. Make sure they are setting up correctly in the box every single time.
  - Best drill is having a combination drill with outside and inside tee's.
  - When player is more advanced we can add in outside front toss in combination with inside tee- AND- outside tee with inside front toss.
    - Note: player should feel comfortable on hitting line drives on all tee placements before attempting front toss and tee combination.
  - Player should watchout for lunging and leaning when swinging. We want to remain balanced through our entire swing
  - Plate Coverage means making sure the barrel of the bat is able to cover the whole plate comfortably, including the outer edge. Teach slow motion come downs to check spacing.
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## MLB PLAYERS PLATE COVERAGE

### Close to the Plate

Justin Turner: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=qIN4EmmW658)

[v=qIN4EmmW658](https://www.youtube.com/watch?v=qIN4EmmW658)

Anthony Rizzo: <https://www.youtube.com/watch?v=triBebHgrYA>

### Far Away From Plate

Jose Martinez: <https://youtu.be/vPli7qINvUk>

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**ITINERARY:**

**Players need to watch Video on Plate coverage before coming to hitting session**

**FIVE 10-minute stations**

**LAST STATION 10-minutes (Everyone moves to the big cage)**

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**GROUP A Big Cage: BP Rounds, Angle Toss with machine**

**GROUP B Cage 4 Drill Work: Outside/Inside Tees Front toss,**

**GROUP C Cage 3 Power Development: Heavy Balls and Bat**

**GROUP D Cage 2 Velo Station: Middle/Away Tees**

**GROUP E Cage 1 Core Strength: Prone Cone Switch 4 x 8 (4 left side, 4 right side)**

# WEEK 3 PLATE COVERAGE

BULLPENS		
BIG CAGE	BUNT ROUND 1 X 5	
	<u>ANGLE TOSS WITH MACHINE</u>	
	6 ROUNDS	
	5 PITCHES FROM ANGLE AND 5 PITCHES FROM MACHINE	
	SWITCH ANGLES AFTER 3RD ROUND	
	HACK ATTATCK MACHINE <u>SETUP:</u> 2 L-SCREENS 2 BUCKETS BASEBALLS	
CAGE 4	<u>OUTSIDE/INSIDE TEES</u> 2 X 10	
	<u>FRONT TOSS WITH TEE</u> 3 X 5 ROUNDS	
	<u>SETUP:</u> L-SCREEN TEE BASEBALLS	
CAGE 3	<u>POWER DEVELOPMENT</u> HEAVY BALLS & BAT 2 X 10 PUNCHING BAG/TIRE 2 X 10	
	<u>SETUP</u> HEAVY BALLS HEAVY BAT TIRE OR PUNCHING BAG	
CAGE 2	<u>VELO STATION</u> 1 X 10 MIDDLE TEES 2 X 10 INSIDE TEES 2 X 10 AWAY TEES 1 X 10 MAX OUT	
	<u>SETUP:</u> TEE BASEBALLS	
CAGE 1	<u>CORE STRENGTH</u> PRONE CONE SWITCH 4 X 8	
	<u>SETUP</u> MED BALLS	
WALKING AREA		
BENCHES		



**TIGERS**

# NEGATIVE MOVE

*ATTACK THE BALL WITH  
PRODUCTIVE ENERGY.*

**(PLAY VIDEO)**

## WEEK 4 KEYS

### NEGATIVE MOVE: WEIGHT SHIFT AND LOAD

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- Weight Shift means the body shifting back minimally to get momentum initiated and to give time to read the pitch.
  - Load means hands go back first, then down towards the zone, then flat, then follow through.
  - Create the right momentum with your body
  - This will allow you to recognize pitches longer if done on time
  - Perfect the negative move with rhythm
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## MLB PLAYERS NEGATIVE MOVE

Jason Heyward: <https://www.youtube.com/watch?v=0XFzycdHby4>

Matt Holliday: <https://www.youtube.com/watch?v=HcqWw78o2dU>

Bryce Harper: <https://www.youtube.com/watch?v=yD7-QjpL3lQ>

Alex Bergman: <https://www.youtube.com/watch?v=8icF1IF8u78>

Mickey Mantle: <https://www.youtube.com/watch?v=M7d1dMpzR8k>

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**ITINERARY: Players watch video on load and negative move before coming to hitting**

