

CWU



WILDCAT



SOFTBALL



HANDBOOK

2010 & 2011 GNAC CHAMPIONS

CWU SOFTBALL PRE-PARTICIPATION CHECKLIST

- If you are starting your 7th quarter of school (Junior year) you must have officially declared your major by the first day of school or you will not be able to participate
- Enrollment: All athletes must be enrolled in at least 12 credit hours prior to the first day of practice to be eligible to play.
- All first year or transfer student-athletes must have a physical examination and medical clearance from a doctor or the Student Health Center within the last six months prior to the first day of practice or you will not be able to practice.
- All student-athletes are required to provide proof of primary medical insurance. A completed questionnaire identifying your insurance coverage including policy numbers must be in the possession of the athletic training staff prior to participation.
- All transfer and incoming student-athletes must be registered and cleared with the NCAA Clearinghouse prior to the first day of practice. This process can take a few weeks so you must start doing this immediately.

Any questions please feel free to call

Mallory Holtman

CWU Softball Head Coach

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A POEM THAT ILLUSTRATES THE POWER OF 'I CAN'

OUTSIDE MY WINDOW, A NEW DAY I SEE.

ON ONLY I CAN DETERMINE WHAT KIND OF DAY IT WILL BE.

IT CAN BE SUNNY, BUSY, LAUGHING, GAY,

OR BORING, COLD, UNHAPPY, AND GRAY.

MY OWN STATE OF MIND IS THE DETERMINING KEY.

FOR I'M THE ONLY PERSON I LET MYSELF BE.

I CAN BE THOUGHTFUL AND DO ALL I CAN TO HELP.

OR, I CAN BE SELFISH, AND THINK JUST OF MYSELF.

I ENJOY WHAT I DO AND MAKE IT SEEM FUN.

OR, GRIPE AND COMPLAIN, AND MAKE IT HARD ON SOMEONE.

I CAN BE PATIENT WITH THOSE THAT MAY NOT UNDERSTAND.

OR, I CAN BELITTLE AND HURT THEM AS MUCH AS I CAN.

BUT I HAVE FAITH IN MYSELF, AND BELIEVE WHAT I SAY.

I PERSONALLY INTEND TO MAKE THE BEST OF THIS DAY.

A FEW “UNWRITTEN” WILDCAT RULES

- EFFORT AND ATTITUDE
 - There are only two things in this world you CAN control: Your EFFORT and ATTITUDE. Setting YOUR priorities and eliminating all other distractions. Come early or stay late when necessary. Motivated by a inner desire to improve yourself. Give 100% EFFORT and possess a POSITIVE ATTITUDE.
- PATIENT WITH YOUR PACE OF PROGRESS
 - Being a ‘big picture’ person. Willing to put in the hours, willing to overcome the obstacles and the tough days. The ability to never quit, because YOU have perspective.
- ACCOUNTABLE AND RESPONSIBLE
 - If you fall short in a task, a requirement, have courage and admit your error. Carry out your punishment and move on. It is that simple.
- POSITIVE OR POISONOUS
 - Every environment you experience you have a choice at how you look at it, how you talk about it, how you become successful within it. There are only TWO types of people in this world: POSITIVE AND POISONOUS. Which one are you?

- RESPECT FOR THE PROGRAM AND THE TEAM

- Our ups and downs are only OURS to share. Think twice before you share your 'funny or humiliating story' to an outsider who may 'act' like they really care.

Possess the sincere ability to RESPECT your teammates whether you can 'relate' to them or not. Whether you socialize with them or not. Every person has positives within them, something that makes THEM special. It is YOUR job to find the positives and focus on them. You have a choice

WILDCAT SOFTBALL TEAM RULES

TARDINESS to mandatory team functions (practice, weights, meetings, study hall) will result in the following:

- 1st Offense: The team will condition while you watch
- 2nd Offense: Meeting with the coaches and conditioning
- 3rd Offense: Indefinite game suspension

TARDINESS regarding turning in various individual items such as uniforms, paperwork, schedules, and practice clothes will result in the following:

- The late individual will condition by themselves
- Multiple offenses will be dealt with by the coaching staff

CLASS ATTENDANCE is mandatory

- You do not practice if you do not attend class
- Not attending class will result in suspension from practice that day
- Coaches will perform random attendance checks

PRACTICE ATTENDANCE

- Softball is an athletic activity in which the success of the group depends on the presence of everyone on the team
- If you have to miss class for an academic function that is ok just let the coaches know as much in advance as possible (preferably a week)
- If you have to miss practice for a non academic reason it is at the coaches discretion whether or not it will be excused or unexcused
- An unexcused missed practice before games will result in suspension for those games (if you have class during practice the day before a game rf4t5 are excused)
- Missing practice will result in conditioning of that individual and possibly effect playing time

ARRIVING LATE OR LEAVING EARLY POLICY

- If you have to leave early or arrive late to practice due to class or prearranged excuse, you need make sure to ask the coach if it is necessary to make up what you missed either the following day or before the missed practice.
- This rule pertains to study hall, weights, pitching and catch, practice and conditioning.

THE 48 HOUR RULE

- 48 hours before a game, a player is not allowed in any establishment, both public and private that serves alcohol (bars, lounges, house parties, dorm gatherings get together's at your own place of residence where alcohol is being consumed)
- Players are allowed to go to a restaurant that serves alcohol but coaches must be informed of this prior to going.
- Consumption of any amount of alcohol is strictly prohibited
- Breaking this rule will result in an automatic suspension from the upcoming games and further punishment will be taken by the coaching staff based on the severity of the offense

TABACCO/ DRUG POLICY

- NCAA policy that there is absolutely no use of tobacco or drugs. Infractions will be dealt with by the coaches, institution and the NCAA on an individual basis

CELL PHONE POLICY

- Absolutely no phones at practice, study hall, team meetings, and all other mandatory team functions (Turn them off, silence them, or leave them at home)
- If we are on the road, between games you may use your cell phone once the coach says yes (please make sure you are away from crowds and people when you are talking on cell phones between games)
- Phones may be used in hotel rooms
- Texting is allowed on van/bus rides; make sure your phone is on silent. When we begin to approach the field make sure phones are turned off and attention focused to the game.
- Failure to comply with cell phone policy will result in 3 fergies

PDA POLICY

- Showing affection for your family or hugging friends who have come to watch you is acceptable but please save all PDA for your significant others for when you are away from the ballpark (both home and away contests)

PRACTICE GEAR DRESSCODE

- Assigned attire for practice and games is required.
- Failure to wear appropriate clothing for all activities that it is assigned will result in conditioning of that individual
- Practice/game clothes will be washed following each contest and practice by our equipment manager (Teresa). All clothes must be turned in to the dirty clothes hamper directly following practice and games
- Make sure to always pack long sleeves or a sweatshirt for practice as the weather in Ellensburg can change drastically very quick
- The above rules do not apply for fall practices and contests. These rules will start applying when the coach is notified that laundry will be able to be done by athletic staff

EQUIPMENT POLICY

- Always be prepared to play, forgetting equipment is not an excuse for making mistakes
- All players are accountable for bringing and using appropriate game/ practice equipment (cleats, gloves, helmets, hats/visors, sunglasses, bats and sliding shorts/pads)
- Pitchers are responsible to bring plates to pitching practice
- Players must show respect for equipment at all time whether it is theirs or the teams. Any player caught throwing or disrespecting gear will condition individually

INJURY GUIDELINES

- If you sustain an injury notify a coach immediately and appropriate action will be taken from there.
- We have a long season and it is your responsibility to take care of your body. Utilize the training room both before and after practice for treatment

ARRIVAL AND DEPARTURE GUIDELINES

- We will leave and depart on time. If you are not in the vans at the assigned departure time you will be left behind
- If you are not early, you are late!
- If there is a dress code for travel, all players will be required to wear the appropriate attire before departure. Neglecting dress code will effect playing time and possibly the privilege of traveling with the team that particular trip

STUDY HALL POLICY

- Review handout

DRESS CODE/ PRACTICE

- One rule on your shorts
- Shorts must be fingertip length or longer
- No cutoff shirts
- No offensive/vulgar words on shirts
- No beer/tobacco/liquor advertising on clothing

DRESS CODE/ TRAVEL

- If we have travel gear that is assigned that must be worn.
- Jeans cannot have holes and cannot be worn saggy
- No beer/ tobacco/ liquor advertising on clothing
- You are representing CWU and should wear clothes that respect yourselves and the program

FIELD MAINTENANCE

- It Will be required that after each practice and game the field, dugouts, bleacher, cages and bull pen's are raked/cleaned. See list posted at the field for details

STRIKE OUT LOOKING (SOL)

- Consequence for this is 3 fergies for each SOL (this applies to both games and practice scrimmages)

UNPROFESSIONAL CONDUCT

- We will have a zero tolerance for all of the following in both practice and games and public appearances where you represent CWU
 - Slamming helmet/ bats/etc., lack of effort (jogging down the line), visibly poor attitude
- Consequence for this is 3 fergies
- Multiple offenses will be dealt with by the coaching staff in an alternative manner

MISSED BUNT

- Failure to execute a bunt (pop-up, 2 strikes, failure to advance runner)
- Consequence for this is 3 poles (down and back is one)
- This applies to both games and practice scrimmages

ERRORS (PHYSICAL/ MENTAL)

- During practice if you make an error (regardless of drill unless told otherwise) finish the play then drop and immediately do 5 push-ups. If the coach has to remind you the entire team will do 10 push-ups. This rule applies to every single defensive drill we do and can include multiple people in one play

*All poles, fergies and conditioning punishment are to be done at the end of practice or scrimmage, or at the beginning of the following practice (before practice starts).

WILDCAT STUDY HALL GUIDELINES

Study Hall is a mandatory function for all team members during the fall quarter. We will meet twice a week for an hour and a half. All freshmen and transfer students are required to attend study hall for the fall, winter and spring quarters. Following the fall quarter, if you are a returning player and your cumulative GPA is a 3.0 or above you will be excused from study hall. If your cumulative GPA drops below a 3.0 at any time you will be required to attend study hall for that particular quarter until you raise your GPA back to a 3.0.

RULES

- BE ON TIME..showing up late to study hall is like showing up late to practice. Going home to get your backpack is not an excuse for being late.
- Absolutely NO talking
- NO CELL PHONES.
- Do not pack up early, the coach will tell you when you can leave.
- If you have class during study hall hours make sure coordinate another time to complete your study hall hours in advance.
- You may use your personal laptop or computers if we are in the library. No MySpace, Facebook or movie watching allowed.
- You may listen to music with headphones but make sure it is not distracting others.
- If study hall takes place individually in the softball office the same rules apply.

Study hall is an opportunity for you as student athletes to stay ahead of your class work. Please respect your teammates by being courteous and following the guidelines above. Violations of the guidelines will be noted at study hall and appropriate action will be taken at the following practice.

BEING PART OF A TEAM

BY: Richard Stratton, Ph.D.



What does it mean to be part of a team? It means you are part of a group who have come together to achieve the same goals. You are a piece of a puzzle. All of the pieces: you, your teammates, your coaches, and maybe even the parents of the team members must fit together to make the whole puzzle which is the team. While some coaches try to emphasize teamwork with the slogan "There is no I in Team" you should understand what they are trying to say. It is important that each member of the team have their own individual goals that they hope to achieve while playing the sport. But there are also goals the team as a group wants to achieve. All team members must be willing to adjust their personal goals to fit in with the team goals. Not everyone can be the leading scorer. There are starters and there are substitutes. I once coached a middle school basketball team that had seven players who were essentially equally skilled and could all be starters. Of course, only five could be starters in any one game. After the first game, one of the boys came up to me and said he was quitting the team because he did not get to start. I explained to him that only five of the seven best players could be starters in each game but that as the season went on, all seven would get to start the same number of games. I also pointed out that if he looked at how much playing time each of the seven was getting, he would realize that they all played about the same amount of time during the game. My point was that each member

of the team has an important contribution to make and that the team would only be as good as how hard everyone on the team did their particular job.

Being part of a team means helping your teammates whenever you can. Cooperation among all members of the team is very important. Jealousy of teammates has no place in sports. No matter how good you are there will always be someone who is better than you. You should admire those who are better than you and work even harder to bring your skills up to their level. You should see this as a challenge rather than something to be angry about. Being angry at a teammate will hurt your performance and will hurt the team's performance.

Finally, being part of a team means giving 100% all of the time. When people are part of a group they sometimes do what is called social loafing. This is where you give 100% when you play alone but less than 100% when you are part of a group. In essence, you slack off and expect others in the group to pick up part of your responsibilities. What would happen if everyone on the team did this? The team probably would not do too well. You are an equal partner on the team and must contribute your fair share of the effort, take your fair share of the credit for team successes, and your fair share of the blame for team failures. This is what it means to be part of a team.

