

RAWLINGS TIGERS

HIGH SCHOOL PLAYER HANDBOOK



# **RAWLINGS TIGERS** **BASEBALL CLUB**



Tigers,

The Rawlings Tigers player handbook outlines our beliefs as an organization. Use this tool as a reference throughout the season. We take tremendous pride in "The Tiger Way," and have strived to set the standard for baseball in St. Louis. You are part of an elite group and we hold high expectations for both players and staff members. Please take the time to read through the handbook and contact us or your head coach directly with any questions that you may have.

We also want you to put our cell phone numbers in your phone. If you need help for any reason (baseball or non-baseball related) please contact us, no matter the time. We will be there for you and you can count on that.

We are looking forward to a terrific summer and we would like to thank you, your parents, and our staff for making this season possible. Let's take full advantage of the opportunities that lie ahead for all of us.

Wear your "T" with pride, Thanks and GO TIGERS!!

Aaron Jaworowski

President

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## **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.**



## **THE TIGER WAY**

### **CHARACTER**

**TIGER** players have the highest character and standards of any organization and are prohibited to use any alcohol, drugs, or tobacco. This is a ZERO tolerance policy. If found, a meeting will be called and will be dealt with accordingly.

**TIGER** players pay attention to detail. Look, act, and play like a Tiger. Clean uniform, clean cleats, shirts tucked-in, hats worn forward, and we hustle everywhere.

**TIGER** players look and act professionally. Every tournament weekend we have the opportunity to set the standard for St. Louis baseball. Everything we do is a reflection of the program.

**TIGER** players are mentally and emotionally strong. They are prohibited to throw personal or team equipment. Players will face consequences if seen throwing helmets, bats, gloves and/or any other equipment for any reason in the "heat of the game".

**TIGER** players are expected to help the coaching staff when approached. This includes field set-up, carrying equipment, game duties, pitching charts, etc.

**TIGER** players are expected to HUSTLE, HUSTLE, HUSTLE.

### **RESPECT**

**TIGER** players have respect for the uniform and always wear designated shirts, pants, belts, socks, and hat.

- a. Tigers always wear their hats forward and jerseys tucked into their pants.
- b. The practice and game uniforms are always washed and clean before training or games.
- c. Tigers arrive to the field in full uniform.

**TIGER** players have respect for their teammates and pick them up in between innings. Every game, every situation, we are pulling for each other. We are much stronger as a whole than we are as individuals. The support from your teammates/peers will go a long way.

**TIGER** players treat their teammates, coaches, and staff with respect. You will address ALL members of the coaching staff as "Coach" or "Sir", unless notified otherwise.

**TIGER** players treat all umpires with respect. All negatively viewed situations will be handled by the coaching staff.

**TIGER** players act professional and treat their opponent's players, coaches, and fans with respect.

# **RAWLINGS TIGERS**

## **BASEBALL CLUB**



**TIGER** players respect the proper chain of communication.

- a. Any negative issues that may arise in the course of a season each party waits 24 hours before addressing the situation to gather thoughts and perspective.
  - i. The first chain of command is to have the player call or set up a meeting with the head coach.
  - ii. If the issue is not resolved, the second chain of command is to have the parent call or set up a meeting with the head coach.
  - iii. If the issue still exist, the last chain of command is contact Tigers President Aaron Jaworowski. We expect all parties (coaches, players, and parents) to handle every situation with class, dignity, and with an open mind approach.

## **TIME**

**TIGER** players are always on time for practice and pre-game warm-ups. "Tiger Time" is 15 minutes early.

## **COMMITMENT**

**TIGER** player's number 1 priority is school. We want every Tiger player to attend college, and have the opportunity to play collegiate baseball. This is a year-round commitment.

**TIGER** players have a commitment to learning. They look to develop as students, players, and as men. They work extremely hard on and off the field to pursue their personal and team goals.

## **COACHES COMITTMENT**

**TIGER** coach's' number one commitment is to develop Tiger players and give you the best opportunity to become a collegiate baseball player.

**TIGER** coach's number two commitment is to win.

**TIGER** coach's number three commitment is to create a fun environment for everyone to learn and thrive. We want this to be a memorable and enjoyable year.



## **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**
-

# **RAWLINGS TIGERS**

## **BASEBALL CLUB**



### **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.

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

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

<b><u>Live</u></b>	<b><u>Choose 3</u></b>
<b><u>Drill</u></b>	<b><u>Reps</u></b>
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

<b><u>Catch Goals(Choose 1)</u></b>
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**

### **2<sup>nd</sup> 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 1<sup>st</sup> & 2<sup>nd</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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: 1<sup>st</sup> 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**

- ALL TEAMS: Tuesdays, Thursdays and Saturdays wear ORANGE jerseys (unless noted)
- 15/16U TEAMS: Wednesdays, Fridays and Sundays wear GRAPHITE jersey (unless noted)
- 17/18U TEAMS: Wednesdays, Fridays and Sundays wear BLACK jersey (unless noted)
- Tiger 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 a 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.
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 sing into strike zone.
8. Thumb should be the last part of the hand to touch the ball.



## **INFIELD GUIDELINES**

### **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 or 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**

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 intact.

### 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!