

Testing

April 14, Week 8/13

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3:30 – Setup field

1. Bases – Natalie, Dulce
2. Batting tees – Emily, Aviv
3. Bucket of balls – Haley L, Maddy M
4. Empty bucket – Roxy, Ella
5. Bow nets - Teagan, Maddy Q, Savannah, Emily Q, Scarlett, JC

3:44 – Attendance

1. Absent – Imelda, Hailey, Jianna. Maddy E.
2. Hustle award selector – Roxy (Aviv)
3. Announcements:
 - a. Synchronized throwing focus
 - b. Every pitch is an opportunity. Be a gold fish.

3:45-4:00(15:00) – Warm-up

1. Easy Lap
2. Active motion – 120' – High knees, butt kicks, skips, swivels (each side)
3. Sprints (4)
4. Steal with slide (60')(2)
5. Static warm-up – torso swivel, arm circles

4:00-4:30(30:00) – Skills

1. Throwing: easy throws, pitching distance throws, pitches(10), 60' throws(10), long toss(4), quick feet, synchronized throws.
2. Station 1: Hit off of tee
3. Station 2: hit grounders.
4. Station 3: hit flyballs

4:30-5:40(70:00) – Testing

1. Tee hitting
 1. 3 hits, 1 point for gap-to-gap line drive, 0.5 for clearing the infield.
 2. Three groups, non-hitting group fields, throws to first, first to home.

2. Bunting
 1. 3 bunts, 1 point for successful bunt, 0.5 if back to the pitcher
 2. Live pitching at game tempo
 3. Must get bunt down unless obvious strike, must pull back
 4. With live defense, run on bunt
3. Grounders to short
 1. 3 grounders to short. 1 point for fielding cleanly, 1 throwing point on throw to 1st. Must be at chest
 2. Need 1st baseman.
4. Flyball to center
 1. 3 fly balls to center. 1 point for catching cleanly. 1 point for accurate throw to 3rd base through cutoff.
 2. SS, 3rd base, catcher
5. 18 points max: 3 tee, 3 bunt, 3 grounder, 3 flyball, 6 throw

5:40 – Tear down

Stages of learning:

- 1) Unconscious incompetence
- 2) Conscious incompetence – feels terrible
- 3) Conscious competence
- 4) Unconscious competence – where we want to be