THE 6 INCH PLAYING FIELD

THE 6-INCH PLAYING FIELD - is the part of the ball field that is between the player's ears...the brain. Arguably, about 90-95% of the game takes place in this relatively small area, yet it is the most difficult part of this game to master. This is THE KEY component of this game. The only thing a player can control in this game is how they are going to respond to a situation. Everything else is at least partially up to chance. Knowing, expecting and recognizing the situation is where the 6-inch playing field comes into play. Mastery of this 6-inch playing field is the single most important fundamental of the game and is often left out completely. Mastering this small area includes, but is not limited to, knowing what to do with the ball, admitting mistakes/errors and shaking them off, concentrating not on hits, but Quality At-Bats, visualizing success, focusing and playing this game ONE PITCH AT A TIME.

ONE PITCH AT A TIME - Softball, like baseball, is one of the few games in the world that is designed for failure. After all, the best hitters in baseball hope to fail only 7 of 10 times at the plate. Constantly dealing with failure, be it offense or defense is frustrating. The only way to combat the feeling of failure is to focus on the positive. Quality-At-Bats will generate hits. Concentration on the current situation coupled with visualization and focus will generate the necessary defense. This game is played ONE PITCH AT A TIME no matter what else happens.

WILDCAT TEAM OFFENSIVE PHILOSOPHY

1. See the ball well: "THINK BALL"
2. Be aggressive at bat; "I'll see the ball well, I'll get my pitch to hit, and I'll hit the ball hard."
3. Control the bat with your eyes.
4. Use positive thoughts and positive self talk.
5. Self coaching; make adjustments.
6. Know YOUR optimal energy level and maintain it; relaxation vs. tension.
7. Concentration –the most powerful performance skill.
8. See the big picture – perspective.
9. Be responsible and accountable.
10. Use batting practice or it will use you!
11. Results, "stats," cannot be controlled, trust in your preparation and talent.
12. Work at being confident: discipline and body language. "Risks make you rise, fear will make you fall."
13. Be an athlete!

WILDCAT TEAM DEFENSIVE PHILOSOPHY

“WORK HARDER THAN THE SOFTBALL”

WORK game speed and you will **PERFORM** at game speed

Take advantage of every opportunity to **LEARN** the playing surface

Anticipate & communicate your OPTIONS before the pitch

Step-in to every contact, “get something in the ground,” and ATTACK

Put PRESSURE on runners, hitters, coaches.” (MAKE YOUR PRESENT FELT)

Ask yourself, “How far can I get AROUND/ BEHIND the softball?” (Rhythm=Momentum)

Be a VOCAL leader. (Options, positioning, “Ball” calls, relays and reinforcement)

1. Make the routine play.
2. Anticipate a play before it happens, know your options.
3. To be great on defense you must work hard at it in practice.
4. Catchers are the puppet masters of this game. Without catchers controlling what happens chaos can occur.
5. Championships are won with defense

This game is won and lost in the dirt and in the grass. Winning or losing a game often comes down to a play or two ‘in the dirt’ or ‘in the grass.’ Once you reach a certain age group, everyone can catch a ball thrown or hit right to them. The game-breakers are the tough-to-handle balls..the balls hit or thrown in the dirt that have to be stopped....the hits that cause the outfield or infield to get dirty and give the additional effort to keep the ball from getting by. Those are the plays that win games. Those are the plays that stop losses. Those are the plays that make uniforms dirty. We want to see dirty uniforms and smiling faces... satisfied with a job well done!

WILDCAT SOFTBALL

'Work Harder Than The Softball'

WORK game speed and you will PERFORM at game speed

Take advantage of every opportunity to LEARN the playing surface

Anticipate & communicate your OPTIONS before the pitch

Step-in to every contact, 'get something in the ground,' and ATTACK

Put PRESSURE on runners, hitters, coaches. (Make your presence felt)

Ask yourself, 'How far can I get AROUND the softball?'

(Rhythm = Momentum)

Be a VOCAL leader

(Options, positioning, 'Ball' calls, relays, and reinforcement)

Use your GLOVE & BODY to save runs and WIN games

WILDCAT SOFTBALL PRE-PITCH ROUTINE

Most fielders believe that you simply play to the hitter. In reality, you are playing FOUR main factors:

1. The Pitcher

- Each pitcher is different. Know your pitchers better than anyone else, and learn their “stuff.” Just like scouting an opposing pitcher, you should know if your pitcher has her stuff working today or not.

2. The Hitter

- We play teams in our league multiple times. Know their lineup: who’s hot, who’s not, who can run, who’s a bunt threat, who pulls, who goes the other way, etc. Don’t hesitate to check out the spray chart, or to look up stats online. Learn the other team’s hitting philosophy: 1st pitch hitters; contact with 2 strikes; hit and run aggressive.

3. The Situation

- ‘Communicate plays before they happen.’ Talking to your defense will help you get in the right spot at the right time. The situation consists of runners on base, inning, and score. Know the speed of the runners, and recognize the possibility of a bunt, hit and run, or what depth to play at.

4. The Pitch

- Hook up with our pitcher/ catcher to find out what they’ll be using for signs. Find out what they’ll be doing with a runner on 2nd. Your ‘cheat step’ will always be based on the pitch, but your positioning is already determined by the pitcher, hitter and situation.

THE PITCHER + THE HITTER + THE SITUATION + THE PITCH = ANTICIPATION

WILDCAT SOFTBALL

GROUNDBALL ESSENTIALS

'FIND THE ANGLE'

- The 1st step we take is the most important. It determines the aggressive angle that is needed to properly field the ground ball and puts us in a position to eventually gain momentum towards our target. Recognizing the right angle once contact is made crucial to getting into a fielding position. Think of your 1st step as a trigger. Crucial on a glove side groundball.

'WORK HARDER THAN THE SOFTBALL'

- Your success with fielding groundballs relies entirely on how hard you want to work between the 1st step and fielding the ball. Working harder than the baseball means attacking, getting around, and finding the 'focus' point. If we allow the ball too much time, it becomes the enemy.

'GAINING GROUND'

- Your hands are the trigger for gaining ground. Once your hands have made contact with the ball, cross step towards the target. Fundamentally, we want to step in front with our right leg on a cross step, but the big thing is getting comfortable with gaining ground.

'RAKE VS. GIVE'

- Any ball we get, should involve a rake. Any ball that gets us on our heels, or one we have to defend should involve some give. Remember, whether performing a rake or a give, we are only talking a split second of glove movement. Anything longer results in too much time spend with the ball in your glove.
- Long hops/ in-between hops require some give, whereas any short hop in any situation must be raked.

WILDCAT SOFTBALL



INFIELD DRILLS

INFIELD BOOKLET

WILDCAT SOFTBALL

12:1 PICKS

INDOOR/OUTDOOR

“For every 12 picks in practice, you get 1 in the game”

- 12 picks from all possible directions at your position

Need: Partner, 1 ball per group, softball

BUCKET PICKS

INDOOR/OUTDOOR

“Catch the short hop”

- 1x10 barehand
- 1x10 with glove

Need: Partner, softball

G.B. REACTION

INDOOR/OUTDOOR

- Round 1: 60 ft
- Round 2: 50 ft
- Round 3: 30 ft
- Round 4: 20 ft
- Round 5: 10 ft

Need: Bucket of balls, bat, cones for line distance

POSITION CATCH

INDOOR/OUTDOOR

Position-specific catch w/ partner; think of 4 different ways you throw from your position.

Example: double play feeds, on the run, field a bunt

- 4 rounds of 8 throws

Need: partner, softball

THROWING ARM LONG TOSS

INDOOR/OUTDOOR

Walk towards partner, throw off throwing arm foot, quick arm reaction with precision

- 10-20 throws at 40-60 ft

Need: Partner, softball

GROUND BALL CATCH

INDOOR/OUTDOOR

Dry field a ground ball, throw to a partner with accuracy, 1set of 5 for each round

- Round 1: Routine
- Round 2: Backhand
- Round 3: Forehand
- Round 4: Do-or-die

FOUR CORNER THROWING**INDOOR/OUTDOOR**

Split evenly between Home, 1st, 2nd and 3rd base. Thrower follows throw running

- Home > 2nd
- 2nd > 1st
- 1st > 3rd
- 3rd > Home

Need 1-2 balls, approximately 10 players, all four bases

NO LEGS; GROUND BALLS**INDOOR/OUTDOOR**

Infield on the grass, start on your knees

- Round 1: Field it
- Round 2: Get to your feet
- Round 3: Get to your feet, gain ground
- Round 4: Get to your feet, gain ground, throw

Need: softballs, person to roll and hit grounders

FIGHT TO YOUR RIGHT (BACKHANDS)**INDOOR/OUTDOOR**

"If you can't overstep" the softball, then backhand it

- Round 1: Easily get around
- Round 2: Fight to overstep
- Round 3: Backhand

Need: Partner, softball

GLOVE SIDE ANGLE**INDOOR/OUTDOOR**

"Your 1st step is the most important in fielding a glove side groundball"

- Round 1: 45 in
- Round 2: Lateral
- Round 3: 45 back

Need: Partner, softball

PICKLE DRILL**INDOOR/OUTDOOR**

"Ball-call with momentum forward; person receiving ball calls 'BALL'

- Round 1: Bare hand, wrist flick (arm up, no fake)
- Round 2: Glove
- Round 3: Glove w/ runner

Need: at least 6 players, Softball, runner

5-SQUARE**INDOOR/OUTDOOR**

Similar to 4-square, except you rotate to the spot you threw/flipped to. X4 per throw

- Round 1: Shoulder-Shoulder flip
- Round 2: Elbow flip
- Round 3: Right knee drop
- Round 4: Left knee drop

WILDCAT PITCHING PHILOSOPHY

Pitchers and catchers control the game. Our pitchers are aggressive, throw strikes and get ahead. Get ahead early (first or second pitch strikes), change speeds/ locations, and hit your spots. Your goal is to locate pitches, change speeds and force soft contact when the batter swings at any pitch thrown.

1. Elite pitcher is a consummate competitor!
2. Pitchers must love practice as much or more than the game.
3. Control, Control, Control.
4. Get ahead.
5. Be mentally tough, your emotions can control the game.
6. Practice is where the wins and losses will come from.
7. Know that you have an amazing defense behind you working for you every pitch.

COACH G PITCHING PHILOSOPHY

You are here for a reason, you know how to pitch and you have been successful at every level and we expect the same success here at CWU. I am not here to change you but to prepare and develop the physical and mental skills that you already have to be the best pitcher you can be and to help the team succeed at all levels. My expectations from you are high, they must be; we must maximize your performance so you can be successful both physically and mentally. My expectations are simple, maximize your effort and have a great positive attitude, negative attitudes destroy workouts and pitching performance in games. Do those things and together we will maximize your pitching talent. Commit to **every** pitch!

Terminology I will use:

POWER: Direct product of several components

- Leg stride/ leg drive
- Arm speed
- Wrist snap/ strength and sequencing

CONTROL: Direct product of:

- Body posture
- Spacing
- Alignment of the stride and arm circle
- Sequencing of the wrist snap

DECEPTION: #1 Job of the pitcher

- Minimize any telling cues to make each pitch delivery look the same
- Effective changing of speeds
- Creating movement in different planes

Two stages to throwing a pitch

1. Prepare to throw the pitch:

- a. Stance
- b. Set point
- c. Negative move or load
- d. Leg stride
- e. Pre-motion
- f. Circle start
- g. 1st qtr arm position
- h. Circle Peak
- i. Foot touch

2: Throwing the pitch

- a. spacing and sequencing
- 3rd qtr arm position and foot plant
- pre-release/ deceleration
- release/ snap
- Elbow release
- b. finish and follow through

COMMIT TO EVERY PITCH

CWU Pitcher's 2011 summer workout supplement

POWER

CONTROL

DECEPTION

These are the three principles we will focus on to prepare you for the 2012 season, and it starts in the summer. Each of you needs to come into fall ball ready to throw. We are going to take off running and not slow down till the 2012 season starts. My full attention and focus will be on preparing you to succeed and gain the confidence you need to make great pitches at the right time. To do this as a pitching coach, I need to know your strengths and weaknesses so I can help you get better in the off-season, preseason and season. We must be able to effectively communicate and that will be a focal point for me.

This summer, pitch, pitch and pitch some more, 3 to 4 times a week, focus on drills to improve movement, stamina, endurance and mental toughness. Every chance you get throw to batters or place obstacles in the box to simulate hitters. Work when you are tired. Below is a simple but very effective workout for the fingers/forearms, core and legs. Get distance running in and interval running, short bursts/sprints during a good paced distance run. When you arrive in the fall, you will be expected to run an 8 min 1.5 mile. You will be challenged both physically and mentally. "Emotionally, physically, mentally, come to the field prepared because if you don't, you're going to get beat."

1. Silly Putty hand exercises
 - a. Finger pinches
 - b. Pancake push
 - c. Wrist rotation
2. Lunge/Squat exercises (sets of 12-15)
 - a. Forward lunge
 - b. Split-squats
 - c. Step-ups
 - d. Pick-ups
 - e. Double and single leg bounds
3. Glute activation exercises (sets of 12-15)
 - a. Bridge
 - b. Single-leg bridge
 - c. HAER bridge
 - d. Fwd lunge with sky reach, side reach and rotational reach
4. RC complex (rotator cuff) (sets of 10)
 - a. Advanced shoulder matrix
 - b. Thera-band work

If it gets easy, increase the resistance in some way, call or text me with questions, 269.267.3111. Work hard and have fun!

