

RAWLINGS TIGERS

HIGH SCHOOL COACHES HANDBOOK



2018



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TIGER COACHING PHILOSOPHIES

We want our coaches to have their own unique style but still share common philosophies within our program.

Look professional, act professional, represent our Tiger brand with pride. All coaches in Tiger gear all the time on the field.

We have created a minor-league system approach with the Tigers. All HS teams are on the same page with pre-game routine, BP routine, uniform codes, expectations, bunt defense and offense, cut off system and signs. This is very important as players move up to the next age group the following season.

Coaches should arrive a minimum of 10 minutes before the expected player arrival time. Players are expected to arrive 1 hour before the scheduled game time.

When possible, pre-set your pitching rotation and notify players.

Practices are not for scrimmages, practices are for practice.

The manager has the final say and authority over all decisions, not the assistant coach.

Coach the roster given to you to the best of your ability. Every roster has been constructed differently with different strengths. Coach them up.

Rotate players as evenly as you can. The player with the most amount of AB's should not have that many more AB's than the player with the least. If a starting pitcher also plays a position (which in most cases they will), their AB's may be somewhat less than a non-pitcher.

Follow the Tiger pre-game timeline every single game.

Enforce the Tiger uniform code with every player every day. It starts with the coaches. If players are not in practice uniform or game uniform properly, the entire team will do a 30 yard sprint for each missing item. This will solve the issue very quickly and the players will then police each other.

Perform and set up all hitting drills and BP with a purpose.

Coach between innings, always teach. We also want the 1B coach taking notes during the cage for teaching purposes.

RAWLINGS TIGERS

BASEBALL CLUB



Use dugout goal charts for every game and they should be taped to the wall.

Example:

1. 15 quality AB's
2. Less than 7 K's on offense
3. 2 or fewer errors
4. 15 "easy outs" (K or routine fly ball)

Enforce the hustle rule of 7 seconds on and off the field.

Pinch run for catcher and pitcher whenever possible. Get more players in the game.

Always use the EH and DH whenever possible. Get more players in the game.

Never bat the entire line-up.

Never let players coach a base unless you are short a coach and there is no reason a player should ever coach 3B.

Error to safety on all injuries and please report them to Jaws.

Be prepared with line-ups prior to arriving at the park.

The head or assistant coach should always throw BP and front toss to the players. Avoid having them feed each other as we want you as coaches involved and teaching.

Call additional hitting sessions at BNS as much as you would like.

Have a parent schedule a team dinner on the first road trip, coaches attend.

NEVER get kicked out of a game, keep composure at all times

Keep all parents out of the dugout. Have the scorekeeper sit near the dugout but not in the dugout.

Never belittle any player during a game in front of peers and opponents. Positive teaching reinforcement all the time.

Have designated players in place prior to each game for warming up outfielders and the pitcher (when needed). Players should also be in place to shag foul balls.

End the season with more balls in your ball bag than the amount you started with. The HS coaching staff that turns in the most balls gets a \$100 bonus at the end of the year.

Coaches expand your knowledge, use the other members of the Tiger staff as resources. Learn more than the positions you played in college.

RAWLINGS TIGERS ***BASEBALL CLUB***



Use the Tiger line-up card & dugout chart for every game.

Have player roster printouts available for every game.

Introduce yourself to college coaches and scouts whenever possible.

Make yourself available to parents.

Give a positive reflection of our Tiger brand all the time.



RAWLINGS TIGERS PLAYERS DISCIPLINE POLICY

Level One Violation

Violation: Serious Violation of the Law

Penalty: Automatic Dismissal from the Tiger Program

Level Two Violation

Violation: Non-prescription drug use, alcohol use, petty stealing, bullying or vandalism to a hotel where the Tigers are staying

Penalty:

- First violation will result in a suspension of one week. The week would consist of a mid-week game and a weekend tournament. The player will be expected to be at all games and practices, in uniform, but will not be allowed to participate.
- Second violation will result in dismissal from the Rawlings Tigers Baseball Program.

Level Three Violation

Violation: Disrespect towards any Rawlings coach, opponents coach, umpire and any member of your team or the opponents team.

Penalty:

- First violation will result in suspension from one game. The player will be expected to be at the game in uniform, but will not participate.
- Second violation will result in a one week suspension. The one week period will consist of 7 days from the time of the suspension. The player will be expected to be at all games and practices, in uniform, but will not be allowed to participate.
- Third violation will result in dismissal from the Rawlings Tigers Baseball Program.

