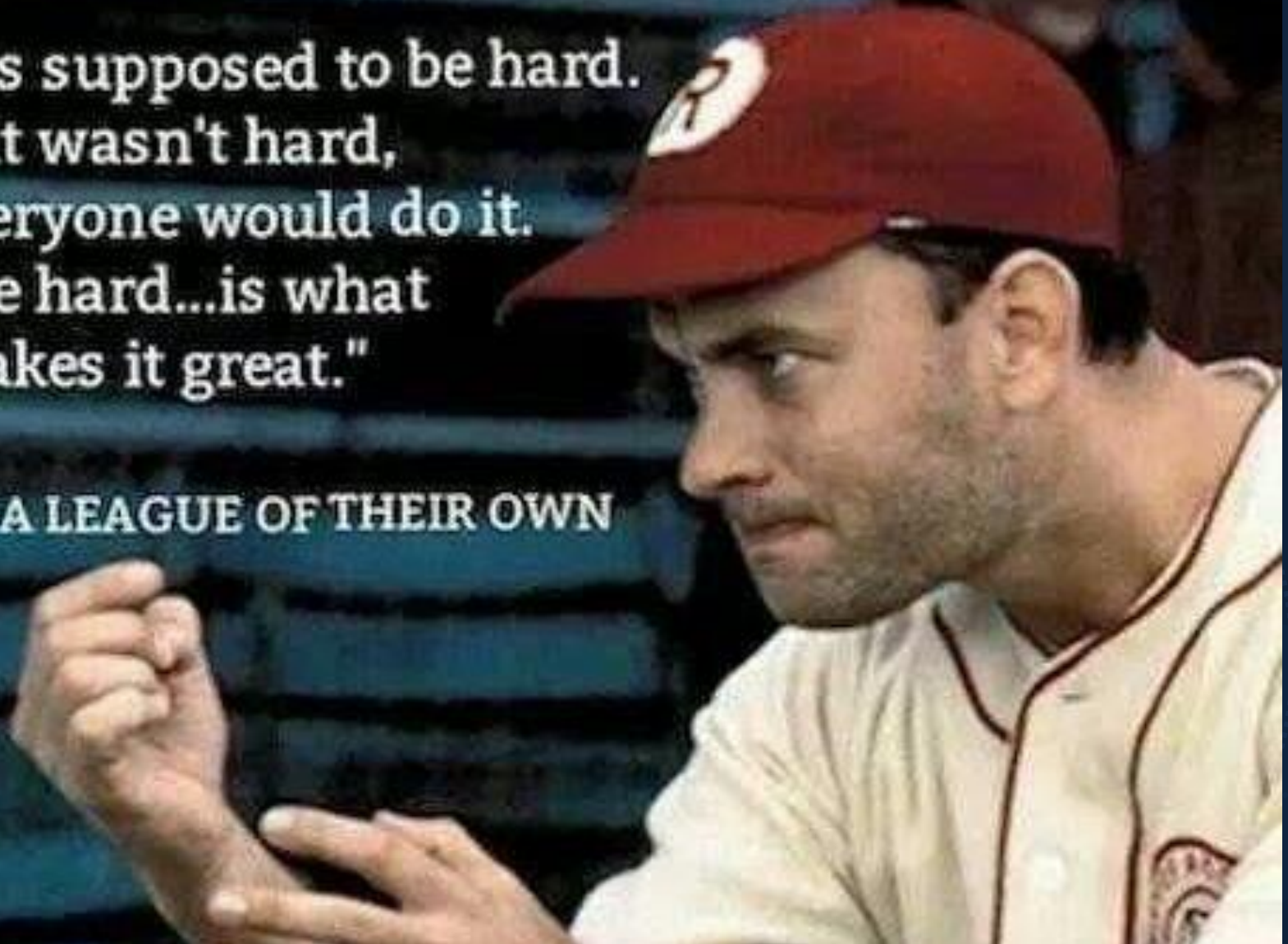


"It's supposed to be hard.  
If it wasn't hard,  
everyone would do it.  
The hard...is what  
makes it great."