WILDCATS

Catchers,

I hope you all are enjoying your summer! Before you know it, it will be the first day of fall practice. I'm really looking forward to this upcoming season. I have high expectations for you and for this team. With that said, you need to turn out in the fall prepared. I cannot emphasize enough, the importance of getting your legs under you and your arm conditioned before the new season begins. As of now, we have only three catchers and we are expecting 6-7 pitchers this fall, which means that catchers are going to be pulling double duties. Take the initiative this summer to get yourself in game-ready form. Don't show up in the fall thinking you should have done more to prepare. Step up and do what you need to do. This is the year we prove to our conference and our region that we belong in the national tournament.

Summer Workout

Follow through with the team work out and take extra time to emphasize on the following.

Lower Body:

- Stamina: Jogging, running, and biking. Weak legs make a weak catcher.
- Power and Explosiveness: Various squat routines, box jumps, stair workouts, sprint work, plyometric exercises.

Throwing:

- We are jumping right into full speed practice, so conditioning your arm is vital for you to stay competitive and healthy. Warm up before you throw full and cool down and ice after. I'm not looking for catchers with rocket arms; I'm looking for catchers with accurate and consistent throws.
- Work on ALL throws; steals to 2nd, steals to 3rd, picks to 1st, 2nd, and 3rd. Execute throws from your squat up into your throwing position.

This is a new part of our catching program. My expectations for this catching staff are outlined below. The Wildcat Catchers' Code consists of five separate points of emphasis that can be achieved with effort, dedication, and focus. It takes no physical ability or athletic talent to follow these guidelines.

Wildcat Catchers' Code

As a catcher, I will...

- Work harder and put in more time than any other position player.
- Be a student of the game. I will study my situations, pitchers, teammates, and opponents; and communicate what I know effectively.
- Sacrifice my body to keep the ball in front, get the out, and to pick up my teammates.
- Be accountable for myself, my actions, and my teammates.
- Be tough!

WILDCAT WANTS

Self Evaluation and Goal Sheet

FALL QUARTER

1. Why are you here, why have you decided to play softball for CWU this year, what do you want to get out of this experience?
2. What do you fear the most about this season?
3. What short term goals do you have for the fall season? In other words, what specific areas do you feel you need to improve or work on to be game ready?
 - **3 offensive goals**
 - **3 defensive goals**

(Short Term Goal Example: I will keep my front shoulder in when I hit and generate my swing from my back side. I will have my hitting partner watch my mechanics and tell coach to come watch me.)
4. What long term goals do you have for this season, what do you want to have accomplished individually by the time it's over. **Make at least 3 of these!**

You should post both short term and long term goals so that they are in front of your face on a daily basis, where will you have your goals so that you can see them every morning before your day begins or before practice begins. You should change you goals as you achieve them, keeping them updated for that portion of the season. Goals should be very specific and the outcome of them should be measurable. In other words you need to have a way in which you can evaluate when, how you have accomplished them. When you have finished this worksheet please arrange a time to sit down with Coach Holtman to discuss goals. As each portion of our season approaches meetings will be set with players to set new goals.

WILDCAT WANTS

Self Evaluation and Goal Sheet

WINTER QUARTER

1. What short term goals do you have for the winter season? In other words, what specific areas do you feel you need to improve or work on to be game ready?

- **3 offensive goals**
- **3 defensive goals**
- **2 conditioning goals**

(Short Term Goal Example: I will keep my front shoulder in when I hit and generate my swing from my back side. I will have my hitting partner watch my mechanics and tell coach to come watch me.)

2. What long term goals do you have for this season, what do you want to have accomplished individually by the time it's over. **(Fill this portion out if it has changed from the fall season)**

3. Academic Goal

WILDCAT WANTS

Self Evaluation and Goal Sheet

SPRING QUARTER

1. What short term goals do you have for the weeks fall season? In other words, what specific areas do you feel you need to improve or work on to be game ready?

- **3 offensive goals**
- **3 defensive goals**

(Short Term Goal Example: I will keep my front shoulder in when I hit and generate my swing from my back side. I will have my hitting partner watch my mechanics and tell coach to come watch me.)

2. What long term goals do you have for this season, what do you want to have accomplished individually by the time it's over. **Make at least 3 of these!**

3. Academic Goal

WILDCAT SOFTBALL TEAM GOALS

FALL

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."

BABE RUTH

- Offensive Team Goals
- Defensive Team Goals
- Pitching and Catching Goals
- Team Cohesion Goals
- Academic Goals
- Misc. Goals

WILDCAT SOFTBALL TEAM GOALS

WINTER

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."

BABE RUTH

- Offensive Team Goals
- Defensive Team Goals
- Pitching and Catching Goals
- Team Cohesion Goals
- Academic Goals
- Misc. Goals

WILDCAT SOFTBALL TEAM GOALS

SPRING

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."

BABE RUTH

- Offensive Team Goals
- Defensive Team Goals
- Pitching and Catching Goals
- Team Cohesion Goals
- Academic Goals
- Misc. Goals

WILDCAT SOFTBALL NUTRITION GUIDELINES

Nutrition Guidelines

Commitment to the following guidelines while in season will promote a healthy lifestyle and help maintain a high level of play.

We will eliminate carbonated and high sugar drinks for our diet.

Ex: instead of pop drink water, Gatorade, milk or protein shakes.

We will eliminate fried foods from our diet.

Bacon, fries, chicken strips, chips, onion rings, donuts, fish sticks

Ex; instead of fries get a side salad. Instead of fried chicken order grilled, eat baked chips.

Stay hydrated

Pre-exercise: drink 1 to 1 ½ cups of fluid within an hour of practice

During exercise: drink 1 cup of fluid every 20 minutes

After workout: drink 2 to 2 ½ cups of fluid for every pound lost

Eat breakfast

Smart choices: fruit, oatmeal, English muffins, yogurt, energy bars, or smoothies.

Stay well rested

Be careful to not over train and be sure that your athletic and fitness goals are conducive to the sport of softball. You are softball athletes while a member of this program.

Learn to monitor eating habits on your own

Follow these guidelines on the road and at home.

The coaching staff does not want to be food monitors we ask that you do this for your TEAM. You will have a higher productivity, be more alert and feeding your body the nutrients it needs to perform at the highest level.

WILDCAT CONDITIONING

	1st	2nd	3rd	4th	5th	6th	7th	8th
Campus Run								

	1st	2nd	3rd	4th	5th	6th	7th	8th
NGU's								

BASERUNNING

	1st	2nd	3rd	4th	5th	6th	7th	8th
Home-1st								

	1st	2nd	3rd	4th	5th	6th	7th	8th
Home-Home								

This worksheet is to be filled out whenever we do one of the above conditioning exercises for time. Coaches will tell you to either bring your handbook to practice that day or to go home following practice and enter your times.

This spreadsheet is for you as an athlete to see how you are improving as the season goes on and to be used as a tool to push yourself each time.

STRENGTH, CONDITIONING, AGILITIES

CHEST
DB Press
DB Incline Press
DB Flys
Pushups
Depth Pushups
SHOULDERS
DB Overhead Press
DB 3 Way Raise
DB Shrug
Bar Upright Rows
Rotator Cuff Exercises
Bar Overhead Press
LEGS
Squat (parallel)
Leg Press
Straight Leg Dead Lift
DB lunges side/ front
DB step ups
BACK
Cable Pull downs wide/narrow
DB Bent over Rows
Seated Cable Rows
Back Extensions
TRICEPS
Cable Press downs
DB Overhead Extension
DB Kickbacks
Bench Dips

BICEPS
DB Curls
DB Hammer Curls
Bar Reverse Curls
TOTAL BODY
Overhead Press
Power Clean
STABILIZATION TOOLS
Swiss Ball
Single Leg
Single Arm
DISTANCE RUNNING
Incline Hill Runs
2+ Mile Jog
800-1600 meter sprints
SPRING CONDITIONING
Bases (game situation)
20 yard sprints
100 meter sprints
200 meter sprints
400 meter sprints
ABDOMINAL WORKOUT
Crunches
Russian Twist
Medicine Ball Work
Leg Lifts
Reverse Crunch

AGILITIES

- 20 yards (60 ft)
- Down and back = 1 set
- Do 2 sets of each exercise
- 10-15 second break between exercises
 - High Knees
 - Butt kicks
 - Dog over bush
 - Reverse dog over bush
 - High skips
 - High knee karaoke
 - Tin soldiers
 - Lateral shuffle right
 - Lateral shuffle left
 - Back pedal
 - Quick feet karaoke
 - Sprint

CORE WORKOUT

- Workout #1
 - Flutter kicks (1 minute)
 - Push ups (10)
 - Side crunches right side (50 reps)
 - Side crunches left side (50 reps)
 - Push ups (10 reps)
 - Scissor kicks (50 reps)
 - Push ups (10 reps)
 - Russian twist (50 reps)
 - Planks (1 minute)
- Workout #2
 - 50/50/50 (crunches with feet on ground, feet off ground, feet to sky)
 - Push ups (10 reps)
 - Heel taps (50 reps)
 - Push ups (10 reps)
 - Reverse crunch (30 reps)
 - Russian twists (30 reps)
 - Planks (1 minute)
 - Push ups (10 reps)

WILDCAT SOFTBALL HIT-A-THON FUNDRAISER

This is the 5th annual Wildcat Softball Hit-A-Thon fundraiser. This money goes directly to the softball program and back to you as athletes. These funds are helped to pay for equipment, travel expenses, uniforms, and other budgetary expenditures over the course of the year. Every team member will be responsible for getting 20 sponsors. Based on the percentage of money brought in by each team member, they will be discounted according to their practice/ warm up gear orders.

HIT-A-THON: 100 INNING GAME

- The game will be played _____
- The squad will be split into two teams
- You will hit off machine, front toss, or tees
- Each team will bat 10 innings at a time while the opposing team fields
- After 3 outs bases clear and new inning starts
- Score is kept
- WILD AND CRAZY OUTFITS ARE MANDATORY

GUIDELINES FOR THE FUNDRAISER

- Each team member is responsible for 20 sponsors
- Suggestions on sponsors: Alumni, relatives, family friends, former coaches and teachers, hometown and local businesses and boosters, or co-workers.
- For each sponsor you will need to fill out the form with full name, mailing address and phone number (written legible)
- Sponsor sheets due _____.
- A sponsor has two ways to donate:
 - Flat donation (ex; \$20)
 - Donation per inning (ex; \$0.25 per inning totaling \$25)
 - If donors would like donations can be taken ahead of time and information will be sent out after
- Following a collection of the sponsor sheets, each sponsor will be mailed an information packet which includes a thank you letter for their donation to the program, instruction on how to write out the donation, a pre-stamped envelope, and a spring game schedule.
- This year you will create a form like the one below in an excel spreadsheet and email it to me when complete to streamline the process.

2011 WILDCAT SOFTBALL HIT-A-THON

SPONSOR SHEET

Players Name: _____

Sponsor sheet due _____ before practice

	Sponsor Name	Street Address	City, State	Zip	Amount \$	Phone
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

WILDCAT SOFTBALL TEAM CREED

We exist outside this room as individuals, unique in the universe, each pursuing our own path. We recognize that those paths sometimes lead in very different directions.

Some among us are highly acclaimed in the athletic community; others are recognized for our academic endeavors; some are still searching out their niche in this world.