*****No refunds on paid fees will be given if a player violates the discipline policy.**

***All players signed and agreed to the discipline policy at registration.**



TIGER PRE-GAME ROUTINE

Players and coaching staff must be present before the game no later than 1 hour before the start of the game. Below are a series of timed out events that should take place before first pitch.

1:00:00

Every Tiger player must have his cleats on, uniform in order (tucked in, hat on straight, look like a player), and be ready to stretch or talk to the coach to get plan for pregame.

1:00:00- 45:00

Team dynamic warm-up and stretch. This includes team stretching routine and throwing program. PO's use this time for daily running program and band work. Starting pitcher mentally starts preparing for start and going through game time routine.

45:00-25:00

Hitting Stations. All hitters will swing at this time and do some type of hitting station. Every field set-up is different, there may not always be cages available etc. Our preference (BASED ON FIELD SITUATION) in the following order is this:

1. BP rounds in a batting cage.
2. BP rounds with whiffle balls.
3. Side Toss into net area.

Starting pitcher and one catcher should start to break off at this point and begin to play catch ending at 30 minutes till game time.

25:00

Starting pitcher is taking his time warming up in the pen.

25:00-10:00

Defense on the field. This is performed with one line of infielders at shortstop or second. One line of outfielders in centerfield. Two coaches hitting fungos to designated lines.

Extra pitchers help coaches with infield and outfield throws.

10:00-5:00

Starting pitcher is done warming-up and takes a water break in dugout. He is mentally checking-in for his start.

Positional players work on pick-off's and steals from opposing pitcher. PO's get game-changer ready and line-up posted in dugout.

5:00-0:00

Pre-game talk. Take the field!



TIGER BATTING PRACTICE

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 and advance runner 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 leeway on inside pitches.

Round 5: Get Him In (5 Swings)

Runner 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.

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.



RAWLINGS TIGERS

PRE-GAME, PRE-PRACTICE THROWING PROGRAM

STEP 1

- Begin throwing from **15 feet** on one knee (throwing arm side knee down)
- **EMPHASIS ON ELBOW UP, THROWING OVER THE FRONT KNEE**
- 5 easy throws

STEP 2

- Throw from **30 feet**
- Face your partner-upper body and feet parallel to your partner
- Feet shoulder width
- **NO STEP – ALL UPPER BODY MOVEMENT**
- 5 throws at 60%
- 5 throws at 75%

STEP 3

- Throw from **50 feet**
- Body at 45 degrees to your partner
- Feet shoulder width
- **NO STEP – ALL UPPER BODY MOVEMENT**
- 5 throws at 60%
- 5 throws at 75%

STEP 4

- Throw from **80 feet**
- Body at 90 degrees to your partner
- Feet shoulder width
- **STEP WITH FRONT FOOT TO THROW**
- **3 EASY THROWS AT 60%**
- **3 THROWS AT 100%**

STEP 5

- THROW FROM **100-120 FEET**
- 3 THROWS AT 75% **(WITH SLIGHT HUMP)**
- **3 THROWS AT 100%-NO HUMP**

FINISH WARMING DOWN

- **REPEAT STEPS 4-3-2**
- **3 THROWS AT 60% FOR EACH STEP**
- **DO NOT REPEAT STEP 1**
SHORT PERIOD BETWEEN SAME DAY GAMES WARM UP (PLAY-SIT-PLAY)



STEP 2

- 5 AT 60%
- 5 AT 75%

STEP 3

- 5 AT 60%
- 5 AT 75%

STEP 4

- 3 AT 60%
- 3 AT 100%

STEP 3

- 5 AT 75%

STEP 2

- 5 AT 60%

LONG PERIOD BETWEEN SAME DAY GAMES WARM UP (PLAY-SIT-SIT-PLAY)

STEP 1

- 5 THROWS

STEP 2

- 5 AT 60%
- 5 AT 75%

STEP 3

- 5 AT 60%
- 5 AT 75%

STEP 4

- 3 AT 60%
- 3 AT 100%

STEP 3

- 5 AT 60%

STEP 2

- 5 AT 60%



Tigers Infielders Pre-Game Partner Drills

After you finish playing catch with your partner before every game or practice, you need to do the following fielding drills. Please choose which drills in each category that you would like to perform on any given day. Switch up the drills regularly to work efficiently and become a well-rounded infielder.