- A LEAGUE OF THEIR OWN





# Mission Statement

*Our mission is for the continuation of growth into fine young men, while preparing & developing our physical skills & mental fortitude for baseball's next level, with emphasis on effort & accountability. We will have complete respect, but no fear, of our opponents and compete at the highest level without compromising effort, accountability, integrity, class & respect for our teammates and most of all...*

*...love of the game.*



# Expectations for the Season

- *Playbooks are required for every practice & game.*
- *Practices will be organized & efficient.*
- *When earned, a fun competition can be conducted during the last 15-30 min of practice.*
- *Practices will emphasize defense, situational awareness and where & when to throw the baseball, accurately.*
- *Our defensive approach will be universal as you advance in your career, best to learn & understand early as possible*
- *Your hitting approach will change as your body grows into the man you will eventually be. Always be tweaking.*
- *Every player on the team is a pitcher, period.*
- *We will have a player keeping 'book' when on the bench.*
- *We will have a player keeping pitch count when on the bench.*
- *We will have a player keeping pitch charts when on the bench.*
- *We will not be keeping statistics over the season*
- *You are never as good or as bad as your statistics may state, trust me on this.*
- *Masks to be worn, when in dugout. Not required when on field of play.*
- *No jewelry during games or practices*
- *No metal cleats, rubber cleats only.*
- *Handshakes, high-fives are prohibited.*
- *Umpires are human, and therefore we respect & accept EVERY call.*
- *Lastly, no smoking.*

# Baseball Game-Day & Practice



**Practice Arrival:**

**15 Minutes, prior to Start Time**

**Game-Day Arrival:**

**45 Minutes, prior to Start Time**

**Warm-Up Stretches can begin when 'majority' of teammates have arrived**

**(Total Time: 5 Minutes)**

***Three Teammates lead Stretching, with all others facing.***

1. ***Jumping Jacks – 25 total, counting as a team.***
2. ***Sitting Toe Stretch – 10 seconds, each foot, counting as a team***
3. ***Sitting Crossover – 10 Seconds, each side, counting as a team.***
4. ***Sitting Feet Together Stretch – 10 seconds, counting as a team.***
5. ***Standing Up Calf Stretch – 10 seconds, each leg, counting as a team.***
6. ***Standing Knee Hug – 10 seconds, each knee, counting as a team.***
7. ***Standing High Knees – 10 seconds, counting as a team.***
8. ***Larger Arm Circles – 10 seconds, counting as a team.***
9. ***Arm Stretch – 10 seconds, each arm, counting as a team.***
10. ***Behind Back Arms Stretch – 10 seconds, counting as a team.***

***Begin Playing Catch/Long-Toss***

**Playing Catch/Long-Toss**

**(Total Time: 10 Minutes)**

***Partner Up & Begin with One Partner on Foul Line***

***AIM AT CHEST***

1. ***Feet & Shoulders Parallel with Partner with Ball in Hand, inside Glove***
2. ***Twist Upper Body to throwing side, keeping Ball in Hand, Inside Glove***
3. ***Hand & Glove break away from another, ball hand showing the ball to everyone behind you, knocking on a door, glove hand pointing in the direction of your target.***
4. ***Glove hand curls into your chest, pulling your upper body & ball hand through, and flip the light switch when you follow-through***
5. ***Finishing with ball hand/arm, overtop your opposite side hip, bent comfortably at the waist.***

***First 5 to 10 throws should be of this slowed process***

***Next throws, partner NOT on foul line, should take a two steps backwards, after every throw; creating eventual long-toss***

# 'Pre-Game' Warmup

**Pre-Game Warmup Routine will be mandatory prior to every game, and mandatory prior to beginning our practice agenda**

**(Total Time: 5-10 Minutes)**

**Game-Day:** Go to your starting lineup position (Exception: Starting P & C., then a separate catcher will be needed)

**Practice:** Go to your most comfortable position, unless otherwise directed by coach

## 1) Hits to Outfield

- **"Go 2" & "2 Again"** - 2 throws to second base, for each player, hitting your cut, when applicable
  - Infielders should work as cutoffs
  - 2B – When Completed, throw to 3B – 3B throws to Catcher inside 3B Line
- **"Go 3" & "3 Again"** - 2 throws to third base, for each player, hitting your cut, when applicable.
  - 3B – When Completed, throw to Catcher inside 3B Line.
- **"Come H" & "Home & In"** 2 throws to home, for each player, hitting your cut, when applicable.
  - Game-day: Outfielders follow their last throw by jogging to in-front of dugout, NOT inside dugout
  - Practice: Outfielders follow their last throw by jogging to a NEW position on the infield.