*Our motivations for being here may differ greatly, but each of us **CHOSE** to be here, and each of us **WAS CHOSEN** to be here.*

We know what a team is:

- *A team consists of people who respect themselves and their teammates*
- *A team trusts*
- *A team pulls together no matter what*
- *A team shares victory as a unit, without egomania; conversely a team shares defeat without blame or excuses*
- *A team understands that only their best effort is good enough*
- *A team works at each practice as they will in actual contests*
- *A team prepares mentally, as well as physically*
- *A team understands that diversity is strength*
- *A team knows that there is no success in fragmentation, only in unity*

*We must be a **TEAM**, for if we do not, success will elude us, and our efforts will be in vain.*

<u>Names</u>	<u>Phone #</u>
Kalie Basher	425-359-1185
Lindy Baxter	360-480-2537
Sarah Buskirk	360-621-3137
Elena Carter	360-584-2278
Molly Coppinger	360-801-5684
Adryan Delay	509-281-0067
Cassi Ellis	509-860-7597
Katie Focher	406-728-8165
Robyn Garing	360-301-2324
Eden Garza	509-331-3415
Maria Gau	206-399-9212
Jessica Harris	509-899-5043
Amanda Hopkins	206-612-0509
Sydnee Jerome	208-890-0749
Liz Jusko	425-359-3437
Dallas Maupin	253-347-7512
Nicoletta Payseno	206-300-5685
Jordan Scherer	360-880-9119
Jennifer Schwartz	509-939-8134
Kristina Sherriff	425-268-6974
Taryn Smith	360-584-7683
Kyleen Sweepe	206-948-0005
Bre Thomas	360-910-0004
Carrina Wagner	253-882-7359
Alicia Wagner	253-961-6990
Heidy Wells	253-335-7744
Natasha Wood	253-468-5352
Shelby Yasuda	206-422-1902
Jordan Zurfluh	360-508-5581

Mallory Holtman	509-637-0567	509-963-2129
Gary Frederick	509-929-0595	
Mike Garoutte	269-267-3111	
Kelli Spaulding	509-929-0016	

CENTRAL SOFTBALL
FOREARM ROUTINES
PICK 3

Finger tip push ups
Wrist roller pronated
Wrist roller supinated
Tennis ball squeeze
Reverse curl
Bar hang

CWU

CENTRAL SOFTBALL
Shoulder Routines
Pick 5

V-ups thumbs up
V-ups thumbs down
Front raises palm down
Front raises thumbs up
Front raises thumbs down
Side raises palms down
Side raises palms down
Side raises thumbs up
Side raises thumbs down



Day 1	7-Jul		14-Jul		21-Jul		28-Jul	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Power Clean	70% max	70% ×3	70% ×3		75% ×3		75% ×3	
Incline Bench		70% ×6	70% ×6		75% ×6		75% ×6	
Step Ups	6 each	25lbs	6 each	25lbs	6 each		6 each	25lbs
Rows	8 each		8 each		8 each		5 each	
Jump Pull Ups	3 × 10		3 ×10		3 ×12		3 ×12	
Shoulder Routine	6 each		6 each		6 each		6 each	

Day 2	9-Jul		16-Jul		23-Jul		30-Jul	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squat	65% ×10		65%×10		70%×10		70%×10	
Dips	3×10		3×10		3×12		3×12	
Lunges	3×10 each	5lbs	3×10 each	5lbs	3×12 each	7lbs	3×12 each	7lbs
Box Jump	3×15		3×15		3×20		3×20	
Forearm Routine	3×10		3×10		3×12		3×12	
Medicane Ball Throw	3×10	6lbs Ball	3×10	6lbs Ball	3×12	6lbs	3×12	6lbs

Day 3	11-Jul		18-Jul		25-Jul		1-Aug	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Power Clean	85% max	85%×4	85%×4		90%×3		90%×3	
Inverted Row	3×10		3×10		3×12		3×12	
Shoulder Routine	6 each		6 each		6 each		6 each	
Bench Jumps	2×20		2×20		2×25		2×25	
Wall Sit	1 min		1 min		1:30		1:30	
DB Military Press	3×10		3×10		3×12		3×12	

Day 1	4-Aug		11-Aug		18-Aug		25-Aug	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Power Clean	50%×8		50%×8		55%×8		60%×8	
Jump Lunges	10 each		10 each		12 each		12 each	
DB Bench	3×8		3×8		8,6,4		8,6,4	
3 Way Lunges	3×8		3×8		3×8		3×8	
Jump Pull Ups	3×10		3×10		3×10		3×10	
Shoulder Routine	6 each		6 each		6 each		6 each	

Day 2	6-Aug		13-Aug		20-Aug		27-Aug	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squat	80%×5		80%×5		85%×4		85%×4	
Dips	3×15		3×15		2×20		2×20	
Forearm Routine	3×10		3×10		3×12		3×12	
Incline Bench	80%×5		80%5		85%×4		85%×4	
Medicane Ball Throw	3×10	6lbs	3×10	6lbs	3×12	6lbs	3×12	6lbs
Bent Over Rows	2×8		2×8		2×10		2×10	

Day3	8-Aug		15-Aug		22-Aug		29-Aug	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Power Clean	90%max	90%×3	90%×3		85%×3		85%×3	
Step Ups	2×20	25lbs	2×20		2×25	25lbs	2×25	25lbs
3 Way Lunges	3×6		3×6		3×8		3×8	
DB Military Press	2×10		2×10		2×12		2×12	
Push Ups	2×12		2×12		2×15		2×15	
Inverted Rows	2×10		2×10		2×12		2×12	

WILDCAT DEFENSE



**BASIC STRATEGY
CUT SYSTEMS
BUNT COVERAGE**

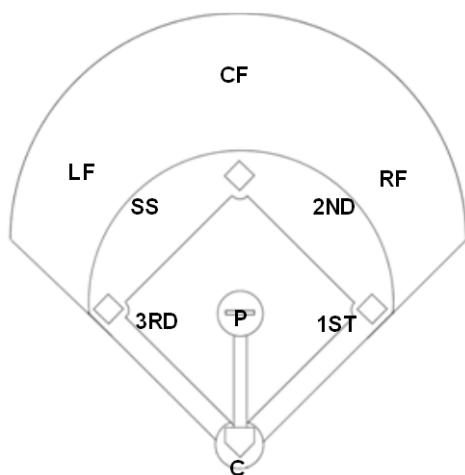
BASIC STRATEGY



The following pages outline our program's basic defensive strategies for common game situations. All players on the field have a specific role during every play of the game. Study each situation, not only the position you play but the entire scheme.

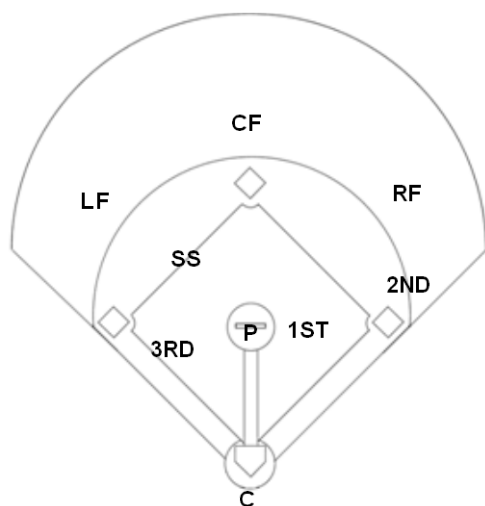
- Standard Defense
- Slap Defense
- Basic 1st and 3rd Positioning
- Bases Loaded Defenses

Basic Strategy



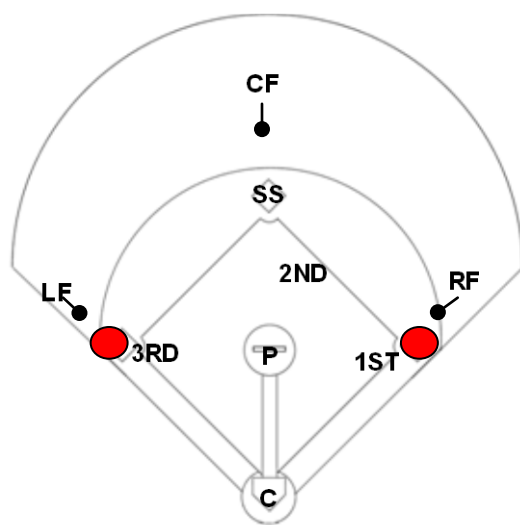
Standard Defense

- Corners play in front of the bags and just off the line.
- Middle infielders play behind the baseline and are positioned equally between the bases.
- The outfielders play at average depth in their respective areas.



Slap Defense

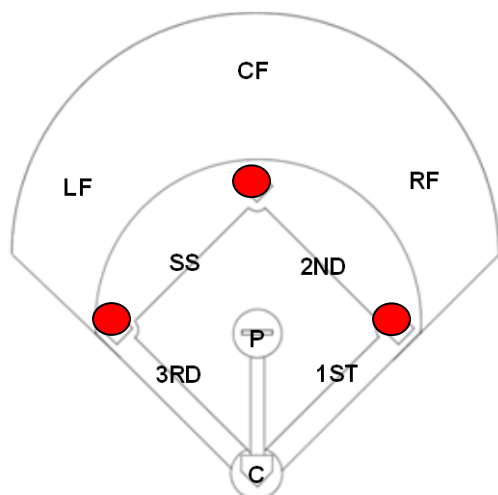
- Only when no runners are on base.
- 1st baseman moves in and over towards the circle.
- 2nd baseman moves over behind 1st base and will field all throws to 1st base.
- 3rd baseman moves forward and SS play in front of the baseline.
- The outfield positions themselves closer than usual to the infield.



Basic 1st and 3rd Positioning

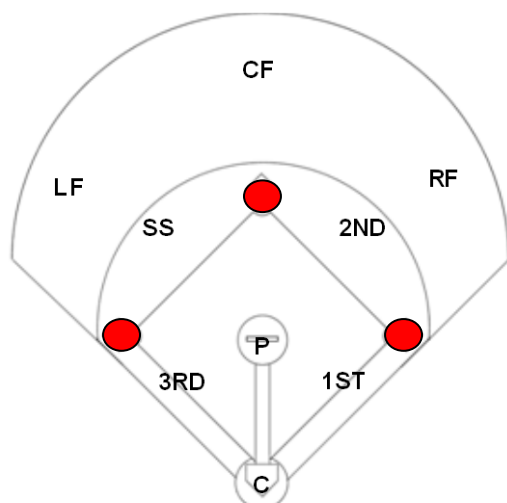
- After the pitch, corners drop back to their bases.
- SS covers 2nd base.
- 2nd baseman moves into a cut off position between 2nd base and the pitching circle.
- Outfielders back up their respective bases.

Bases Loaded Defenses



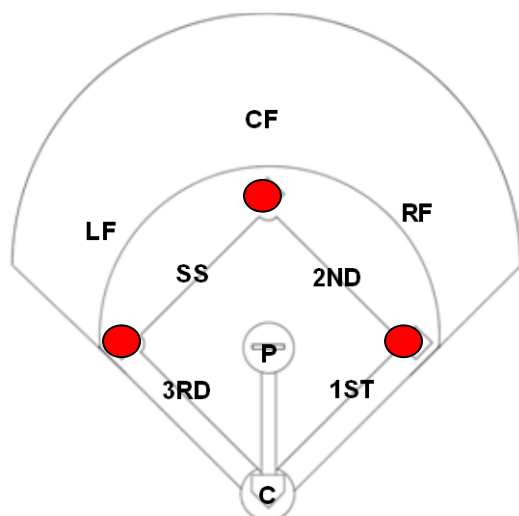
Situation #1

- **Objective: All infield positions are making the play at home.**
- Middles move inside the base path.
- Corners play in closer than normal.
- Outfielders are at regular depth.
- Catcher needs to make sure of the out at home, and if possible turn the double play to 1st base.



Situation #2

- **Objective: Middles get the out at 2nd base, corners and pitcher get the out at home.**
- Middles play at normal depth.
- Corners play in closer than normal.
- Outfielders play at normal depth and backup respective bases accordingly.



Situation #3

*Less than 2 outs

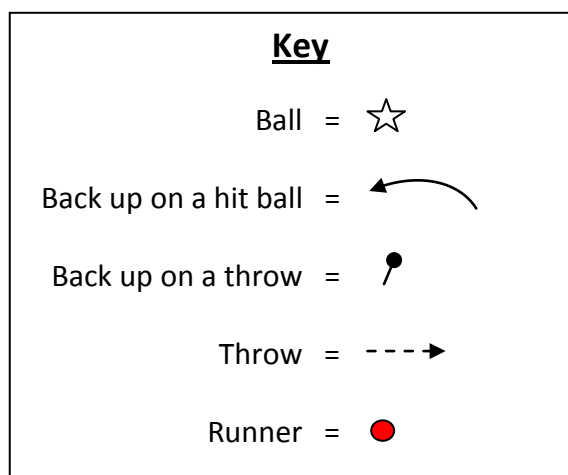
- **Objective: Do not let the runner on 3rd score.**
- Infielders play in and outfielders play at a depth they can throw out the runner tagging up at 3rd base.
- The play must be made at home, if the runner at 3rd scores, game over.

CUT SYSTEMS



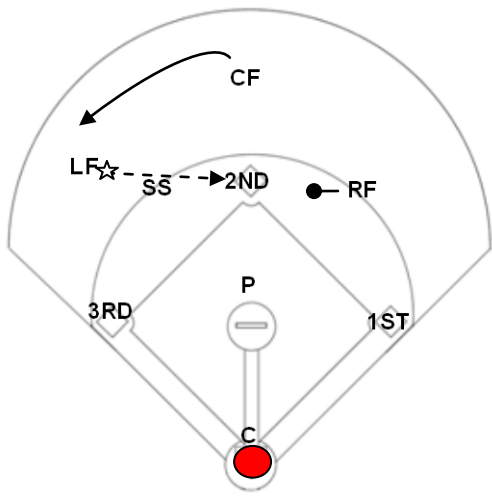
The following pages outline our program's cut system for game situations. All players on the field have a specific role during every play of the game. Study each situation, not only the position you play but the entire scheme.