<u>Stationary Drills</u>	<u>Choose 2</u>
<u>Drill</u>	<u>Reps</u>
Short Hops on Knees	10
Forehand Short Hop	10
Backhand Short Hop	10
Long Hops	10

<u>Transitional Drills</u>	<u>Choose 3</u>
<u>Drill</u>	<u>Reps</u>
Leg Lift Forehand	8
Leg Lift Backhand	8
Walk the Line	2 Times
Pass and Shuffle	2 Times
Middle Man	1

<u>Live</u>	<u>Choose 3</u>
<u>Drill</u>	<u>Reps</u>
Double Play	5
Forehand Spin & Throw	5
Backhand Slide & Pop Up	5
4 Series Ground Ball (At, Forehand, Backhand, Slow Roller)	2
Fly Ball Over Head	5

<u>Catch Goals(Choose 1)</u>
Groundball Footwork
Double Play Footwork
Flips
Quick Hands
Rundown Throws



Rawlings Tigers In-Season Pitcher Routine

Day of Appearance/Start

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw:

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing Routine

- Stretch out to desired distance
 - Understand Arm: Throw enough to be hot but not enough to where bullets are wasted.
- Minimum 5 Change-Ups & Off-Speed Pitches to finish catch.
- Loose arm on way out and pull-down line drive throws on way in.
- Flat ground pen before taking mound.
 - During flat ground, you will garner feel for Off-Speed pitches.
- Half of bullpen from wind-up and half from stretch position.
 - Your routine. Have a plan, purpose, and execute pitches in the zone. Understand process of warming up and not just throwing to get ready.

Running

- Short Flush Routine Directly After Throwing
 - Swinging Shuffles – 90ft x 3
 - Punching Shuffles – 90ft x 3
 - Punching Sprints – 4 each (Punching Up/Out/Down/Side)
- 15 Minute Run
 - Long Distance Jog



Rawlings Tigers In-Season Pitcher Routine

Day After Appearance/Start

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw:

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing Routine:

- Play catch to feel. Stretch out to comfortable distance.

Workout/Body Weight Routine

- Long Flush Routine
 - Swinging Shuffles – 90ft X 5
 - Punching Shuffles – 90ft X 5
 - Punching Sprints (Punching Up/Out/Down/Side) – 90ft X 10
- Body Weight Routine
 - Hindu Squats – 30 Reps
 - Jumping Lunges – 20 Reps each leg
 - Hindu Squat Jumps – 15 X 2
 - Lateral Side to Side Jumps – 10 Each Leg
 - Drop Squats 20 X 2
 - Forward & Back Hindu Jumps – 15 X 2
- Ab Routine
 - Regular Sit Ups – 25 X 3
 - Slow Bike Sit Ups – 20 each Leg
 - Planks – 2 X 1 minute each
 - Scissors – 20 each Leg



Rawlings Tigers In-Season Pitcher Routine

2nd Day After Appearance/Start

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw:

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing:

- Long Toss Routine
 - Loose Arm Action w/Progression to longest throw of day.
 - Note: No throw should be on a line yet
 - Once you hit peak distance for the day, throws should get harder and more on a line. Condense throws on the way in (1 throw move in 15 ft until back to 60 Ft).
 - Off-Speed Catch/Flat Ground Bullpen Option
- Pick Off Catch
 - Pick Offs to 1st & 2nd Base (Inside Move & Jump Turn Daylight Picks)
 - Mix Up Timing (0, 1, 4, Infinity Timing)
 - A, B, C Moves (A=Best, B=Regular Game Move, C=I know your there move)
- PFP Work
 - Use PFP Pitcher sheet for more information.

Running/Workout

- Energy Workout (90ft Increments)
 - Jogging Down & Back – 2 Minutes
 - Burpees – 1 Minute
 - Jogging while pushing arms out in front of chest-thumb under – 2 Minutes
 - Mountain Climbers with inside kick – 1 Minute
 - Jogging while pushing outward – 2 minutes
 - Mountain Climbers with outside kick – 1 Minute
 - Jogging while punching straight out – 2 minutes
 - Partner Sit-Ups - :30 Seconds
 - Jogging with hands above head pushing upwards – 2 Minutes
 - Push Ups – 30 Seconds
 - Jogging while punching down – 2 Minutes
 - Planks – 1 Minute



Rawlings Tigers In-Season Pitcher Routine

Midweek Bullpen Day

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw:

