

CADETS **PLAYER DEVELOPMENT ACADEMY**

Coaching Fielders

Pre-Game

Every game discusses playing an aggressive defense. Get Dirty Mentality

- Discuss last games opportunities
- Number of mental errors, any un-aggressive play, someone that does not layout.
- Any communication errors, make sure we give them an idea of expectations on who is covering etc.
- Set Goals for the game, ex how many times are they going to dive for a ball.
- Communication of outs
- Create the plan for pre-game warm ups
- Pick 5 drills for infielder, Outfielders, Catcher
- Create competition in practice/Pregame. Make it fun
- Practice pre-pitch
- Review plays, bunt plays, coverage plays

In Game Coaching

- Know before the pitch. Run through each scenario. Where do I throw? Where should I be? Ground ball? Fly ball?
- Communication. Can't be timid. Must be loud. Talk to each other
- Coach the opportunities every inning (individually) no need to huddle up players after a bad inning due to 1 or 2 mistakes.
- Huddles should be to wake up team because there flat, or to fire them up
- No fear be aggressive

- Be vocal, remind players of situations
- Look for players being flat footed, not creating a rhythm
- Look for un focused players
- Work on communicating thru your SS and catcher
- Keep an eye on outfielders first movements (coach the opportunity, first step back)
- Catchers focus on receiving/ blocking
- Is the catcher just sitting down the middle?

Post-game

- Recap the goal established for the day. (review opportunities first, finish with the Goals accomplished)
- What can we improve on, before next game?
- Make we sprint after games 7 to 10 sprints hard 60 to 70 ft, younger player 40 ft
- Plan next practice around area of improvements?

NOTE: We have to narrow down what our goals will be, we cannot have more than 3 focuses/goals per game, and in closing only have 3 goals for next practice/game