- No Runners on Base
- Runners on First Base
- Runners on First and Second Base
- Runners on Second and Third Base
- Runners on First and Third Base
- Runners on First, Second, and Third

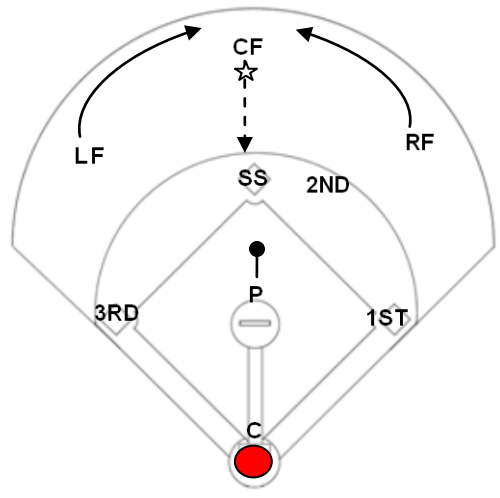


No Runners on Base

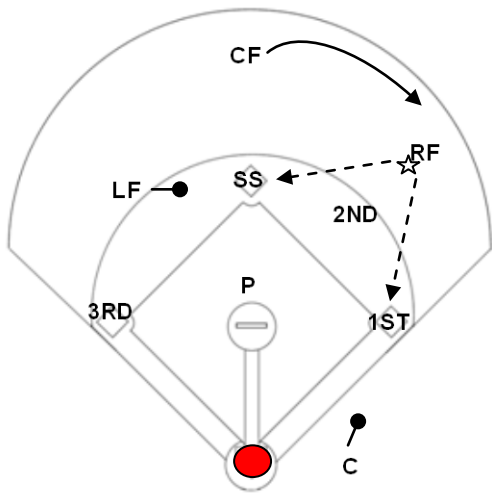
Single - Left Field



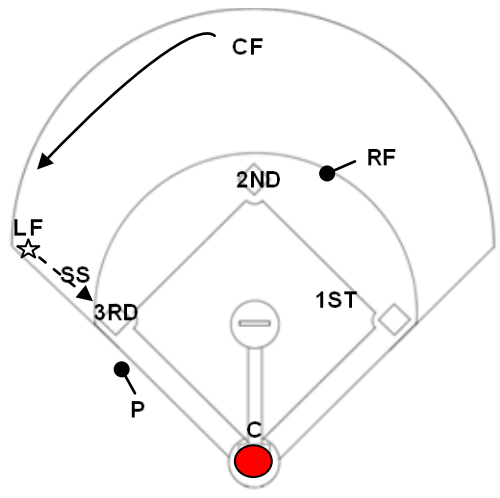
Single - Center Field



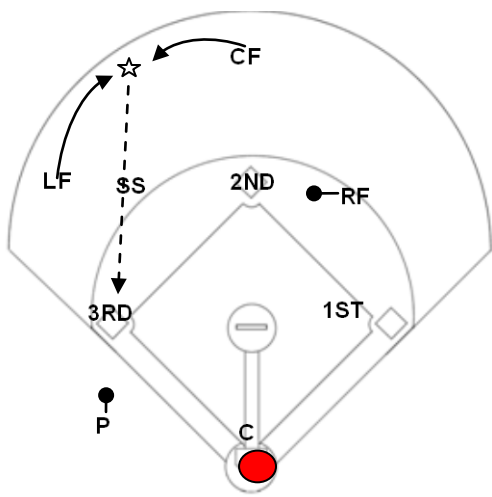
Single - Right Field



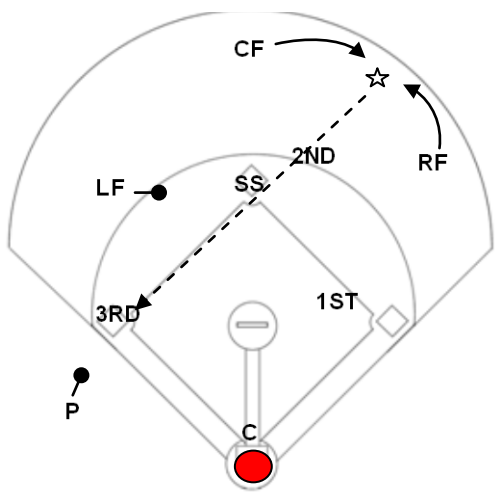
Double - Left Field Line



Double - Left/Center

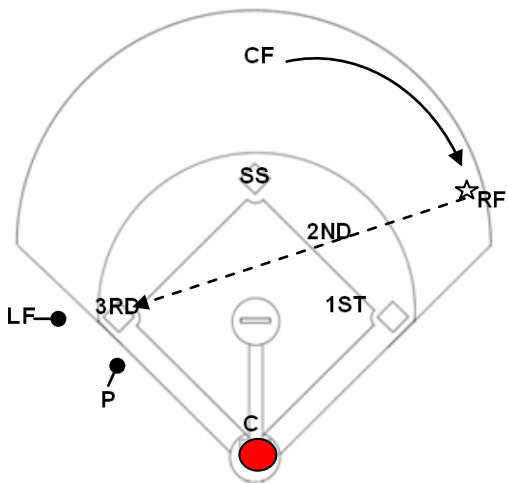


Double - Right/Center

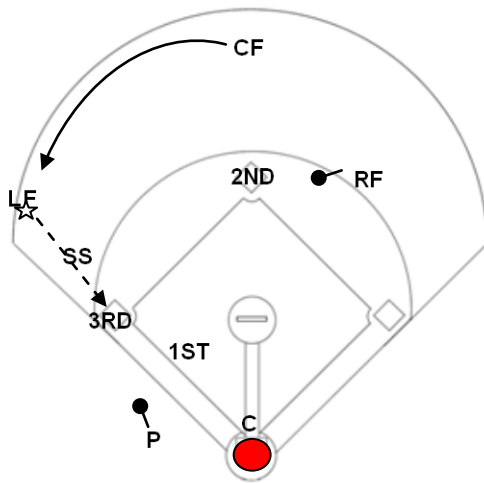


No Runners on Base

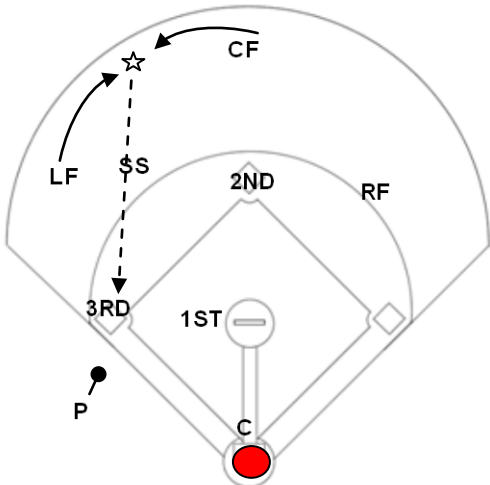
Double – Right Field Line



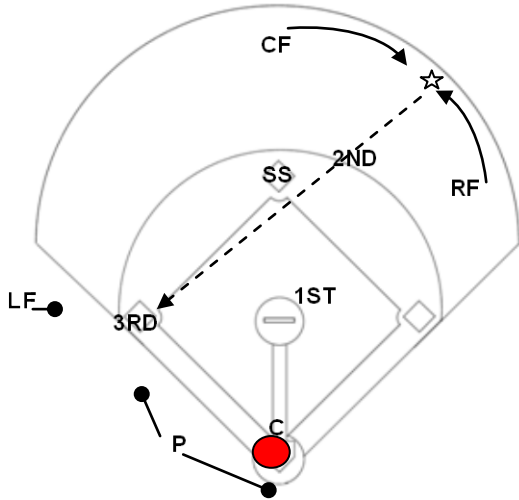
Triple – Left Field Line



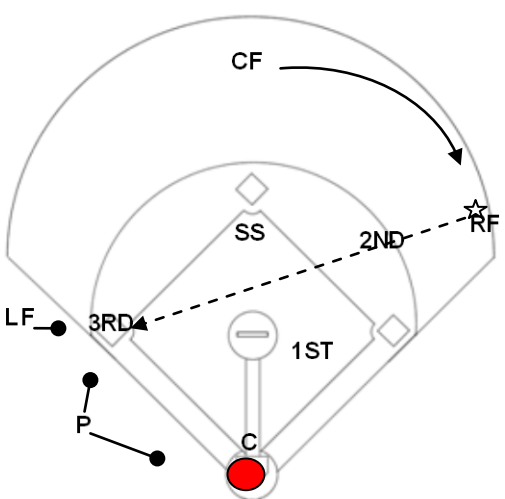
Triple – Left/Center



Triple – Right/Center

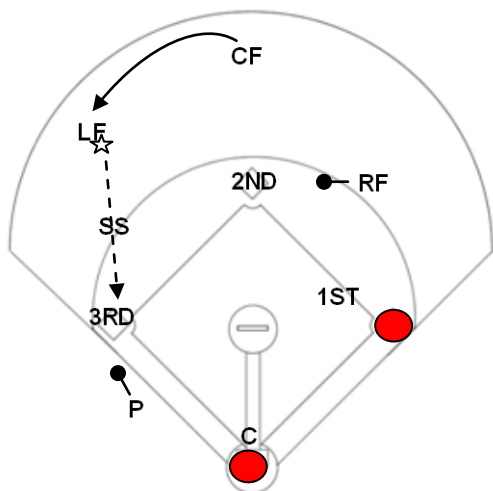


Triple – Right Field Line

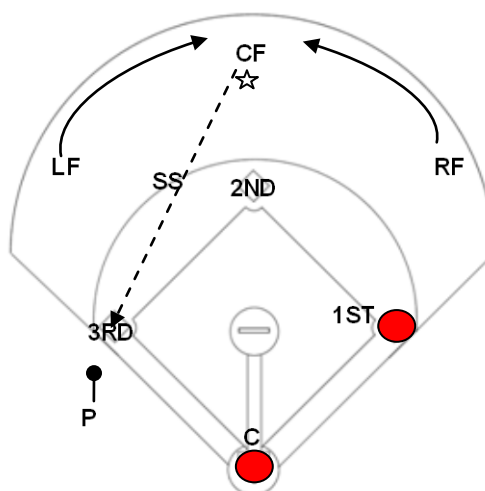


Runner on First Base

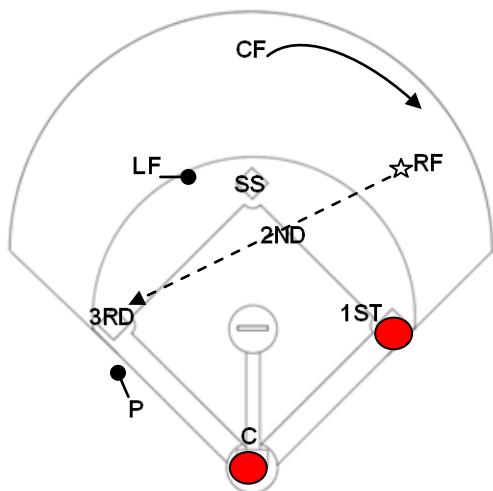
Single - Left Field



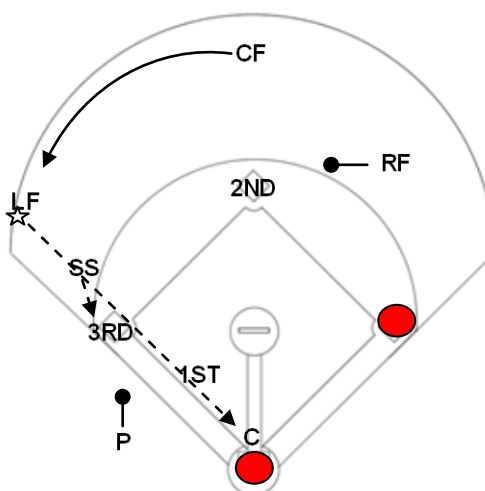
Single - Center Field



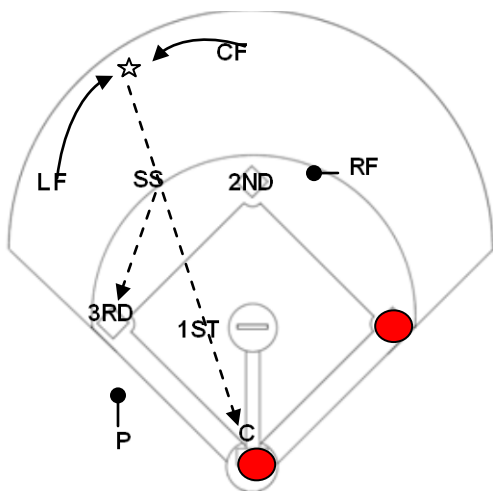
Single - Right Field



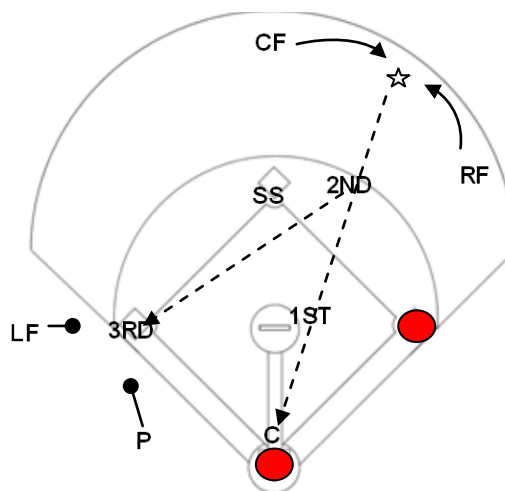
Double - Left Field Line



Double - Left/Center

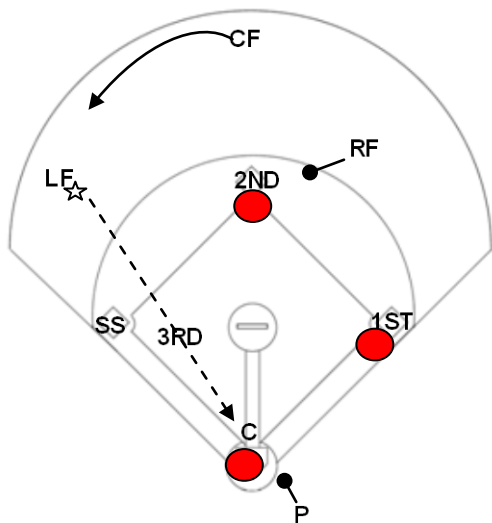


Double - Right/Center

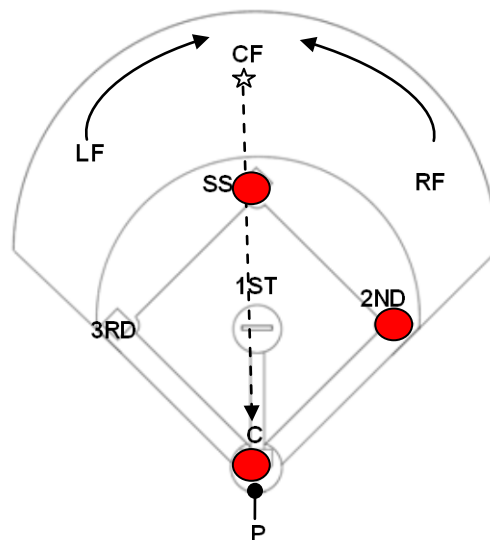


Runners on First and Second Base

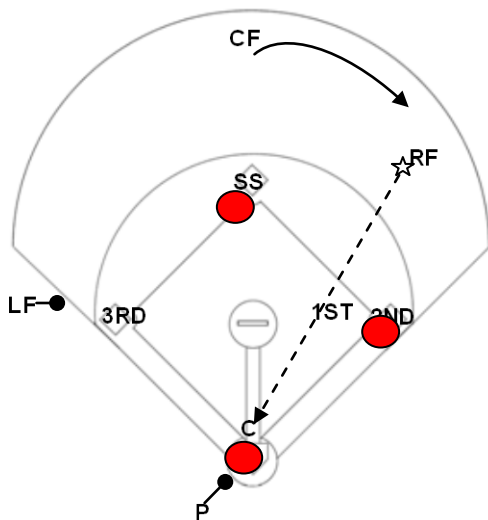
Single - Left Field



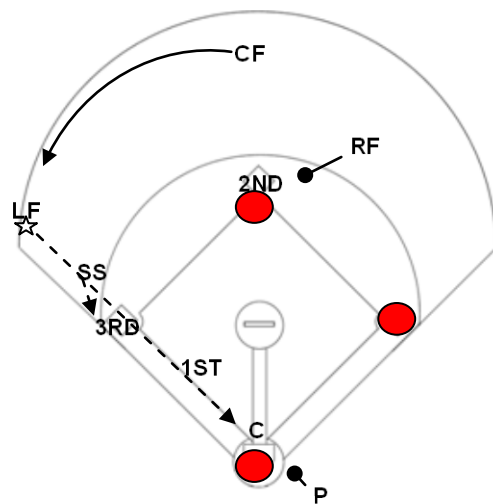
Single - Center Field



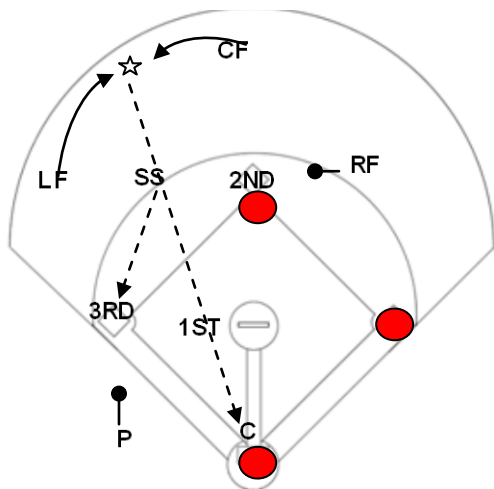
Single - Right Field



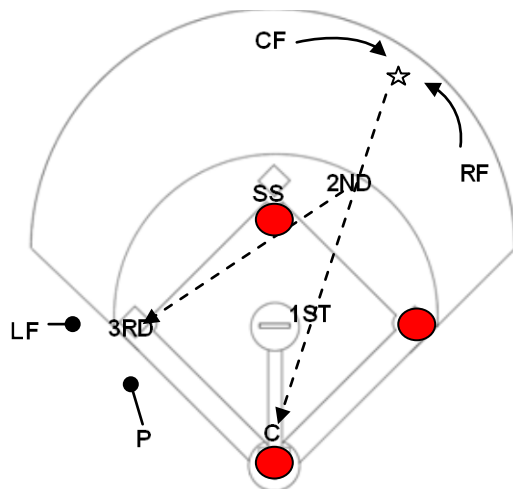
Double - Left Field Line