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing

- Play catch to comfort for the day. Should be stretched out but long toss does not have to occur.
- Bullpen (Or midweek appearance in Game)
 - 20-30 Pitches
 - Attack mechanics & feel for Off-Speed
 - Half Stretch & Half Windup

Running & Workout

- 8 Sprint Poles (Sprint to the first gap and then jog the rest)
- Inferno Circuit
 - First Round
 - Burpees, Lunges, Squats (All X 15 Seconds)
 - Second Round
 - Burpees, Lunges, Squats (All X 30 Seconds)
 - Third Round
 - Burpees, Lunges, Squats (All X 45 Seconds)
- Ab Routine
 - Regular Sit Ups – 25 X 3
 - Slow Bike Sit Ups – 20 Each Leg
 - Planks – 2 X 1 Minute Each
 - Scissors – 20 Each Leg



Pitchers Fielding Practice

1. **Catchers & Pitchers:** 3 Balls (Right, Middle, Left) – Simulate a passed ball or Wild Pitch. Stretch and simulated throw and pitcher covers plate telling the catcher where the ball is located.
 - Note: Pitchers say 1B Line, Back, or 3B line with communication & point.
2. **Catchers & Pitchers:** Squeeze
 - If squeeze is recognized early enough the pitcher should pitch out
3. **Pitchers, 2B, & SS:** Pickoff at 2B
 - Daylight play and inside move with SS & 2B communication.
4. **P, C, 2B, & SS:** Steal and Cover at 2B
5. **Pitchers:** Bunt, Throw to 1B, 2B, 3B
6. **Pitchers & 1B:** Pitchers Cover 1B
 - Note: Pitchers get directly to the bag and then get up the line and don't cross.
 - Note: Communication from 1st base on taking himself or when the flip will occur.
7. **P, 1B, & 2B:** Ground ball in whole and pitcher gets over
 - Note: Pitcher must assume when ball is hit to the right side that 1st base could be vacated and automatically move to 1B.
8. **P, 2B, & SS:** Ground ball back to pitcher double play 1-6-3
 - Note: Very rarely should the second basemen cover. Only on a possible steal where SS & 2B have communicated that 2B is covering or a possible dead pull right handed hitter is up and SS has shaded to the hole.
9. **P, 1B, & SS:** 3-6-1 DP
 - Note: 1st baseman should get back to bag if they can.
10. **C, P, & 1B:** 1-2-3 DP
 - Note: Catcher communication with P & 1B very important.
11. **P, C, & 3B:** Bunt w/Runner on 2B tag play and force.
 - Note: Communication from 3B is extremely important.
12. **Pick-Offs & Run Downs**
 - 1. Pick to 1B & Rundown
 - Pitcher Follows Throw
 - 1B clears base patch and reads runner (sees runners back throw to 2B bag, sees runner eyes or runner is just lightly jogging then run at him).
 - 2. Pick to 2B & Rundown
 - Pitcher goes to 3B to back up throw before getting in run down
 - 3. Failed Squeeze Play Rundown
 - Pitcher goes to home plate to back up throw
13. **C, P, 1B, 2B, SS, & 3B Pitchouts & Catcher Throws**



TIGER UNIFORM CODE

WINTER TIGER TRAINING

- Black Tigers baseball shirt
- Black Tiger shorts
- Tiger game hat
- Tiger helmet

FACILITY USE ON YOUR OWN

- Any Tiger apparel

OUTDOOR PRACTICES

- White pants (does not need to be game pants)
- Black Tigers baseball shirt
- Tiger game hat
- Tiger helmet
- Black belt
- Black socks
- If pants are pulled up, you must wear the black 3-ring orange Tiger socks
- Tiger bag

INDOOR PRACTICE OR BP DURING THE SEASON

- Black Tigers baseball shirt
- Black Tiger shorts
- Tiger game hat
- Tiger helmet

GAMES

- Tuesdays, Thursdays and Saturdays wear ORANGE (15/16U)/BLACK (17/18U) jerseys (unless noted)
- Wednesdays, Fridays and Sundays wear GRAPHITE jersey (unless noted)
- White game pants with piping
- Tiger game hat
- Black belt
- Black socks
- If pants are pulled up, you must wear the black 3-ring orange Tiger socks
- Tiger bag

ADDITIONAL UNIFORM NOTES

- Players must be fully dressed in proper attire before getting out of car for practice or game
- If you wear a shirt under your orange/black or graphite jersey, it has to be black
- Hats must be worn straight, no backward Tiger hats allowed unless game catcher
- Hair bangs must be inside the hat
- Belts worn at all times
- No flip flops in dugout before or after game, turf or tennis shoes only
- No jewelry of any kind, game or practice



OFFENSIVE SIGNS

The active sign is always the first touch after the coach touches the indicator.

