

How to Make Your Players More Competitive thru Great Practices

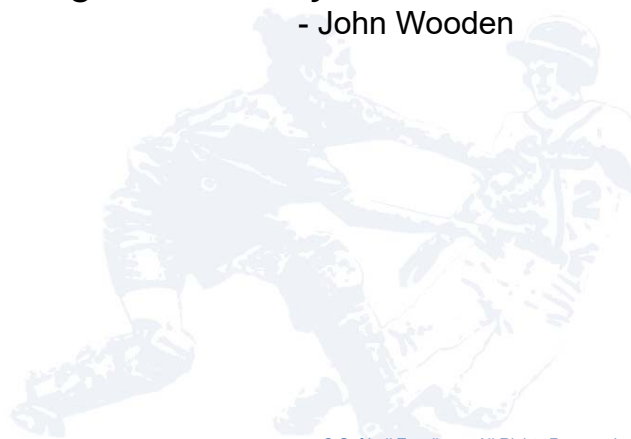
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Ignite Learning

"You Haven't Taught Until They've Learned"
- John Wooden



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Ignite Learning | **CONNECTING**



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Simple vs Easy



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SEE It



Coaches Eye
RightView Pro

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EXPERIENCE It

“Why’d the Ball Go There?”



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FEEL It



Flat Side Down



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FEEL It



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FLIP It



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ALTER It



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4 Habits that Hurt Our Teams

- Too **Fast**
- Too **Many**
- Too **Good**
- Too **Boring**

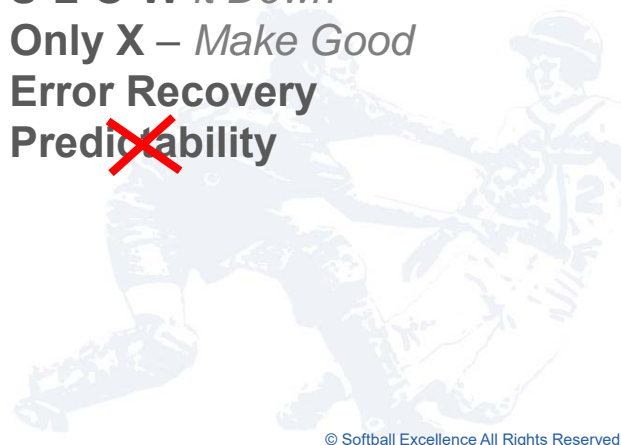


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4 Habits that Hurt Our Teams

- **S-L-O-W** *it Down*
- **Only X** – *Make Good*
- **Error Recovery**
- **Predictability**



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CONNECT with STUFF YOU HAVE

Buckets

Cones

Crates

Tape

Chalk

Basketballs, Soccerballs, Volleyballs

Hoola hoops



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Get Specific



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Go Crazy



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Buckets & Crates



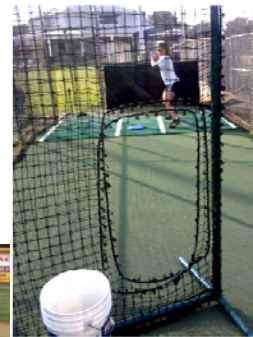
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Cones & T's



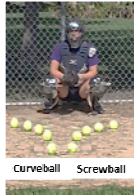
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Nets



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Lines



Curveball Screwball



Baby Powder
dollar store



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Pet Store



Correct



Incorrect



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Race to 1st



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Triangle - Square



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Skill Building or Competition

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Practice What Matters

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Softball Report Card Grading Scale					
	A	B	C	D	F
OB% (On Base %)	400+	340	300	250	Below
SLG% (Slugging %)	750+	625	500	300	Below
RISP% (Runners In Scoring Position)	400	300	200	150	Below
FLD% - M IF	960	945	930	920	Below
FLD% - 3B, P	970	960	950	940	Below
FLD% - 1B, C	990	980	970	960	Below
FLD% - OF	1 Error				

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Practice What Matters




Softball Report Card Grading Scale					
	A	B	C	D	F
ABILITY TO ADJUST	Every Pitch	Several Times per Game	By Inning	By Game	
ENERGY IN GAME	Every Pitch	Several Times per Game	By Inning	By Game	
AGGRESSIVENESS	Every Pitch	Several Times per Game	By Inning	By Game	

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Schedule It In

(2 hours)


20 minutes	Warmup/Conditioning	
20 minutes	Throwing/Catching	<i>How to field & throw</i>
20 minutes	Hitting/Bunting	<i>How to hit</i>
30 minutes	Team Defense	<i>Where to field & throw</i>
	<ul style="list-style-type: none"> • position play • baserunning 	
30 minutes	Team Offense	<i>Where to hit to help our Offense & Hitting Under Pressure</i>
	<ul style="list-style-type: none"> • live P • baserunning 	



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Schedule It In (2 hours)

10 minutes	Warmup/Conditioning
20 minutes	Throwing/Catching
40 minutes	Hitting/Bunting
20 minutes	Team Defense <ul style="list-style-type: none">• position play• baserunning
40 minutes	Team Offense <ul style="list-style-type: none">• live P• baserunning

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Michigan

- **Warmup**
- **Footwork Drills**
- **Throwing Progression**
- **Fundamentals (Defense)**
- **Fundamentals (Offense)**
- **Competition**

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Be Creative

6:00 - 6:30	TOP GROUP Only
6:20	MIDDLE GROUP Shows Up
6:30	TOP Goes Home
6:30 - 7:15	MIDDLE Only
7:10	BOTTOM Shows UP
7:15	MIDDLE Goes Home
7:15 - 8:00	BOTTOM Only



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