Double - Left/Center

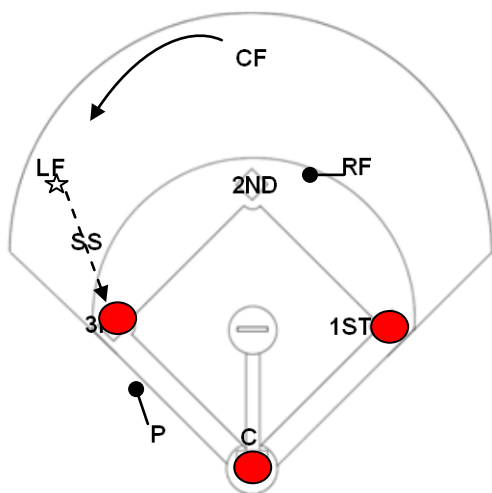


Double - Right/Center

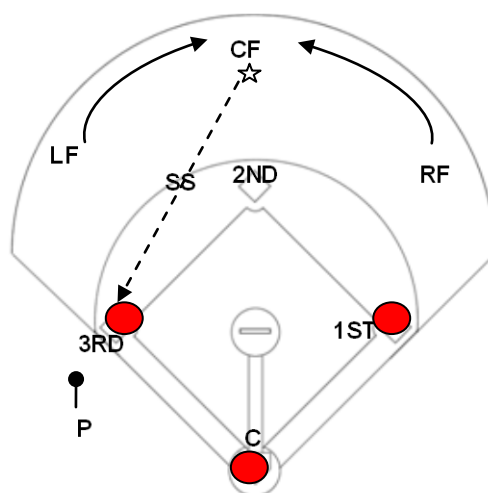


Runners on First and Third Base

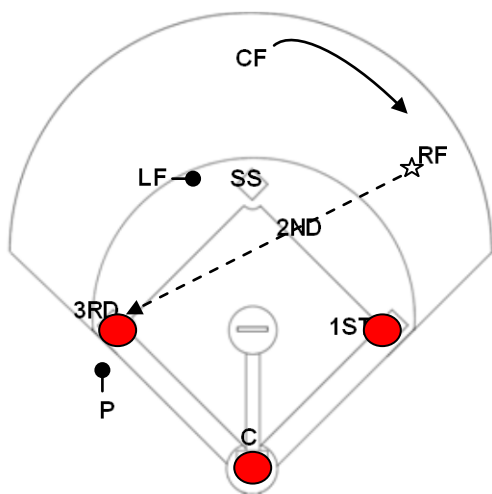
Single - Left Field



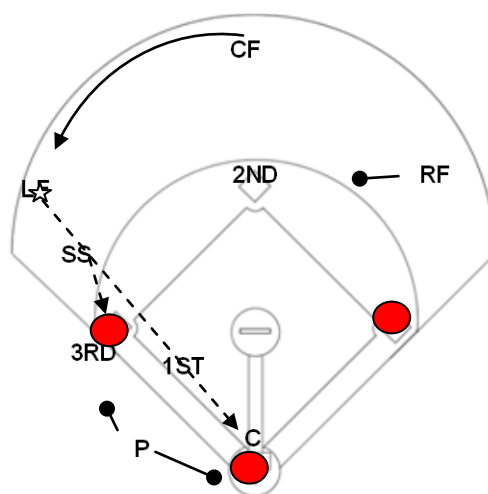
Single - Center Field



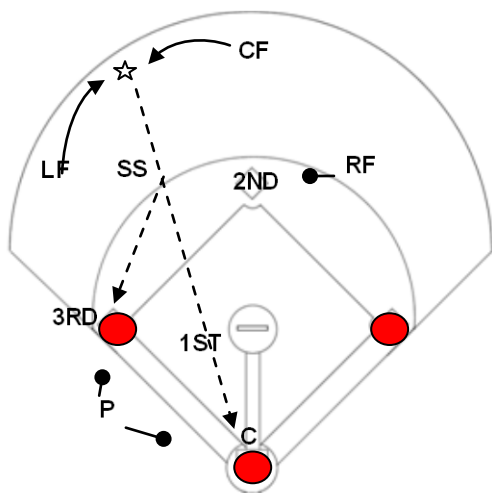
Single - Right Field



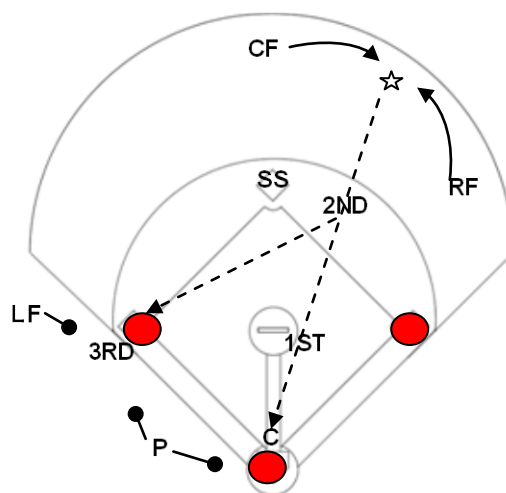
Double - Left Field Line



Double - Left/Center

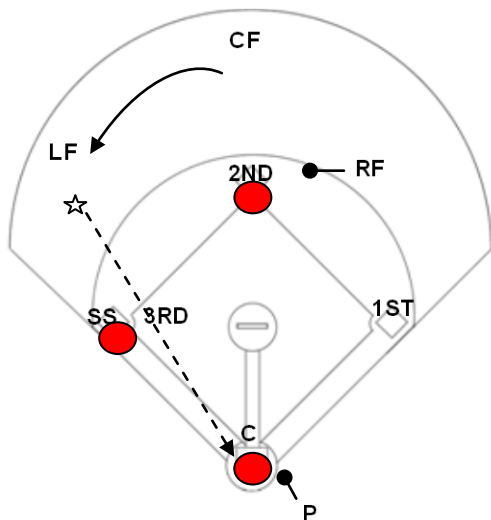


Double - Right/Center

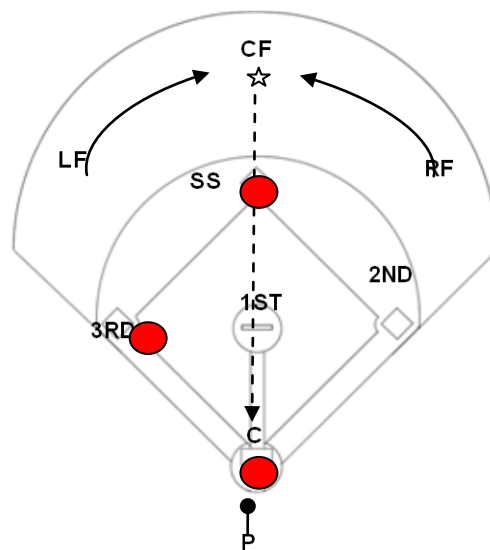


Runners on Second and Third Base

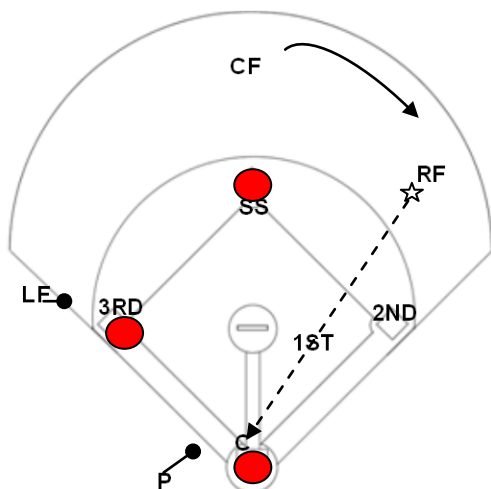
Single - Left Field



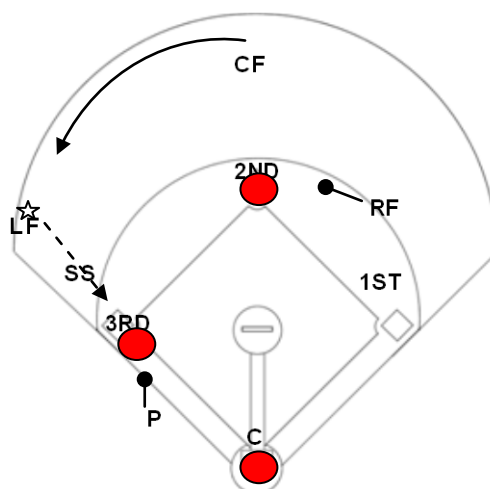
Single - Center Field



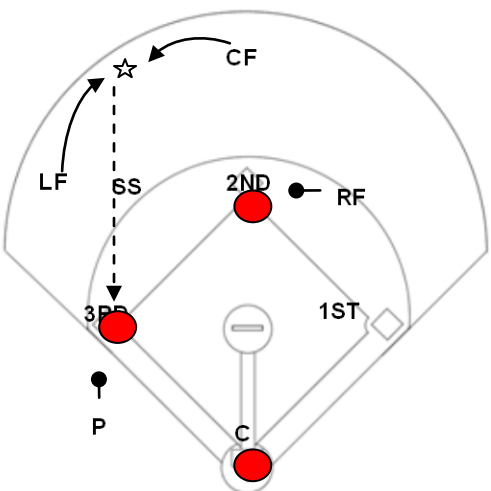
Single - Right Field



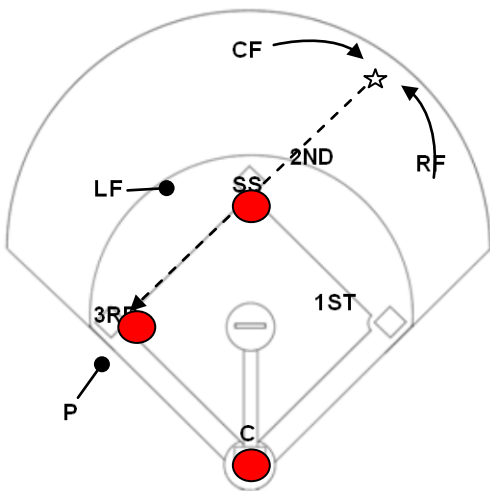
Double - Left Field Line



Double - Left/Center

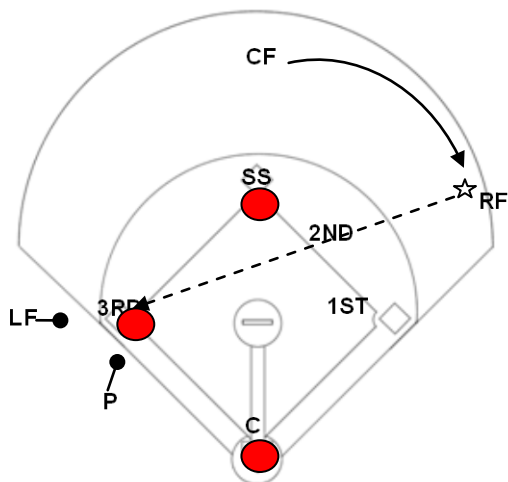


Double - Right/Center

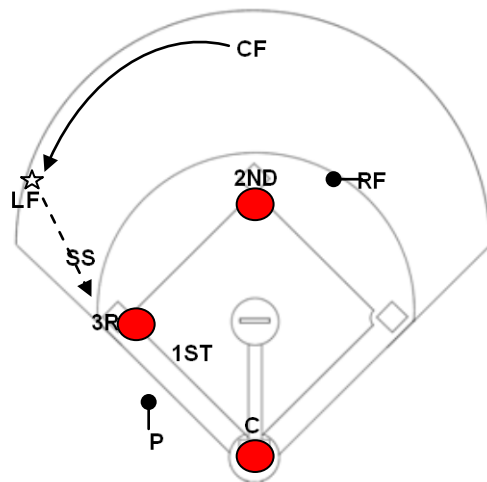


Runners on Second and Third Base

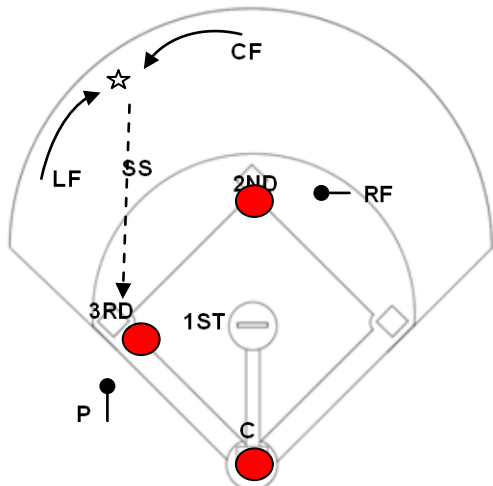
Double – Right Field Line



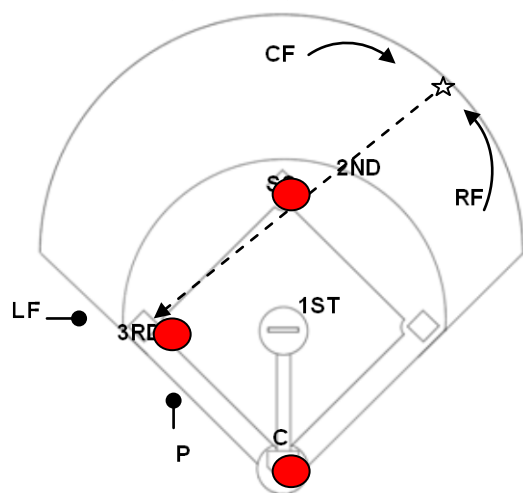
Triple – Left Field Line



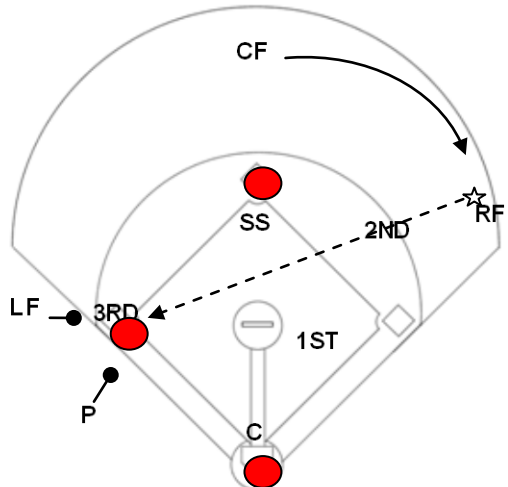
Triple – Left/Center



Triple – Right/Center

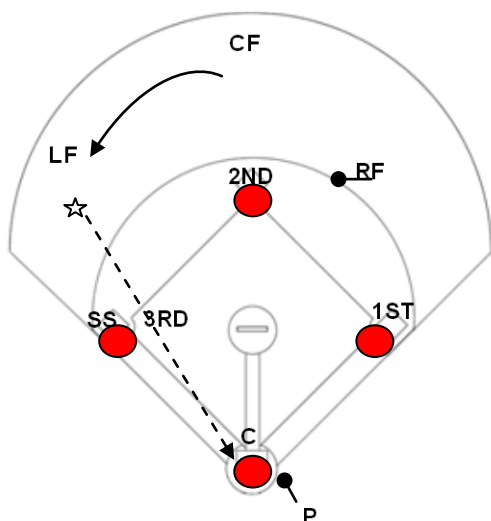


Triple – Right Field Line

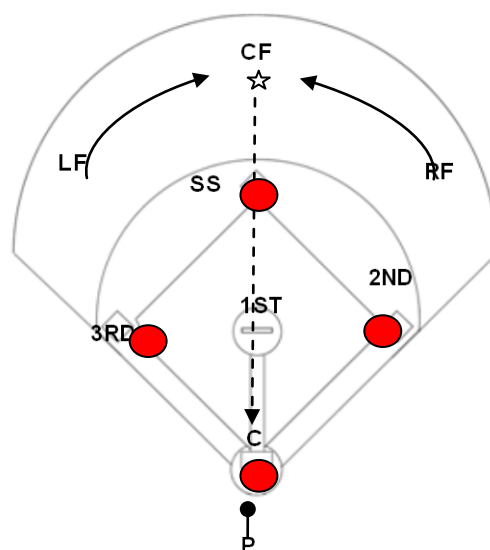


Runners on First, Second, and Third Base

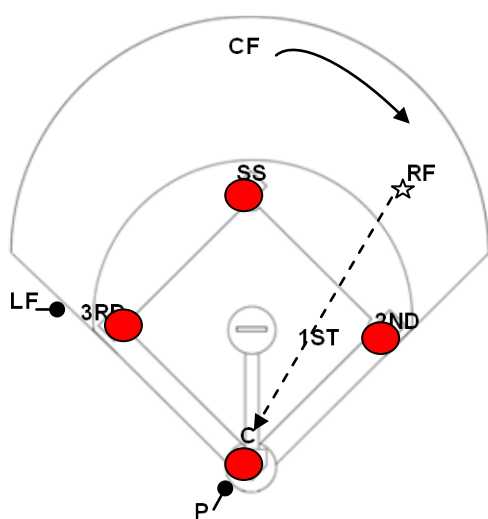
Single - Left Field



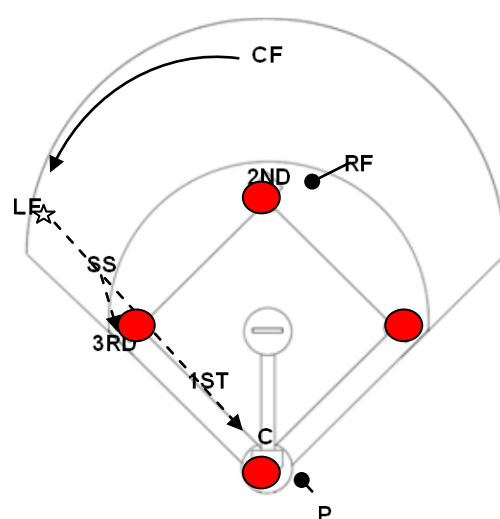
Single - Center Field



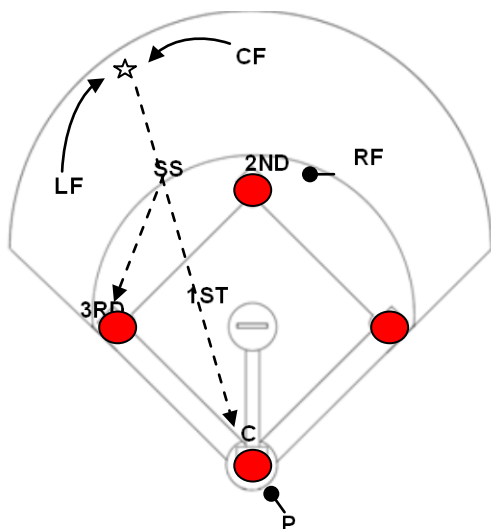
Single - Right Field



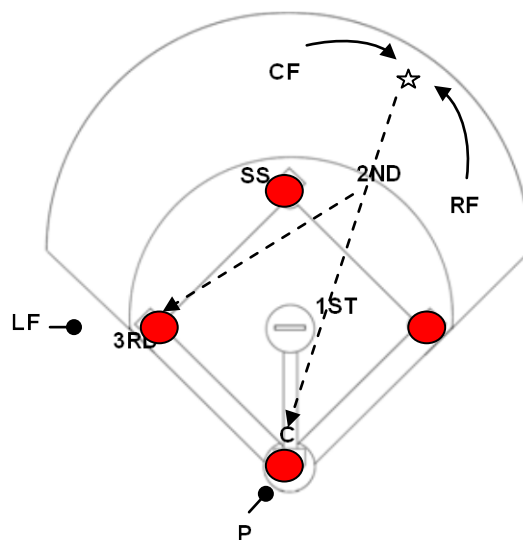
Double - Left Field Line



Double - Left/Center

