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Practice Plan	1 Y	2 M	3 A/C
9:00-9:15		Throwing Progression	
9:15-9:27	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher	Baserunning Circuit Moroni	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie
9:30-9:42	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher	Baserunning Circuit Moroni
9:45-9:57	Baserunning Circuit Moroni	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher

Practice Plan 2/21	B	Y	M	A/C
10-10:05	Split into groups	Split into groups	Split into groups	Split into groups
Station 1 10:05-10:17	<p>Throwing</p> <ul style="list-style-type: none"> -4 seam grip -Knee flicks -Knee thigh to sky finish across front leg chest down (emphasize glove side reach and pull to chest) -Two Step THROW (Focus on First step turn inside of ankle. And glove side) <p>**Throw with a V kid or Coach if kids can't play catch**</p> <p>Gallagher</p>	<p>Fielding</p> <ul style="list-style-type: none"> -Still Ball Step Through (inside of ankle at target) -Gentle Roll Step Through -Still ball Field Through around a cone -Still Ball Step Through Throws -Roll and throw <p>Kuhn</p>	<p>Baserunning Circuit</p> <p>Moroni</p>	<p>Hitting</p> <ul style="list-style-type: none"> -TEE EDD cuts -Hard hit ball contest in cage (10) <p>Bonanno/Frankie</p>
Station 1 10:19-10:31	<p>Fielding</p> <ul style="list-style-type: none"> -Still Ball Step Through (inside of ankle at target) -Gentle Roll Step Through -Still ball Field Through around a cone -Still Ball Step Through Throws -Roll and throw <p>Kuhn</p>	<p>Baserunning Circuit</p> <p>Moroni</p>	<p>Hitting</p> <ul style="list-style-type: none"> -TEE EDD cuts -Hard hit ball contest in cage (10) <p>Bonanno/Frankie</p>	<p>Throwing</p> <ul style="list-style-type: none"> -4 seam grip -Knee flicks -Knee thigh to sky finish across front leg chest down (emphasize glove side reach and pull to chest) -Two Step THROW (Focus on First step turn inside of ankle. And glove side) <p>Gallagher</p>

See back
(2 sided plan)

<p>Station 2 10:33- 10:45</p>	<p>Baserunning Circuit Moroni</p>	<p>Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie</p>	<p>Throwing -4 seam grip -Knee flicks -Knee thigh to sky finish across front leg chest down (emphasize glove side reach and pull to chest) -Two Step THROW (Focus on First step turn inside of ankle. And glove side) Gallagher</p>	<p>Fielding -Still Ball Step Through (inside of ankle at target) -Gentle Roll Step Through -Still ball Field Through around a cone -Still Ball Step Through Throws -Roll and throw -Box Drill Kuhn</p>
<p>Station 3 10:47- 10:59</p>	<p>Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie</p>	<p>Throwing -4 seam grip -Knee flicks -Knee thigh to sky finish across front leg chest down (emphasize glove side reach and pull to chest) -Two Step THROW (Focus on First step turn inside of ankle. And glove side) ** **Throw with a V kid or Coach if kids can't play catch** Gallagher</p>	<p>Fielding -Still Ball Step Through (inside of ankle at target) -Gentle Roll Step Through -Still ball Field Through around a cone -Still Ball Step Through Throws -Roll and throw Kuhn</p>	<p>Baserunning Circuit Moroni</p>

Practice Plan 7/19 Camp Day 1	1 Y	2 M	3 A/C
11:00-11:30	Stretch/Throwing Progression	Stretch/Throwing Progression	Stretch/Throwing Progression
Station 1 11:30-11:50	Infield EDD -Still Balls (10 Reps) -Gentle Roll (10) **Emphasize technique*** -Field around a cone and throw Kuhn	Baserunning Circuit (SHRINK FIELD) Springer	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Swish/Serce
Station 2 11:50-12:10	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Swish/Serce	Infield EDD -Still Ball 1 x 5 -Gentle Roll (3 x 5) -Field around a cone and throw -Then Ground balls field and throw Kuhn	Baserunning Circuit Springer
Station 3 12:10-12:30	Baserunning Circuit Springer	Hitting -TEE EDD cuts -Hard hit ball contest in cage Bonanno/Swish/Serce	-Box Drill -Ground Balls (3 x 5) -Field around a cone and throw Kuhn Catching EDD Gresens