**FIVE 10-minute stations**

**LAST STATION 10-minutes (Everyone moves to the big cage)**

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**GROUP A Big Cage:** Bunt Round, Oppo Round, Hit N Run, Rocking Drill

**GROUP B Cage 4 Drill Work:** Step Back drill

**GROUP C Cage 3 Power Development:** Heavy Bats, Heavy Balls (2 x 6 off tee, 3 x 6 side toss)

**GROUP D Cage 2 Velo Station:** Step Back drill with Tee, Middle Tees

**GROUP E Cage 1 Core Strength:** MB Recoil Rollover Slams (6 x 8, 10lb)

# WEEK 4 NEGATIVE MOVE

BULLPENS	BIG CAGE	
	<u>MACHINE</u>	
	BUNT ROUND 1 X 5	
	OPPO ROUND 1 X 5	
	HIT 'N" RUN 1 X 5	
	ROCKING DRILL 2 X 5	
	<u>SETUP:</u> HACK ATTATCK MACHINE L-SCREEN BASEBALLS	
CAGE 4		
<u>FRONT TOSS</u>		
STEP BACK DRILL 3X10		
2 STEP DRILL 3 X 10		
<u>SETUP:</u> L-SCREEN BASEBALLS		
CAGE 2		
<u>VELO STATION</u>		
STEP BACK DRILL W/ TEE 2 X 10		
MIDDLE TEE 2 X 10		
MAX OUT 1 X 10		
<u>SETUP:</u> TEE BASEBALLS		
CAGE 3		
<u>POWER DEVELOPMENT</u>		
HEAVY BALLS & BAT 2 X 10		
PUNCHING BAG/TIRE 2 X 10		
<u>SETUP</u> HEAVY BALLS HEAVY BAT TIRE OR PUNCHING BAG		
CAGE 1		
<u>CORE STRENGTH</u>		
RECOIL ROLLOVER SLAMS 6 X 8		
<u>SETUP</u> MED BALLS		
WALKING AREA		

## BENCHES





**TIGERS**

# SWING PATH

*THE 5 BALL THEORY.*

**(PLAY VIDEO)**



## **WEEK 5 KEYS:**

### **SWING PATH, 5 BALL THEORY**

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Focus here is teaching how to stay through the ball. One ball is on the tee. Hold one ball with left hand underneath the ball two ball lengths away towards the pitcher. Hold another ball with right hand underneath the ball two ball lengths in front of the ball. Hold the balls in a straight line. You now have a line of 3 baseballs, but held out so they're the length of 5 baseballs.

As the hitter transfers from down to flat, the goal is to teach them roughly where to start getting flat; before the first ball; then teach him to stay flat all the way through the fifth ball. If he gets flat too late, it's too harsh; not enough room to get flat for the line drive. If he gets flat too early, it's a long, sweeping swing; takes too long.

Have the hitter in slow motion go back, flat, then follow through with the emphasis on hovering over, in a flat path, the five balls.



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**ITINERARY: Players watch video on load and negative move before coming to hitting**

**FIVE 10-minute stations**

**LAST STATION 10-minutes (Everyone moves to the big cage)**

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**GROUP A BIG CAGE:** Hack Attack Curve Balls, Three headed monster

**GROUP B Cage 4 Drill Work:** Front toss with screen drill set up where screen is parallel to the plate right on the edge of the plate. Focus here in staying through the ball thinking middle of field. Hitters should not bar out and hit the screen. Pitchers doing front toss need to stay in middle location.

**GROUP C Cage 3 Power Development:** 4 x 10 Tire Flips (30 second recovery before next set) break in bet5 swings with heavy bat swinging into Punching bag