## 2) Infield In on Grass – Around the Horn

- **"Around the Horn"** - Catcher Throws to 3B
  - C to 3B → 3B to 2B → 2B to SS → SS to 1B → 1B back to C
  - We do this a total of 3 times!
  - Clean & Accurate Throws!

## 3) Hits to Infield

- **"Go 1"** – the play is at First Base (Exception First Basemen)
  - Grounder 3B – Grounder SS – Grounder 2B – Grounder 1B – Grounder C
    - Rotate after you complete your play for next man up!
    - First Basemen, throw to 3B (No Need to touch base on your grounders – Third Baseman cover & tag.
- **"Go 1 Again"** – if time allows, we repeat the above routine
- **"Turn 2"** – turning the double play!
  - Grounder 3B → 2B Covering → 1B
  - Grounder SS → 2B Covering → 1B
  - Grounder 2B → SS Covering → 1B
  - Grounder 1B (Tag?) → SS Covering → 1B back to base, or P will cover in Game (Backup 1B can help for this one)
  - Grounder C → SS Covering → 1B
- **"1 & Home"** – Infield in on grass as the play is at Home; Catcher receives & rolls bunt for fielder to charge and throw to first with URGENCY!
  - Grounder 3B → C ..... 3B → 1B
  - Grounder SS → C ..... SS → 1B
  - Grounder 2B → C ..... 2B → 1B
  - Grounder 1B → C ..... 1B → 2B or Backup 1B
  - Try to end with a Catcher Popup



# 2021 'Team Signals'



**Procedure:** It is **IMPERATIVE** that you look at the 3B Coach in between **EVERY PITCH** for the current “TEAM SIGNALS” whether you are batting or on the bases as a runner. The game of Baseball **CAN** and **WILL** change with every pitch and it is extremely important you look for the next “team signal”.

**We will give the initial “team signal” DIRECTLY AFTER the indicator is given! Please be alert!!**

- **Indicator:** Grabbing of Ears (Think, *LISTEN UP!* Something’s about to happen!)
  - *The indicator may change during a game. Please be aware if coach makes decision to change indicator*
  - *“Team Signals” will be given directly after indicator; If a “TEAM SIGNAL” is not given directly after indicator but is given sometime during the round of signals, it is a decoy only.*
- **Previous “Team Signal” is OFF:** Clap Hands Twice at end of signals.
  - At the END of giving a round of signals and a “TEAM SIGNAL” is given, if the coach claps his hands twice, this means the previous “team signal(s)” is OFF.
  - *This may occur when we want to trick or decoy the opponent if we feel they are “stealing” our team signals.*
- **Steal:** Indicator first, then touching Top of the Head/Hat.
- **Bunt:** Indicator First, Fist; remember to get your hands in front of your body for a proper bunt.
  - *NO BASERUNNERS? You should be performing a base-hit bunt! Square as late as you can without compromising proper execution & mechanics*
  - *WITH BASERUNNERS? You should be performing a sacrifice bunt! Square early to draw the defense in as you are SACRIFICING your at-bat for the baserunner to move up a base!*
  - *BASERUNNER ON 3<sup>RD</sup>? You should be performing a SQUEEZE PLAY BUNT! You MUST put a bunt down no matter where the baseball is pitched!!!!*
- **Take the Pitch:** Indicator First, Swipe of the chest.
  - *Trust Us! This is our call, and we want you to take the pitch! There are many reasons to take a pitch even if it might be the best pitch in the at-bat. If you strike out due to our call, it’s on us as coaches!*
- **Fake the Active Signal:** Anytime the coach uses a fist rather than an open hand while giving a “Team Signal”, you should be faking the “Team Signal” given!



# Team Defense

## 2021 STRONGSVILLE BASEBALL BUNT AND 1ST & 3RD DEFENSE

The Catcher will call the Defense prior to the first pitch of EVERY AT-BAT. They will give THREE signals, with the FIRST team signal being the BUNT COVERAGE and the third signal being the FIRST & THIRD COVERAGE. If a fielder did not see the signal, ask a neighboring teammate for help but you should be familiar with the what team signal SHOULD be called due to the situation we are in .