Practice Plan 5/4/21 V/JV	1 IF	2 OF	3 P/1B/C
3:15-3:30		Throwing Progression	
3:30-3:50	EDD Box Drill (2 Ball) -EDD -Catch n Tag -Fungos Bonanno/Frankie	Baserunning -Squeeze -Secondaries off 3 rd past ball reads -Delayed Steal Swish	Hitting Stations EDD Tee Work Cage Contests -Hard Hit Middle/OPPO -Coaches can change challenge as needed Kuhn
3:50-4:10	Hitting Stations EDD Tee Work Cage Contests -Hard Hit Middle/OPPO -Coaches can change challenge as needed Kuhn	OF EDD Swish	Baserunning -Squeeze -Secondaries off 3 rd past ball reads -Delayed Steal Bonanno/Frankie
4:10-4:30	Baserunning -Squeeze -Secondaries off 3 rd past ball reads -Delayed Steal Bonanno/Frankie	Hitting Stations EDD Tee Work Cage Contests -Hard Hit Middle/OPPO -Coaches can change challenge as needed Kuhn	Pickoffs/PFPs Swish Catching EDD Self Run
4:30-5:00		Pickoffs at second -EXTRA SWINGS	

Throwing Progression:

- Wrist Flicks (on knee – Four seam grip. Fingers on top, thumb beneath, generate backspin!)
- Thigh to Sky (on knee - get long, finish chest over knee, elbow across front knee, glove side reach and pull)
- Ten Toes (use lower half, glove side reach and pull)
- Two Steps to Throw (First step turn throwing side foot perpendicular. Finish like 10 toes)
- Compete at 60 Feet – Timed contest (however many minutes you have left for catch) 2 points for the face, 1 point for the chest
- Pitchers throw 10 curveballs, 10 changeups
- Long Toss
- Quick hands, quick feet

Baseball Every Day Drills (EDDs) – Infielders/Catchers

Infield Every Day Drills (EDDs)

- Step Throughs (POE: Get loaded on the back leg, inside of back ankle toward target)
 - 5 ground balls – Step through and stop while loaded on back leg
- Ground Balls (POE: Get around the ball, play through the ball, positive glove action)
 - 5 straight at/at right foot
 - 5 plucks with right hand
- Short Hops – Straight at, glove side, backhand side (POE: Positive glove action)
 - 5 each way bare hand
 - 5 each way with ball in hand (pinch it)
 - 5 each way with glove
- Pick n' Move (POE: Positive glove action, fast feet, find the seams)
 - Short hops, any location, get in position to throw. Max out at 20 consecutive reps
- Catch n' Tag
 - Moving to the bag catch and tag 5 on each side of the bag
- Box Drill (POE: Fast feet, keep the ball moving, never close the glove)
 - Clockwise
 - Counter clockwise around glove side (righties)
 - Counter clockwise around throwing hand side (righties)

First Basemen EDDs

- Same Short hops as infielders (POE: See above)
- Picks (POE: Eyes on it, positive glove action)
 - 10 picks glove side
 - 10 picks back hand
 - 10 picks to either side - No guessing
- 10 Pickoff Move Catch and Tag (POE: Eyes see the tag)