*Indicator is ear

- | | |
|----------------------|---|
| 1. Bunt Sacrifice | Touch wrist |
| 2. Bunt for Base Hit | Touch wrist 2 consecutive times |
| 3. Bunt Suicide | Touch/swipe down the arm |
| 4. Hit & Run | Touch hat |
| 5. Steal | Touch thigh |
| 6. Delayed Steal | Touch waist after the indicator |
| 7. Wipe Off | Touch/swipe both thighs with both hands |
| 8. Take | Touch chest following indicator |

Verbal adjustment from coach to runner at 2B

- | | |
|----------|--|
| 1. Ok | One more leadoff step |
| 2. Easy | One step back towards 2B |
| 3. Back | Get back to the base quickly |
| 4. Steal | Coach calling player by first name (Example: OK "Bob") |

*With runner at 2B the coach is responsible for watching the SS and 2B, the runner watches the pitcher.



OUTFIELD SIGNS

All outfielders need to pick up coach in dugout. After each pitch, look in for any new positioning from the coaches. You should always be moving with the count (see explanation below).

- | | |
|----------------|---------------------------------------|
| 1. Straight Up | Both arms straight out left and right |
| 2. Move Left | Left arm pointing left |
| 3. Move Right | Right arm pointing right |
| 4. Move In | Both arms pointing down |
| 5. Move Back | Both arms pointing up |
| 6. No Doubles | Hat lifted off |

Moving with the count:

- | | |
|--------------|--------------------|
| Straight Up: | 0-0, 1-1, 2-1, 3-2 |
| Pull Side: | 1-0, 2-0, 3-0, 3-1 |
| Shade Oppo: | 0-2, 1-2, 2-2 |



FIRST AND THIRD DEFENSE

The catcher will step in front of plate and get all infielders and pitchers attention. The first thing he touches is the active sign.

1. Mask

Throw through to 2B.

Catcher has to peak to make sure guy on 3B is not cheating.

We will use this mostly with 2 outs.

2. Chest

Pump fake and throw to 3B.

Catchers must sell this with good pump fake. The easiest way to do this is to have the catcher keep the ball in their glove. It is difficult to sell "real" arm action with the ball in the throwing hand (fear of the ball slipping out of their hand). Runners react to arm action.

Middle infielders need to sell this and make sure you are covering.

We will use this with an aggressive runner or important run on 3B.

3. Top of Head

Catchers pop up and throw immediately to 3B.

We will use this with an aggressive runner or important run on 3B.

4. Glove

Cut play to 2B.

Catcher must check runner on 3B to make sure he is not cheating.

Second basemen runs in and over to the middle of the diamond.

Catcher throws the ball to shortstop coming in.



HOLDING RUNNERS ON AT SECOND BASE

Shortstop will give sign to pitcher for number of looks or pickoff

Touches top of hat	0 looks
Touches chin	1 look
Touches chest	2 looks
Touches thigh	1 look

If the SS has given the pitcher a 1 look sign it is still OK for the pitcher to look another time. However, the SS will already have moved back to his position.

Pitcher remember you can fake to 2B at any time.

Pick play shortstop to pitcher

Touch bill of hat, pick with second basemen, pitcher turns to throw on catcher's glove drop
Touch ear, pick with shortstop, pitcher turns to throw on catcher's glove drop.
Glove show (flash), pitcher immediately turns to pick with shortstop.



BUNT DEFENSE

1. The first thing the catcher touches will be the sign.
2. When calling for the ball, initial call is MINE, MINE, MINE.
3. If you are going to call someone off the ball, the call is BALL, BALL, BALL.
4. Corner infielders always have priority over pitcher and catcher.
5. Catcher always has priority over pitcher.
6. Listen to your catcher; he will make the call on what base to throw the ball to.