SITUATION	BASERUNNERS	FIRST SIGNAL GIVEN	P (1)	C (2)	1B (3)	2B (4)	3B (5)	SS (6)	LF (7)	CF (8)	RF (9)
<b>"BUNT!"*</b> COVERAGE 1	NO BASERUNNERS	C - SWIPE LEFT SIDE	BALL* 1B-SIDE	BALL*	COVER 1B	COVER 2B	CHARGE*	COVER 3B	BACKUP 2B	BACKUP 2B	BACKUP 1B
<b>"BUNT!"*</b> COVERAGE 1	LEAD RUNNER ON 1B	C - SWIPE LEFT SIDE	BALL* 1B-SIDE	BALL*	COVER 1B	COVER 2B	CHARGE*	COVER 3B	BACKUP 3B	BACKUP 2B	BACKUP 1B
<b>"BUNT!"*</b> COVERAGE 2	LEAD RUNNER ON 2B	C - SWIPE RIGHT SIDE	BALL* 3B-SIDE	BALL*	CHARGE*	COVER 1B	COVER 3B	COVER 2B	BACKUP 3B	BACKUP 2B	BACKUP 1B
<b>"BUNT!"*</b> COVERAGE 3	LEAD RUNNER ON 3B	C - WIPE MIDDLE CHEST	CHARGE*	BALL/HOME*	CHARGE*	COVER 1B	CHARGE*	COVER 2B	BACKUP 3B	BACKUP 3B	BACKUP 1B
<b>"SQUEEZE!"*</b> (BUNT COVERAGE 3)	LEAD RUNNER ON 3B	C - WIPE MIDDLE CHEST	PITCHOUT	PITCHOUT*	CHARGE*	COVER 1B	CHARGE*	COVER 3B	BACKUP 3B	BACKUP 3B	BACKUP 1B

2nd Base - Who Covers?
Mine (Closed Mouth)
Yours (Open Mouth)

2nd Base - Who Covers?
Mine (Closed Mouth)
Yours (Open Mouth)

THIRD SIGNAL GIVEN*	SITUATION BASERUNNERS	RESULT	P (1)	C (2)	1B (3)	2B (4)	3B (5)	SS (6)	LF (7)	CF (8)	RF (9)
TOP OF HEAD	1ST/3RD	THROW THRU!	DUCK	CALL*/THROW	COVER 1B	COVER/BACKUP	COVER 3B	COVER/BACKUP	BACKUP 3B	BACKUP 2B	BACKUP 2B
TOUCH GLOVE	1ST/3RD	CUT THROW - 2B	DUCK	CALL*/THROW	COVER 1B	CUT BETWEEN 2B & P	COVER 3B	COVER 2B	BACKUP 3B	BACKUP 2B	BACKUP 2B
CHEST	1ST/3RD	FAKE THROW	DUCK	CALL*/FAKE	COVER 1B	COVER/BACKUP	COVER 3B	COVER/BACKUP	BACKUP 3B	BACKUP 2B	BACKUP 2B
SWIPE ARM	1ST/3RD	C - THROW TO 3B	DUCK	CALL*/THROW TO 3B	COVER 1B	COVER 2B	COVER 3B	BACKUP 3B	BACKUP 3B	BACKUP 2B	BACKUP 2B

**"MENTAL MISTAKES ARE PREVENTABLE BECAUSE IT PROVES YOU DID NOT THINK ABOUT WHAT COULD HAVE HAPPENED, BEFORE IT HAPPENED !"**



