



COACHES MANUAL

2020 Edition

www.cactusathletics.com

Dear Coach,

Thank you for choosing us as a partner in baseball this year. I believe that the information we provide you with, will help prepare you for the upcoming season and be a stepping stone to bringing your team to the next level!

I am always learning more about the game and like always I am picking other coaches and current player's brains about what works for them. I have added more information and drills to this year's manual, and I am sure it will benefit you.

On our website we offer a wide variety of information and tools to empower you in your coaching. Our coaches have decades of baseball experience and we understand it is our responsibility to share our wisdom with others. We offer hundreds of videos and articles covering baseball, strength training, speed and agility as well as leadership methods.

It is truly a pleasure to have the opportunity to be involved with the community and to work with you. Together we will give the players a better chance to succeed on the field. This will breed more self confidence and assist in reaching the eventual goal of helping mold them into better citizens.

You have an opportunity to make a great impact on these players, and they will remember you for a very long time. Take advantage of this situation and be a positive influence on them always!

Please feel free to contact us at any time with questions or to check on our upcoming events. We are dedicated to serving others through the game of baseball.

Sincerely,



Billy Horton
President/Founder



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NOTES



PRACTICE PLANNING

ORGANIZATION

- 1.) Main goals
 - Have fun!!!
 - Give them information in small amounts.
 - Communicate with coaches as well as players.
 - Correct with positive reinforcement.

- 2.) Station work
 - Break practice up into individual stations.
 - Have a good distance between stations to keep players focused.
 - Make stations competitive so each one feels like a game.
 - Each practice station should be 10-15 minutes long.
 - Review what you just taught them.
 - Answer questions- this shows they are learning!

MANAGEMENT

Listed below are some examples when you are setting up practices.

<u>1 hour</u>	5 min	Warm-up: Dynamic stretch/Form running
	15 min	Throwing/Receiving
	2 min	Water break/Review practice plan
	35 min	Stations (3): hitting, infield, outfield
	3 min	Wrap and review
<u>1.5 hours</u>	5 min	Warm-up: Dynamic stretch/Form running
	15 min	Throwing/Receiving
	2 min	Water break/Review practice plan
	35 min	Stations (3): infield, outfield, pitching/catching
	2 min	Water break/Review practice plan
	30 min	Hitting Stations (3): soft toss, tees, BP
	2 min	Wrap and review

<u>2 hours</u>	5 min	Warm-up: Dynamic stretch/Form running
	15 min	Throwing/Receiving
	2 min	Water break/Review practice plan
	35 min	Stations (3): infield, outfield, pitching/catching
	3 min	Water break/Review practice plan
	35 min	Hitting Stations (3): soft toss, tees, BP
	2 min	Water break/Review practice plan
	20 min	Game situations with base runners
	3 min	Wrap and review

HELPFUL HINTS

- 1.) Use a point system during stations so they are fun and competitive.
 - This will help the players stay engaged and work harder.
- 2.) Make sure to stretch out at the beginning of practice.
 - Playing catch is not “getting loose”, that is when you focus on throwing mechanics & accuracy.
 - Instead of a formal stretch have them jog a lap around the field and then work on base running before you start throwing.
- 3.) Focus on the fundamentals
 - Spend a lot of time playing catch.
 - Roll grounders & throw fly balls before you start hitting them.
 - Treat every part of the game as a skill set and use them as stations during practice. This includes base running.
- 4.) Use exercise as a positive, not a negative
 - If player is being a distraction, have them go sit in the dugout.
 - Lean away from group punishment. This can sew seeds of discontent in your team towards teammates and coaching staff.
- 5.) End practice with a review session
 - Take 2-3 minutes to reinforce the things you taught that day.
 - Ask them questions and allow them time to answer.
 - Have a player show the rest of the team how to do a drill correctly.