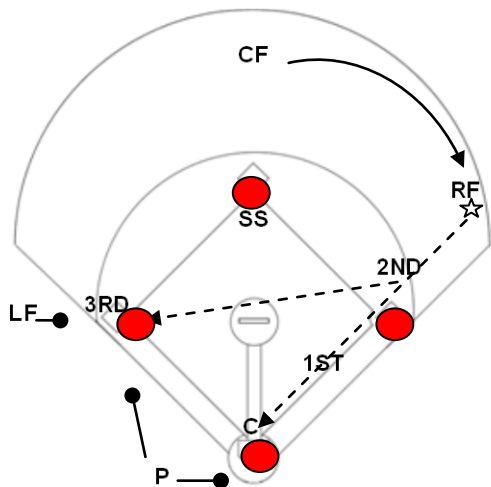


Double - Right/Center

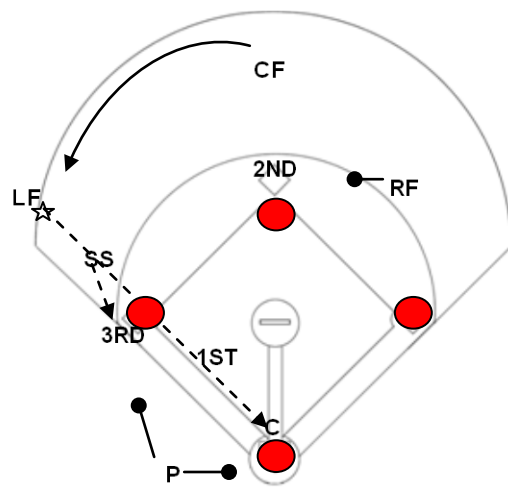


Runners on First, Second, and Third Base

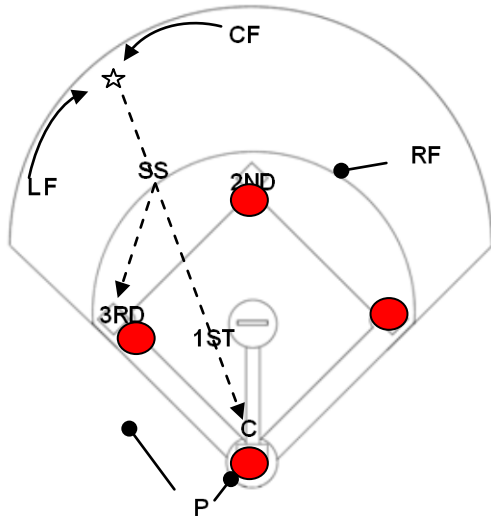
Double – Right Field Line



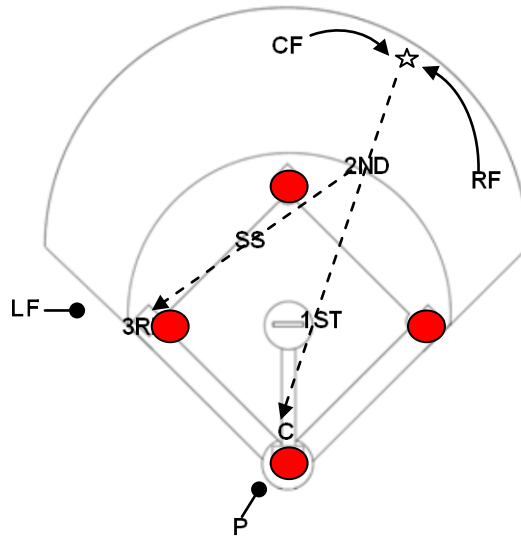
Triple – Left Field Line



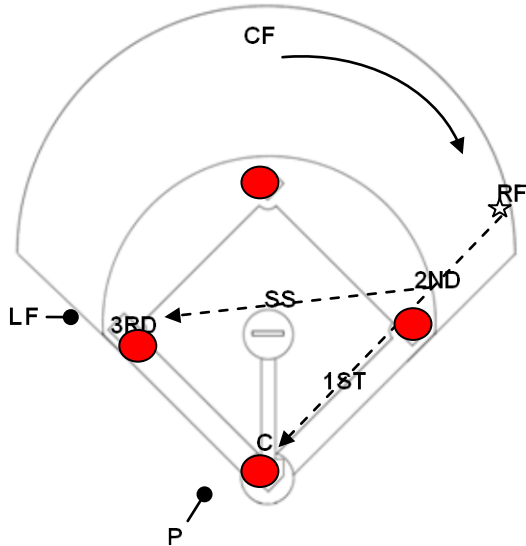
Triple – Left/Center



Triple – Right/Center



Triple – Right Field Line



BUNT COVERAGE

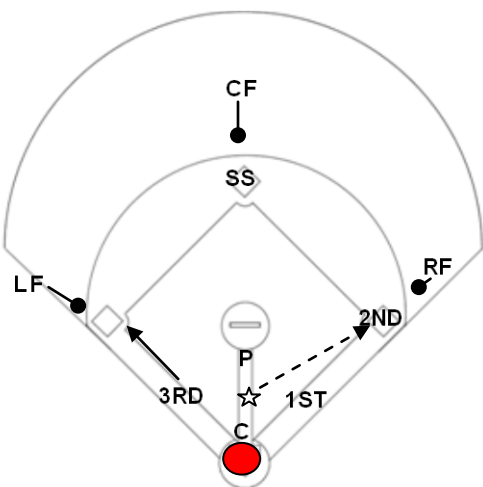


The following pages outline our program's bunt coverage for game situations. All players on the field have a specific role during every play of the game. Study each situation, not only the position you play but the entire scheme.

- No Runners on Base
- Runners on First Base
- Runners on First and Second Base
- Runners on Third or Second and Third Base
- Runners on First and Third Base

Bunt Coverage – No Runners on Base

1st, 3rd, P, or C Fielding

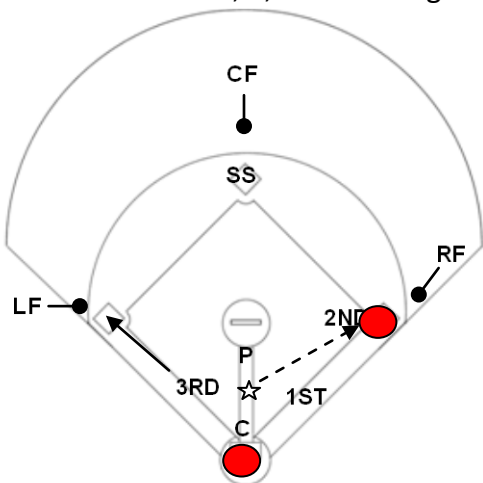


Bunt Coverage Basic
****No runners on base****

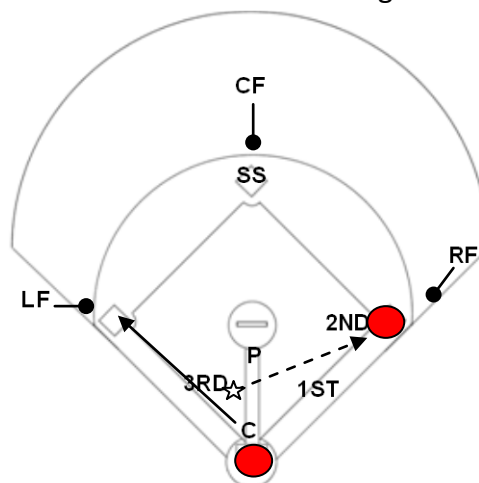
- Every player has an important role.
- Corners, P, and C are the primary fielders.
- 2nd baseman covers 1st base.
- 3rd baseman will crash in on the bunt, and then retreat to cover 3rd base after the ball has been fielded or they throw to first.
- The outfielders are backups to all bases.
- *Defensive positioning will change as the game situation changes, i.e. runners on base, inning, defensive objective, and score.*

Bunt Coverage – Runner on First Base

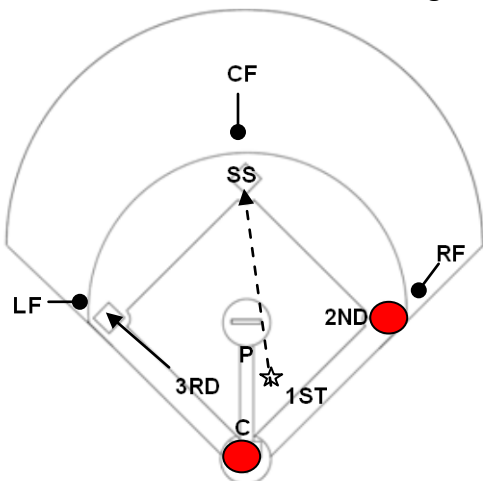
Slow Bunt – 1st, P, or C Fielding



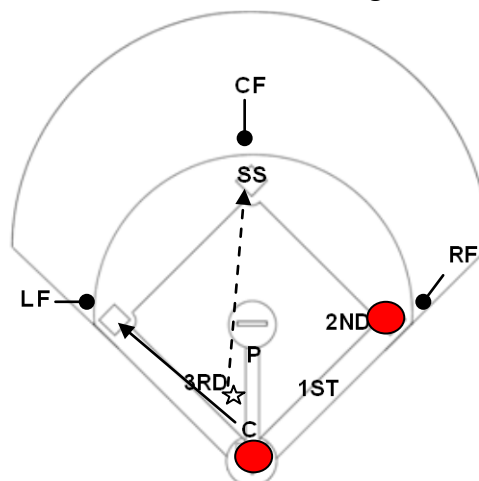
Slow Bunt – 3rd Fielding



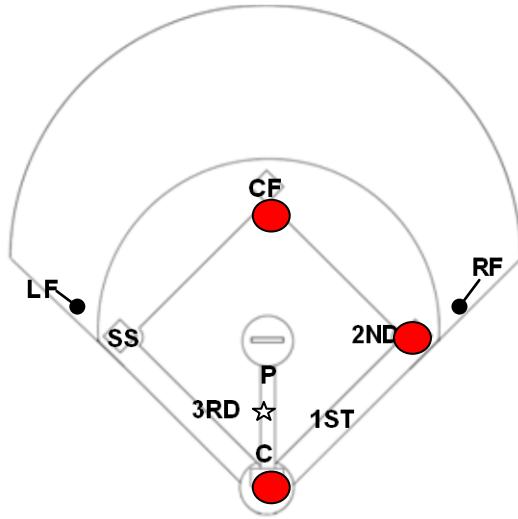
Hard Bunt – 1st, P, or C Fielding