# Team Defense

## 2021 STRONGVILLE BASEBALL TEAM DEFENSE

SITUATION	BASERUNNERS	THE PLAY IS...	P (1)	C (2)	1B (3)	2B (4)	3B (5)	SS (6)	LF (7)	CF (8)	RF (9)
SINGLE TO LF* OR CF**	NO BASERUNNERS OR LEAD RUNNER ON 3B	AT 2B	BACKUP 2B	BACKUP 1B	COVER 1B	COVER 2B	HALFWAY TO 2B	"CUT 2!"	THROW TO CUT* BACK UP CF**	BACKUP LF* THROW TO CUT**	BACKUP 1B* BACKUP CF**
SINGLE TO RF	NO BASERUNNERS OR LEAD RUNNER ON 3B	AT 2B	BACKUP 2B	MOUND	COVER 1B	"CUT 2!"	HALFWAY TO 2B	COVER 2B	BACKUP 2B	BACKUP RF	THROW TO CUT
SINGLE TO LF* OR CF**	LEAD RUNNER ON 1B	AT 3B	BACKUP 3B	MOUND	COVER 1B	COVER 2B	COVER 3B	"CUT 3!"	THROW TO CUT* BACK UP CF**	BACKUP LF* THROW TO CUT**	BACKUP 1B* BACKUP CF**
SINGLE TO RF	LEAD RUNNER ON 1B	AT 3B	BACKUP 3B	UP 3B LINE	COVER 1B	COVER 2B	COVER 3B	"CUT 3!"	BACKUP 3B	BACKUP RF	THROW TO CUT
SINGLE TO LF	LEAD RUNNER ON 2B	AT HOME	BACKUP H	COVER HOME SAY "CUT 4!"	COVER 1B	COVER 2B	"CUT 4!"	COVER 3B	THROW TO CUT	BACKUP LF	BACKUP 1B
SINGLE TO CF	LEAD RUNNER ON 2B	AT HOME	BACKUP H	COVER HOME SAY "CUT 4!"	"CUT 4!"	COVER 1B	COVER 3B	COVER 2B	BACKUP CF	THROW TO CUT	BACKUP CF
SINGLE TO RF	LEAD RUNNER ON 2B	AT HOME	BACKUP H	COVER HOME SAY "CUT 4!"	"CUT 4!"	COVER 1B	COVER 3B	COVER 2B	BACKUP 3B	BACKUP RF	THROW TO CUT

## 2021 STRONGVILLE BASEBALL TEAM DEFENSE

SITUATION	BASERUNNERS	THE PLAY IS...	P (1)	C (2)	1B (3)	2B (4)	3B (5)	SS (6)	LF (7)	CF (8)	RF (9)
DOUBLE TO LF* OR LF/CF**	NO BASERUNNERS OR LEAD RUNNER ON 3B OR 2B	AT 3B	BACKUP 3B	UP 3B LINE	EYES ON RUNNER	COVER 2B OR BACKUP SS	COVER 3B	"CUT 3!"	THROW TO CUT* BACK UP CF**	BACKUP LF* THROW TO CUT**	BACKUP 2B
DOUBLE TO RF* OR RF/CF**	NO BASERUNNERS OR LEAD RUNNER ON 3B OR 2B	AT 3B	BACKUP 3B	UP 3B LINE	EYES ON RUNNER	"CUT 3!"	COVER 3B	COVER 2B OR BACKUP SS	BACKUP 3B	BACKUP RF* THROW TO CUT**	THROW TO CUT* BACK UP CF**
DOUBLE TO LF* OR LF/CF**	LEAD RUNNER ON 1B	AT HOME	BACKUP H	COVER H	EYES ON RUNNER	COVER 2B OR BACKUP CUT	COVER 3B	"CUT 4!"	THROW TO CUT* BACK UP CF**	BACKUP LF* THROW TO CUT**	BACKUP 2B
DOUBLE TO RF* OR RF/CF**	LEAD RUNNER ON 1B	AT HOME	BACKUP H	COVER H	EYES ON RUNNER	"CUT 4!"	COVER 3B	COVER 2B OR BACKUP CUT	BACKUP 3B	BACKUP RF* THROW TO CUT**	THROW TO CUT* BACK UP CF**

***"KNOW THAT OFFENSE WINS GAMES... BUT PITCHING & DEFENSE WINS CHAMPIONSHIPS!"***







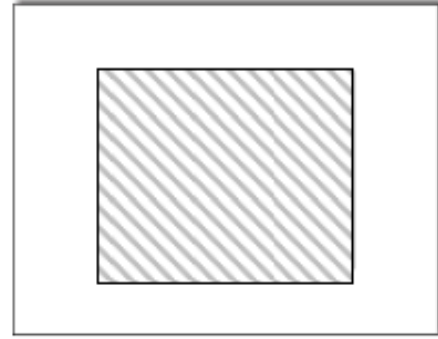
## 6 Key Questions of a Winning Attitude

- *Are you a player who is upbeat every day encouraging everyone?*
- *Do you embrace every role with enthusiasm, even if it's not the one you'd like?*
- *Are you willing to put the team's needs ahead of your personal goals?*
- *Do you constantly strive to improve and take direction with a positive attitude?*
- *Do you hustle on every play, even if the game is out of reach?*
- *Do you have a good relationship with everyone?*

## Pitching Zone Chart

Player: \_\_\_\_\_

Inning: \_\_\_\_\_



Pitch Location Legend

Strike:

Ball:

Pitches: \_\_\_\_\_

Strikes: \_\_\_\_\_

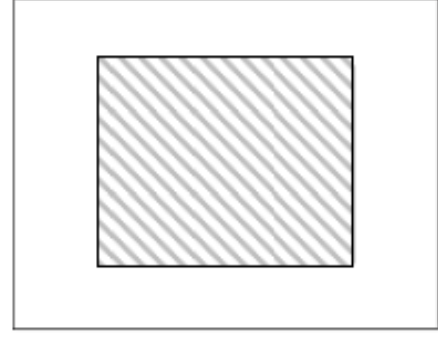
Balls: \_\_\_\_\_

Notes:

## Pitching Zone Chart

Player: \_\_\_\_\_

Inning: \_\_\_\_\_



Pitch Location Legend

Strike:

Ball:

Pitches: \_\_\_\_\_

Strikes: \_\_\_\_\_

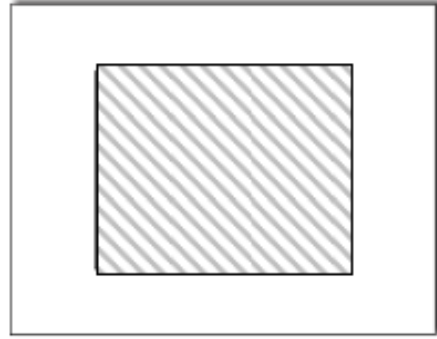
Balls: \_\_\_\_\_

Notes:

## Pitching Zone Chart

Player: \_\_\_\_\_

Inning: \_\_\_\_\_



Pitch Location Legend

Strike:

Ball:

Pitches: \_\_\_\_\_

Strikes: \_\_\_\_\_

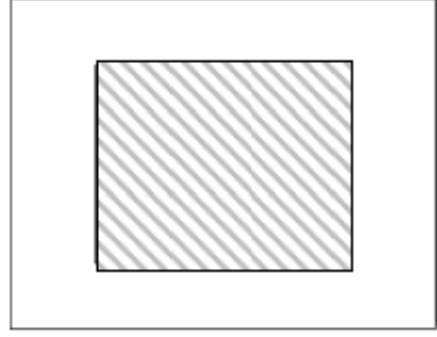
Balls: \_\_\_\_\_

Notes:

## Pitching Zone Chart

Player: \_\_\_\_\_

Inning: \_\_\_\_\_



Pitch Location Legend

Strike:

Ball:

Pitches: \_\_\_\_\_

Strikes: \_\_\_\_\_

Balls: \_\_\_\_\_

Notes:

# THE SCIENCE OF THE SWING

When a big league pitcher throws a 90 mph fastball, a batter has less than a quarter second to see the pitch, judge its speed and location, decide what to do, then start to swing. The bat must meet the ball within an eighth of an inch of dead center and at precisely the right millisecond as the 3-inch spinning sphere whizzes by.

It is a superhuman feat that is "clearly impossible," said Robert Adair, a Yale physicist who has studied the science of baseball.

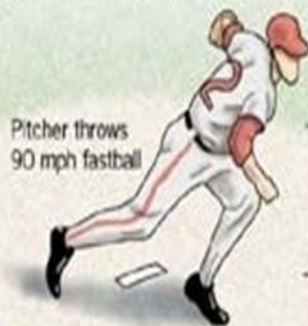
## Bat

2 1/4" max. diameter; 42" max. length; average 32 ounces weight



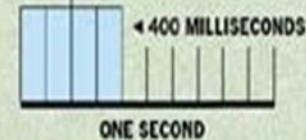
## Baseball

3" diameter, 5 to 5 1/4 ounces weight



Pitcher throws 90 mph fastball

Time needed for 90 mph fastball to reach homeplate



## BATTER'S ACTIONS

**LOOKING:** It takes 100 milliseconds for the eye of the batter to see the ball and send an image to the brain.

**THINKING:** It takes 75 milliseconds for the brain to process the information and gauge the speed and location of the pitch.

**DECIDING:** The batter then must decide, in just 25 milliseconds, whether to swing or let the ball go by. It takes another 25 milliseconds to pick a swing pattern — high, low, inside, outside.