Catching EDDs

- Mobility Drill (POE: Reach with outside leg first, stay in perfect position throughout)
- Receiving Bare Hand (POE: Sternum on the corner, receive outside to in, finish with the ball in front of the sternum)
 - 10 bare hand (5 inside, 5 outside)
 - 10 ball in hand (5 inside, 5 outside)
- 3 Ball Drill (POE: Close shoulders, get around the ball, smother it)
 - 2 sets of 10 reps
- Throwing Progression (POE: Perfect footwork, find the seams)
 - 5 Reps of back foot punch and ball transfer
 - 5 Reps two claps, punch then stride
 - 5 reps all at once
 - Whole thing 5 times using a towel as the ball
- Block/Receive Drill (POE: Don't guess!)
 - 2 sets of 10 reps. Coach throws balls for catcher to receive or block. No guessing. Vary pitches, fastball, curve and change

Baseball Every Day Drills (EDDs) – Outfielders/Pitchers/Hitters

Outfield EDDs

- Fly Balls (POE: Get behind the ball. Catch with your glove side foot forward. Crow hop)
 - 5 over right shoulder
 - 5 over left shoulder
 - 5 straight overhead
- Ground Balls (POE: Field with glove side foot forward. Crow hop)
 - 5 straight at
 - 5 to the left
 - 5 to the right
- Juggle Drill (POE: Be athletic)
 - 3 balls, bare handed, react and run

Pitching EDDs

- Pickoffs to first (POE: Vary your looks)
 - 5 on the way to coming set
 - 5 from the set position
- Pickoffs to second (POE: Be on the same page with your middle infielder)
 - 5 inside move
 - 5 outside move
- PFPs (POE: React quickly. Be an athlete fielding the position)
 - 3 J Drills
 - 3 Bunts
 - 3 Ground balls
 - 3 Double plays

Hitting EDDs (Off of a tee)

- 2-0 Pitch (POE: Hands inside the ball. Drive it)
 - 5 swings
- Inside Pitch (POE: Tee out in front of the plate. Hands inside the ball. Keep it fair)
 - 5 swings
- Outside Pitch (POE: Tee across from back hip. Hands inside the ball. Keep it fair)
 - 5 swings
- Bottom Hand Teework (POE: Generate bat speed from the ground up)
 - REPEAT ALL ABOVE SWINGS BOTTOM HAND ONLY

YOUTH

Baserunning Circuit

Base #	Action (Point of emphasis)
4	Dropped 3rd Strike (Run ON the foul line)
4	Infield Hit (Run through the bag)
4	Single (THINK 2 OUT OF THE BOX. Belly out so that you round first running straight toward second. Drive off the front inside corner of the bag with your right foot)
4	Fly Ball (Same as single. Sprint out of the box and be on second in case it is dropped.)
1	Secondary Lead and Read (3 shuffle steps. Read and react. Ball in dirt go to second)
1	Straight Steal (No secondary, just go)
1	Delayed Steal (Standard secondary lead and go as soon as you reach the end of the secondary)
1	First to third (Strong secondary. Belly out and drive downhill off inside of the bag with your right foot!)
2	Ground Ball Left Side (Get going if the ball is behind you. Go on the throw if the ball is in front of you)
2	Second to Home With 2 Outs (DEPTH on initial lead. Aggressive secondary. Get downhill. SCORE ON CONTACT!)
3	Passed Ball Read (Creeping secondary 3-5 steps. Momentum toward home as ball crosses the plate. Lead in foul. Come back to 3 rd in fair territory if catcher catches/stops it.)
3	Tag up (Creeping secondary, 3 or 5 steps. Wait to be told to go)