Play 1

Catcher's first touch is WRIST

P-cover 1B side

3B-charges to cover 3B side

2B-covers 2B

SS-covers 3B

1B-hold runner on, only come and get the ball if it is bunted hard past pitcher

- Priority in PLAY 1 bunt defense is that we get an out!
- If we have a chance at 2B, great, but we have to be SURE we can get that out.
- Pitchers, if the third baseman fields the bunt, you have to replace him and cover 3B.

Play 2

Catcher's first touch is MASK

P-covers third base line

3B-stays home unless the ball is bunted hard right at him; you have to read if pitcher will have a play at 3B, if not charge and field the bunt.

SS-covers 2B

1B-charges to field the bunt

2B-covers 1B

- Priority in PLAY 2 is to get an out somewhere.
- We are not concerned with the runner on 2B.
- Pitchers, if the third baseman fields the bunt, you have to replace him and cover 3B.

Sacrifice Bunt Runner on 1B

On missed sacrifice bunt, catcher automatically looks at runner on 1B for possible pick if runner has gone too far off the base. First basemen must be alert for a possible pick.



LEAD OFFS

Secondary leads at all bases will be 3 slide steps

Standard lead off from 1B

Step off the base with left foot, turn towards pitcher and take 3 slide steps towards 2B.

Standard leadoff from 2B

Same as 1B, but end up approximately 6' back from base line after taking the 3 slide steps.

Standard leadoff from 3B

Same as 1B, however, take the leadoff in foul territory



CATCHING GUIDELINES

Catchers Signals to Pitcher with a Runner on Second Base

There are numerous ways to change signals so the runner at second base will not tip the batter off on what pitch is coming (example second sign during even innings, third sign during odd innings, catcher touches mask, chest protector or shin guard to indicate first, second, or third sign.

Priorities in Order

1. Good receiver
2. Good blocker
3. Good thrower
4. Call good game
5. Hit

Stances

Signal Giving Stance

1. Feet close together, toes pointed to pitcher.
2. Knees closed, don't let coaches or base runners see the signs. The glove needs to be outside the left leg between the foot and knee. This helps catchers that have a tendency to "dangle" signs lower, below their crotch.
3. Authority. Give confidence to your pitcher (chest high, shoulders back).
4. When using a sequence, don't go fast and whatever pitch you want, call twice during sequence.
5. Before giving sign, peek at batter to see his adjustments from pitch to pitch.

Primary Stance

1. Used with nobody on and less than two outs.
2. Used to make pitches look good.
3. Feet pointed at 1B and 3B, weight on inside part of feet.
4. Set up close to hitter (arms length from back knee).
5. Knees close together and butt close to ground.
6. Glove arm outside and above left leg.
7. Glove arm 90% extended and index finger is at 1:00 o'clock.

Secondary Stance

1. Used with a runner on or 2 strikes on the batter.
2. #1 priority is to stop or change direction of the ball.
3. Keep low target, feet parallel and wider than shoulders.

Receiving

Catching the Pitch

1. Index finger rotates from 1:00 o'clock to 12:00 o'clock.
2. Always try to catch the ball in middle of chest, sway from side to side.
3. Catch pitch with soft hands, catch ball between thumb and pointer finger but avoid egg toss takeaway.

RAWLINGS TIGERS

BASEBALL CLUB



Framing

1. Begins with body.
2. Only frame pitches 6 inches from strike zone.
3. In order to frame pitch you must beat the ball to the spot where you are catching it.
4. Always move glove in toward strike zone (move wrist only).
5. On pitches to your right away from a righty, catch ball with thumb down.
6. Low pitches you must stick, don't bring them into your body.
7. Catch high pitches deep so they have more time to sink into strike zone.
8. Thumb should be the last part of the hand to touch the ball.



INFIELD GUIDELINES

Tandem Relays

On all tandem relays, with nobody on base, the second basemen and shortstop will be the tandem with the first basemen trailing the runner to second base.

On tandem relays with a runner on 1B, and the ball hit down the right field foul line, the second basemen will be the lead man on the tandem with the first basemen as the trail – the shortstop will become the cut off on the throw to home plate.

Anticipate

1. Know the situation.
2. Know who the runners and batter are.
3. Know the pitcher.
4. Know where the other fielders are.
5. Know who is on deck.
6. Know the score.
7. Know what the hitter did last time up.

Communication

1. Communicate before every pitch.
2. Let the other fielders know your positioning.
3. Middle infielders need to communicate what pitch is coming with corner guys.