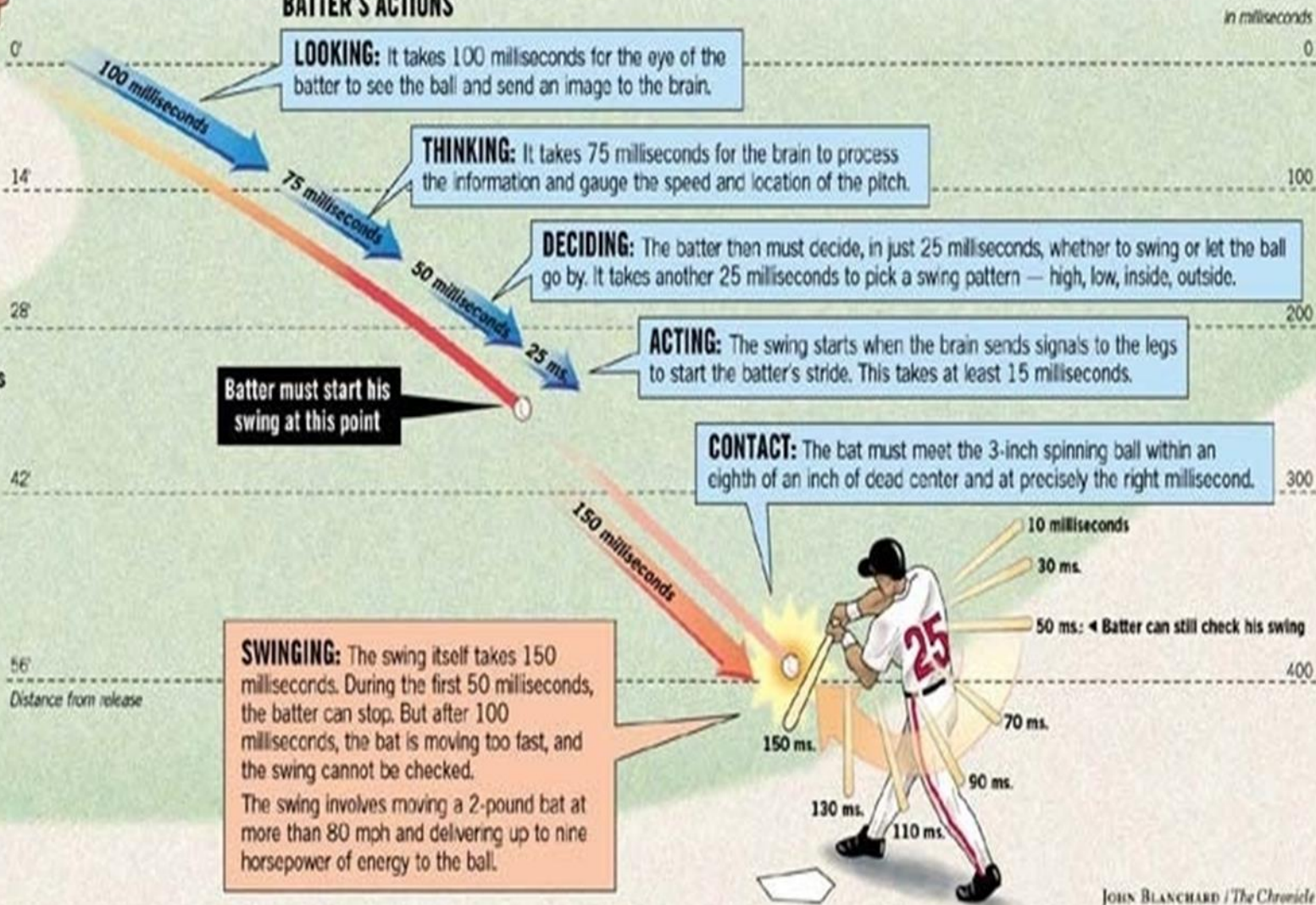
**ACTING:** The swing starts when the brain sends signals to the legs to start the batter's stride. This takes at least 15 milliseconds.

**CONTACT:** The bat must meet the 3-inch spinning ball within an eighth of an inch of dead center and at precisely the right millisecond.

**Batter must start his swing at this point**

**SWINGING:** The swing itself takes 150 milliseconds. During the first 50 milliseconds, the batter can stop. But after 100 milliseconds, the bat is moving too fast, and the swing cannot be checked.

The swing involves moving a 2-pound bat at more than 80 mph and delivering up to nine horsepower of energy to the ball.





# Kevin Stefanki's 4H's

➤ *HISTORY*

➤ *HEROES*

➤ *HOPES*

➤ *HECK-YEAH*