Baserunning Circuit

Base #	Action (Point of emphasis)
4	Dropped 3rd Strike (Run ON the foul line)
4	Infield Hit (Check to the right upon hitting the bag)
4	Fly Ball (Sprint out of the box and be on second in case it is dropped)
4	Single (THINK 2 OUT OF THE BOX. Drive off the front inside corner of the bag with your right foot)
1	Straight Steal (No secondary, just go)
1	Dirt Ball Read (Get a solid secondary if you see it's in the dirt, get a great jump and go. If not, be ready to dive back to first).
1	Delayed Steal (Standard secondary lead and go as soon as you reach the end of the secondary)
1	Fly ball to right (Turn and look, get a read)
1	First to third (Strong secondary. Belly out and drive downhill off inside of the bag with your right foot!)
2	Straight Steal (Big initial lead with NO DEPTH – Flat lead. No secondary, just go)
2	Ground Ball Left Side (Get going if the ball is behind you. Stay put if the ball is in front of you)
2	Second to Home With 2 Outs (DEPTH on initial lead. Aggressive secondary. Get downhill. SCORE ON CONTACT!)
3	Passed Ball Read (Creeping secondary 3-5 steps. Momentum toward home as ball crosses the plate. Lead in foul. Come back to 3 rd in fair territory if catcher catches/stops it.)
3	Tag up (Creeping secondary. React back to bag with ball in the air. Eyes forward wait to be told to go)
3	Squeeze (Strong secondary. Expect the bunt to get down. Momentum toward home. Only get out at third if we miss the bunt and the catcher throws behind you to the SS while you are diving head first back into third.)

Instructions for Signing up for Game Changer

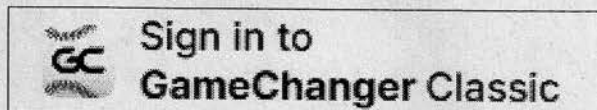
Dear Parents and Families of Irondequoit Baseball,

Game Changer is our main way of communicating mass announcements, practice changes and game updates. It is imperative that you follow the steps below and get signed up for your Game Changer account as soon as possible. It is much easier to create your game changer account on a laptop so the following instructions will help you do so. There is a game changer app for IOS and Android that will also be explained at the end of this email. If you have any questions, please feel free to email any coach (contact information will be at the very end of this document).

Step 1: Log onto <https://gc.com/>

Step 2: If you already have an account, please log in and skip to step 6. If you do not have an account, continue onto step 3.

Step 3: Once on the Game Changer website, click "Sign In" on the top right corner. It is crucial when a new box opens up, you select "Sign in to Game Changer Classic". It looks like this...



Step 4: In the top right corner of the new page, select "Sign Up" and please enter all of the necessary information to create your account.

Step 5: Once you successfully create an account, please select "FIND A TEAM"

Step 6: If your son is on the modified A baseball team please search for "Irondequoit Eagles Mod A". If you son is on the modified B baseball team please search for "Irondequoit Eagles Mod B". Both team pages are for the Spring 2022 season.

Step 7: About halfway down on the right side of the screen you will see "Become a Fan". Please select "Follow this team" and you will automatically be given rights to become a part of this page. Additionally, we ask that you search for and join "Irondequoit Baseball Community" as a fan. This is the entire baseball programs mass communication line (for modified B up to Varsity).

A rectangular button with a light gray background. The text inside the button reads "Become a fan. Follow this team" in a bold, black font.

Step 8: Once you follow a team, click your name at the top right of the screen. This will bring you to your profile with various tabs to choose from.

Step 9: Click on the "Alerts" tab and change the settings to whichever configuration you want in order to receive updates and mass communication. We ask that you choose to receive all updates for your son's team.

Step 10: Once you have created your Game Changer account on the computer, please download the "Game Changer Classic App" using either the App Store for IOS or Google Play Store for Android. Make sure you download the classic app (the one with a baseball as the background" and not the newer, green game changer app.

Download this App



NOT this one



Instructions for Signing up for Game Changer

Step 11: Once you download the Game Changer Classic app, please log in and configure the app notifications to your preference. Make sure you sign up to receive all announcements so any communication or updates can come right to your phone as soon as they are made.

****Please make sure to not only become a fan of your son's specific team but also "Irondequoit Baseball Community." If you have any questions, please feel free to email program assistant Mike Moroni and THANK YOU!****

Mike Moroni (Program Assistant)- mike_moroni@westiron.monroe.edu