**GROUP D Cage 2 Velo Station:** 5 ball theory, slow motion swings

**GROUP E Cage 1 Core Strength:** Sumo Slams 5 x 10

# WEEK 5 SWING PATH

# BIG CAGE

# MACHINE

# BUNT ROUND

## 2 X 5

## 3 HEADED MONSTER

## 3 ROUNDS

## 3 PITCHES EACH ANGLE

# MACHINE SET TO CURVEBALLS

# HACK ATTATCK MACHINE

## SETUP:

- 3 L-SCREENS
- 3 BUCKETS
- BASEBALLS

# CAGE 4

## FRONT TOS & TEE

## TOP HAND EXTENSION

# TEE 2 X 5

# FRONT TOSS 2 X 10

## SETUP:

# L-SCREEN TEE

# BASEBALLS

# CAGE 3

## POWER DEVELOPMENT

# TIRE FLIPS

# 4x10

## SETUP TIRE

**CAGE 2**

## VELO STATION

## 5 BALL THEORY

## SLOW-MO SWINGS

**3X10**

## EXTENSION TEES

3X10

## SETUP: TEE

# BASEBALLS

# CAGE 1

## CORE STRENGTH

# SUMO SLAMS

5X10

## SETUP

# MED BALLS

WALKING AREA

## BENCHES



**TIGERS**

# HIGH-LOW PITCHES

*HIT EVERY PITCH WITH  
AUTHORITY.*

**(PLAY VIDEO)**



## WEEK 6 KEYS

### HIGH AND LOW PITCHES, PROPER HITTING POSTURE

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- Keep 'eye plane' the same.
  - Do not let the pitch dictate where our bodies go. Eyes stay on the same plane, our eyes and hands go to location.
  - Keep firm front side.
  - Do not collapse on lows and do not rise on highs.
  - Eyes have higher priority than flatness of barrel through the zone.
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## MLB PLAYERS WITH HIGH-LOW PITCHES

Jose Altuve Hit 'n' Run: <https://www.youtube.com/watch?v=ISdiZ0bifrM>

Dustin Pedroia Low-Pitch: <https://www.youtube.com/watch?v=qML1P2HBuvM>

Mike Trout Low-Pitch: <https://www.youtube.com/watch?v=PaSboLWHjml>

Vladimir Guerro Hits Everything: <https://www.youtube.com/watch?v=RUerJ5zcwYo>

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**ITINERARY: Players watch video on load and negative move before coming to hitting**

**FIVE 10-minute stations**

**LAST STATION 10-minutes (Everyone moves to the big cage)**

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**GROUP A Big Cage:** BP rounds, hold all finishes check down and review checkpoints. Try to have pitcher throw highs and lows.

**GROUP B Cage 4 Drill Work:** High Pitch, Low Pitch

**GROUP C Cage 3 Power Development:** Punching bag and tire

**GROUP Cage 2 Velo Cage:** High Tees, Low Tees

**GROUP Cage 1 Core Strength:** Spilt-Stance Rotational Toss into wall (6

x 8, 3 left side, 3 right side, 10lb)

# BULLPENS

**BIG CAGE**

MACHINE

BUNT ROUND  
2 X 5

MACHINE (HIGH PITCH)  
+

FRONT TOSS (LOW PITCH)  
4 X 8

SETUP:  
HACK ATTATCK MACHINE  
3 L-SCREENS  
BASEBALLS

# BUNT ROUND 2 X 5

**MACHINE (HIGH PITCH)**  
+  
**FRONT TOSS (LOW PITCH)**  
4 X 8

# HACK ATTACK MACHINE

## SETUP:

### 3 L-SCREENS

### BASEBALLS

# CAGE 4

FRONT TOSS

HIGH PITCH  
2 X 10

LOW PITCH  
2 X 10

SETUP:  
I-SCREEN  
BASEBALLS

## HIGH PITCH 2 X 10

LOW PITCH  
2 X 10

# SETUP: L-SCREEN BASEBALLS

# CAGE 3

## POWER DEVELOPMENT

### TIRE FLIPS

4 X 10

### SETUP

### TIRE

# TIRE FLIPS

## 4 X 10

## SETUP TIRE

# CAGE 2

## VELO STATION

3 X 8 HIGH TEES  
3 X 8 LOW TEES  
1 X 10 MAX OUT

SETUP:  
TEE  
BASEBALLS

3 X 8 HIGH TEES  
3 X 8 LOW TEES  
1 X 10 MAX OUT

## SETUP: TEE BASEBALLS

**CAGE 1**

**CORE STRENGTH**

**SPLIT STANCE**

**ROTATIONAL TOSS**

**6 X 8**

**SETUP**

**MED BALLS**

# SPLIT STANCE ROTATIONAL TOSS 6 X 8

## SETUP

WALKING AREA

1



**TIGERS**

# MENTAL APPROACH

*HAVE A PLAN AT THE PLATE.*

**(PLAY VIDEO)**



## WEEK 7 KEYS

### MENTAL APPROACH AND OFF-SPEED HITTING

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#### MENTAL APPROACH

Get away from a little league approach. and just going up there and trying to get a hit. The best hitters in the world have a plan of attack. Understanding the pitcher you are facing, your ability, and the hitter splits will help you formulate a successful plan.

