

Lady Comets Fastpitch 12 week overview

*subject to change or adjustment

3 4-week blocks

Individual Skill Development

-Focus on the catch, throw, baserunning basics, balance and efficiency of the swing, basic bullpen build ups and catcher receiving

-We will not be asking these girls to be completing catch and throw to bases, cut or targets at this time

-We will not be having hitters hit on anything other than tee, side toss, or front toss

-Pitchers will not be pitching to batters

-Batters will not be hitting off pitchers

-No full I/O

*Strictly work on the catch, footwork and positioning to throw and also simply making efficient body mechanics with the throw; we will not be combining the two during this first four week session. (Trust the process, fight the urge to advance even with more developed girls)

Tandem & Group Defense/Hitting Simulations/Pitch Tracking & Live Pitcher/Catcher Scenarios

-Infield/Outfield/Pitchers/Catchers

-Infielders will start making throws to bases, work on exchanges & communications

-Outfielders will begin transitioning from catch to throw to a target or player

-Catchers will begin throwing from live pitch

-Pitchers will begin to throw to live batters whom are tracking pitches(not swinging)

-Batters will start to track live pitches off live pitchers

-Batting practice will still consist of Tee Work, Front Toss but not also include Half cage or snaps from Coach or machine.

-Baserunners will get reads off pitchers and reads off hitters in cage

Full Team Defense/Live Hitting/Scrimmage & Scenarios

-I/O together, cuts, baserunners, etc.

-Hitters will be taking live at bats off pitchers as well as Coach Bryan

-Pitchers will be throwing live at bats to hitters

-Catchers will be in control of at bats, pitch selection & ball/strike call

-Live scrimmage and scenarios

-Will be time for individual teams to work together as well as organization wide.

Hitting Philosophy

-Each player is different and there are multiple ways to have success at the plate. What we should and will stress as an organization is how to efficiently maximize our body movements to

increase power, bat speed, hand speed, faster time to impact, pitch traction and most importantly increasing the margin of error for these hitters.

-Hitting is extremely hard, a constant worry about too many mechanical movements during something full speed or a constant worry for failure or deciding on ball/strike will set the kids up for even more failure. If we can create the *Freedom to Fail with Flow* (confident, decisive, intentful actions) we will see more hard hit balls and more confident softball players at the plate

Defensive Philosophy

-We can only play to the level we are defensively

-We need to learn how to play fast with again *Freedom to Fail with Flow*. Forget about the mistakes, and stress the reads, the attack, and the timing. With those as our focus factors, over the course of our training season moving through the summer our Team defense will become better but faster. If we play to not make a mistake chances are we will not be playing at the speed necessary to play at the level these girls are capable of in the long run.

Pitching Philosophy

-We need to work on mastery not quantity.

-We need to be real with these pitchers and give them an understanding of what their ball is really doing, not just what they want to call it. With an emphasis on efficient mechanics with an understanding of spin rate and spin axis we need to make sure that these girls master few pitches instead of trying to throw multiple pitches. The best pitchers in the world master 1 pitch, and they change speeds with it.

Catching Philosophy

-We have to make the catching position a position of leadership again. I will not be one to say the coaches cannot call pitches but we need to educate and converse with the catchers and force them to understand what each pitch is supposed to do, what it is doing, and why we are calling that. This will not only help the battery but it will severely help the coach. The pitcher does not have the same stuff every outing, we need to rely on the catcher for more information as opposed to feeding them everything.

Baserunning Philosophy

-Aggressive!

-We want to think two bases ahead constantly until the defense forces us to stay.

-Runners on bases need to understand their reads not only from batted balls but the trajectory of the pitch. Pay attention to the catchers. If a catcher is a chest blocker, we want to take the extra base EVERY TIME, even if we are slow, but this starts with our reads.

-We want to understand score, situation, batter and when to minimize risk but always thinking extra 60 ft!

Coaching Philosophy

Each one of you are different and each one of you has experience. We want to think not only short term, but long term for these girls. We want to teach them how to compete but also give them the freedom to make mistakes and have fun. We want to put our teams and players in the best situations to succeed but we also need to understand the bigger picture and not become trophy chasers. If we focus on the important things, trust our process and skill development, while maintaining our team first attitude, along with important team bonding we will create a positive experience which will promote growth for our organization. The trophies will be there, the wins will be there, but they will be attained the right way and we will send these girls off with an opportunity to play more ball beyond high school and create long term and life time relationships. Practice time is the classroom, Game time is the test, Practice is for the coaches and the game is for the players. We guide, not scold in games with the exception of attitude, respect and effort. We talk, regroup and learn after the game to build a better product for the next one.

Utica Lady Comets Fastpitch Club will be an Elite organization!

-Bryan