Positioning

1. Regular depth....will vary depending on range and speed of hitter.
2. Double play depth...rule of thumb for middle infield is 3 steps in 3 steps towards the bag.
3. No doubles...corner infielders are a dive away from line and 10-15 feet behind base. Middle infield deepens as well.
4. Hold...around 2 or 3 steps back from infield in.
5. In...at edge of grass or 2 steps into grass (dictated by arm strength).

Fielding

1. Stance-must allow for movement and balance. The farther away from the batter, the straighter you stand.
2. Approach-first movement should be a jab step to right, this allows for a better angle to make the throw to first.
3. Fielding-make sure to breakdown and be balanced with fielding. Field through the baseball.
4. Slow rollers-VERY IMPORTANT to take the jab step to create a better angle on this throw. Field ball off left foot and throw off right.

Throwing

1. Know how much time you have.
2. Don't wait until last minute, make the throw right away and give the 1B time.
3. Keep routine plays routine. ESPN does not cover Rawlings Tiger baseball.



OUTFIELD GUIDELINES

Anticipate

1. Know the situation.
2. Know the positioning of other two outfielders.
3. Know who is pitching, hitting, on base, and who is on deck.
4. Know weather conditions...wind, wet turf, etc.
5. Know location of the sun.
6. Know the score.

Communicate

1. Pre-pitch with other outfielders, infielders, and bench.
2. Ball in play be loud.
 - Initial call of MINE MINE MINE.
 - Call off is BALL BALL BALL.
 - YOU is response call.

Minimize

1. Keep singles singles, doubles doubles, and triples on 3B.
2. Back up all potential infield plays and throws.
3. Always take good angles to balls in the gap

Execute

1. Keep the ball in front of you at all times.
2. Work through the cut-off man.
3. Throw to proper base.

Optimize

1. Always keep the double play in order.

Moving with the count

2. Straight Up: 0-0, 1-1, 3-2
3. Pull: 1-0, 2-0, 2-1, 3-1
4. Shade Oppo: 0-1, 0-2, 1-2, 2-2

Throwing Rules

1. No throws directly to 3B or home plate unless the play is routine. HIT THE CUT.
2. No throws that would require extraordinary effort for them to be successful. Hit the cut and keep the double play in order, or keep the runners from advancing into scoring position. This will help reduce big innings. The only exception here is if it is a game ending, walk-off situation.



PITCHING GUIDELINES

1. A first pitch strike is the most important pitch in baseball.

It dictates the at bat and immediately puts the hitter on the defensive. We need to go into the attack mode right from the beginning of the game and stay in attack mode the entire game. According to a 2001 study by a big-league club, first pitch strikes will enable you to be 130% more successful against a hitter than a 1-0 count. The same study states throwing strike one will reduce your walks up to 316%.

2. Get the leadoff hitter out every inning.

This makes our job much easier as a pitching staff. Other teams cannot bunt and are more apprehensive about stealing and using a hit and run. This sets the tone for the inning and takes momentum from the other team.

3. Be able to spot your fastball.

Successful pitchers know how to spot their fastball and realize how to use it to set-up other pitches.

4. Know your mechanics.

In order to throw strikes, you need to have solid consistent mechanics. You will be different than everyone else but you need to be able to repeat the same mechanics over and over to be successful. As much as the coaching staff can work with you isn't going to matter if you can't spot and comprehend what you are doing wrong when your mechanics are off. You need to recognize the difference between good mechanics and bad mechanics.

5. Get into a rhythm.

Get the ball, get back on the mound, and get yourself into a rhythm that intimidates the other team. Don't rush but work quickly. If we can work quick and throw first pitch strikes, we will dramatically reduce the errors. Remember, we are in control of the game, not the other way around.

6. Don't be afraid of contact.

We do not want our pitchers to ever hang our heads after a hard hit ball that ends up being an out. THESE ARE STILL OUTS. Challenge hitters and you will be successful.

7. No walks.

We cannot pitch scared and have success. This is not possible. Teams will make errors, but these errors will not hurt us. Walking someone will. Chances are in your favor of the hitter getting himself out if you let him put it in play.

8. Pitch with conviction.

A bad pitch thrown in conviction is better than a good pitch thrown in fear. Trust your stuff and believe in it day in and day out. Throw every single pitch with as much conviction as your first pitch of the game.