Hard Bunt – 3rd Fielding

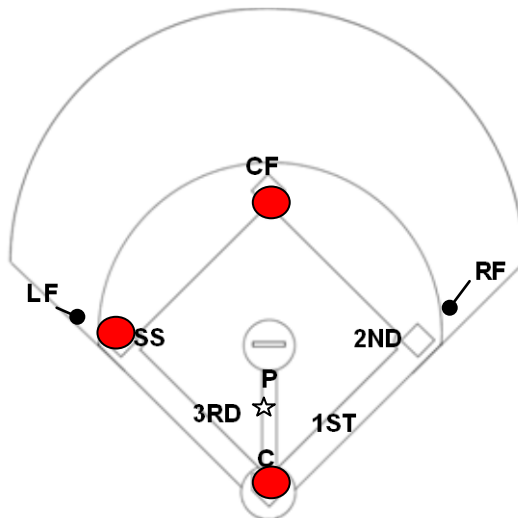


Bunt Coverage – Runners on First and Second Base



- Based on the speed of the bunt, the runners, and game situation; there are options to throw to any base
- Second baseman and SS will split the infield covering the corners, leaving 2nd base covered by center field.
- Be cautious on throws to 2nd base because there is no backup for an over throw.

Bunt Coverage – Runners on Third or Second and Third



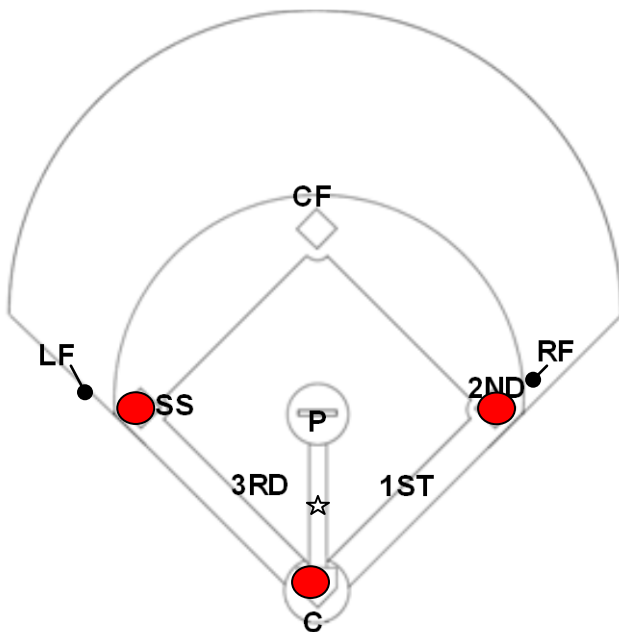
- Possible squeeze situation.
- ***Our priority is to stop the runner from scoring.***
- Second baseman and SS will cover the corners and CF will cover 2nd base.
- If the runner breaks on the pitch, the immediate play is at home.
- If the runner on 3rd does not break home, the fielder will look and hold the runner at 3rd and make the throw to first base.
- After the throw to 1st base, the catcher and 2nd baseman need to anticipate the throw back to the plate.

Bunt Coverage – Runners on First and Third

- We have to assume we are dropping into our normal 1st / 3rd defense until the batter shows bunt.
- If the batter squares around to bunt, corners crash, 2nd baseman covers 1st base, and outfielders move into their backup positions.
- The short stop has to wait to see if the ball is bunted before they commit to a position.

IF THE BALL *IS* BUNTED

- ***Our priority is to stop the runner from scoring.***
- Corners, P, and C crash on the ball.
- SS breaks over to cover 3rd base.
- 2nd baseman covers 1st base.
- CF comes in and covers 2nd base.



IF THE BALL *IS NOT* BUNTED

- SS breaks over to 2nd base.
- 3rd baseman drops back hard to the base.
- ***We run our 1st/3rd play.***