A few main points to emphasize:

1. Think middle away and react inside. Letting the ball travel and staying inside the ball is the main key to hitting.
2. We like hitters who are on the aggressive side. **Pitchers are universally taught to get ahead and attack the strike zone.** That is typically done with fastballs early in the count. We would rather have our guys hitting fastballs early in the count instead of breaking balls late in the count.

The 1, 2 and maybe 7, 8, 9 hitters in general would be the guys to work the count, make the pitcher work, etc. We want our 3, 4, 5 type hitters to feel free to jump on the early fastballs for sure. Let's make the opposing pitchers scared to come in the strike zone early against our guys. If they are tentative, trying to nibble on the corners, they are more apt to throw balls and get behind.

SPLIT	BATTING AVERAGE
0-0 Count	.345
1-0 Count	.344
<b>2-0 Count</b>	<b>.350</b>
3-0 Count	.407
0-1 Count	.324
1-1 Count	.332
2-1 Count	.344
3-1 Count	.363
<b>0-2 Count</b>	<b>.157</b>
<del>1-2 Count</del>	<del>.166</del>
2-2 Count	.183

SPLIT- AFTER EACH COUNT	BATTING AVERAGE
After 1-0 Count	.271
<b>After 2-0 Count</b>	<b>.291</b>
After 3-0 Count	.297
After 0-1 Count	.227
After 1-1 Count	.236
After 2-1 Count	.252
After 3-1 Count	.284
<b>After 0-2 Count</b>	<b>.175</b>
After 1-2 Count	.180
After 2-2 Count	.192

## OFF-SPEED HITTING

- Let the ball get deep
- Stay inside the ball. If the ball slides away, don't let the hands and chest leak outside and hook the ball.
- Think opposite field. Every time you recognize an off-speed pitch, go back to the same theories we've learned on how to hit outside pitches. Stay back and stay inside. You don't have to actually hit the ball to the opposite field; that depends on where the pitch is. Thinking opposite field just reinforces waiting and staying inside path.



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**ITINERARY:**

**FOUR 12-minute stations**

**LAST STATION 10-minutes (Everyone moves to the main cage)**

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**GROUP A Big Cage:** BP Rounds, Game simulation by coach throwing BP (last 10 minutes)

**GROUP B Cage 4 Drill Work:** Front Toss with Color Baseballs

**GROUP C Cage 3 Power Development :** Tire and Sledge Hammer 3 x 10/Heavy Balls

**GROUP D Cage 2 Velo Station:** Away Tees

**GROUP E Cage 1 Core Strength:** One Knee Shot-Put Throws 4 x 8

# WEEK 7 MENTAL APPROACH

BULLPENS		
BIG CAGE	<u>MACHINE</u> CURVE BALLS 2 X 8	
	CURVE BALLS + FRONT TOSS/ OVERHAND 2 X 8	
CAGE 4	<u>FRONT TOSS</u> COLORED BASEBALLS 3 X 10	
	<u>SETUP:</u> L-SCREEN COLORED BASEBALLS	
CAGE 3	<u>POWER DEVELOPMENT</u> SLEDGE HAMMER 3 X 10 HEAVY BALL & BAT SWINGS 1 X 10	
	<u>SETUP</u> SLEDGE HAMMER HEAVY BALLS HEAVY BAT	
CAGE 2	<u>VELO STATION</u> 3X10 AWAY TEES 1 X 10 MAX OUT	
	<u>SETUP:</u> TEE BASEBALLS	
CAGE 1	<u>CORE STRENGTH</u> 1 KNEE SHOT PUT THROWS 4 X 8	
	<u>SETUP</u> MED BALLS	
HACK ATTACK MACHINE <u>SETUP:</u> 3 L-SCREENS 2 BUCKETS BASEBALLS		
WALKING AREA		

## BENCHES