9. Hold yourself accountable.

Pitching decent and being average is not acceptable as a TIGER. We hold ourselves to high standards, as should you. We do not have enough coaches to have someone at your side all the time. Push yourself and your teammates to work hard and get as much as possible during all practices and games. Be willing to take responsibility out of your actions. Do not choose to make excuses and find the easy way out. FIND A WAY TO WIN AND FIND A WAY TO HELP THIS TEAM, BOTTOM LINE.

10. Keep momentum on our side.

The inning after we put run(s) on the board, it is very important to go out and throw a scoreless inning right away. If you want your team to score you runs, go out and get them back in hitting as soon as possible. Keep the momentum going.

11. Be effective with your pitches.

Every pitch should be used to set up another pitch. Get the hitter out using as few pitches as possible. Our goal as a staff is to have the other team put the ball in play within the first 4 pitches of every at bat.

12. Work at your craft.

This is the common characteristic of all pitchers who move on to the next level of baseball. They were students of pitching and constantly asked their coaching staff and each other questions about setting up hitters and how they threw certain pitches. When you play catch, play catch with a purpose. Get something out of everything you do on the field and in conditioning. Do not accept throwing a bad pitch and do not be satisfied with hitting 8 out of 10 spots. Always work to improve and take your work between outings very seriously. Talk with your teammates about mechanics and what you see them doing, help each other. Watch the game and discuss how you would set up a certain hitter. This is how you become a better pitcher, this is how you help your staff and teammates, this is how you get our respect back and prove everyone wrong.

13. Holding Runners on at 1B and 2B.

Vary looks, step off, change timing to home plate, it is OK to fake picks to 2B.

14. Back up Bases

Do not be a spectator once the ball is hit.



HITTING GUIDELINES

1. Lower half balance and control

- Start square, stride square, finish square.
- Stride square or do heel lift, avoid large hang or toe tap.
- Front foot must land and hands load back right as pitcher releases the ball.
- Keep front side firm, closed front foot throughout swing for balance.
- Back foot turn, back heel to the sky producing the back-side L.
- Allow “power gap” or spacing between knees at contact and on finish.
- Finish toe-to-toe, closed front foot, back side L.

2. Upper half path

- Keep hands inside every pitch.
- Swing down to flat, not up
- Hit the inside of the baseball, prevents jamming.
- Front shoulder closed and head down at contact.
- Stay through the ball, theory of hitting through five baseballs, not one.
- Finish low with your hands, produces a level swing.
- If finishing with 1 hand, do not release too soon.
- Hit with your hands, not your shoulder.

3. Using all fields

- Directional hitting is a timing adjustment, not a swing adjustment.
- Inside pitch must be met out front, hands inside.
- Outside pitch must be met deeper in the zone, hands inside.
- Don't stride towards the plate to reach an outside pitch, always stride square.
- Think middle; adjust to the inside or outside locations.
- On all locations, keep your strong posture and lower half in tact.

4. Three modes of hitting

Offensive: Look for one pitch in one spot. Cookie pitch that you can hammer. Attack the baseball and be patient making sure it is your pitch. Offensive counts are: 0-0, 1-0, 2-0, 3-0, and 3-1

Neutral: Give in a little to the pitcher. Use all fields. Expand your zone a little more. This is the toughest count to master. Neutral counts are: 0-1, 1-1, and 2-1

Defensive: Give in to the pitcher even more. Expand the zone even more and foul off “border line”, tough pitches. Hitter needs to do anything to put the bat on the ball. Choke-up on the bat and widen the stance out will help. Defensive counts are: 0-2, 1-2, 2-2, and 3-2



5. Tips and Reminders

- Use on deck to get timing down.
- Know the situation (count, pitcher, runners on, score, and inning).
- Always pick up the 3B coach and get the sign before every pitch.
- Tee work, all the time.
- Talk to your teammates about what they see at the plate, pitcher tendencies.
- Pay attention to other at bats in the dugout.
- Assume every pitch will be a strike.
- Assume you will get a hit every single pitch.
- Try to hit low line drives **through** the outfield fence.
- Be aggressive. Hit to take, not take to hit.
- Know the strike zone and swing at strikes in your zone.
- Very small strides, do not lunge.
- Hit against a firm front leg.
- Land the front foot on the stride on time.
- Swing down to the hitting zone, then level through the ball.
- Back elbow comes into the body at contact.
- Slow load, quick swing...slow load, quick swing. Have rhythm!
- Be relaxed, don't choke the bat.
- Visualize good things.
- STAY AGGRESSIVE ALL THE TIME...HIT, HIT, HIT!