



SENIORS

“BILL OF PLAYS” 2026

(Ages 13-16)

1. Pre-Game Prep” Throwing and Dynamic Stretching

- a. Thorough Static Stretching lead by designated team leaders with agility incorporated.
 - i. Coaches lead dynamic running drills – (shuffles, sprints, leads to steal sprints)
 - ii. Progressional throwing routine. (2 knees, torso throws, weight transfers, regular toss to long toss – line drive throws to partner when moving in,
 - iii. Playing catch with a purpose – utilize your preferred position to make game like throws with partner before long toss.
 1. Infielders: simulate fielding a ground ball.
 2. Outfielders: throw a pop-fly to yourself.
 3. Catchers: secondary crouch position as if a runner is stealing.
 4. Pitchers: Pick-off moves

2. In-Game Scenarios and Playing With A High Level of Baseball IQ

- a. **Stealing:** Proper lead – knowing what to look for when stealing a base.
- b. **Baserunning:** Knowing how many outs – tagging up rule at each base.
- c. **Hitting:** Hitting the ball where its pitched – Being discipline at the plate. Fouling of off speed pitches with 2 strikes to get a better pitch to swing at.
- d. **Pitching:** Varying your move to first with runners on base – Utilize slide steps, holding for a pause – stepping off and resetting – Incorporating a good pickoff move vs. not your best move.
- e. **Catchers:** Framing pitches – Being smart with pitch location when batter down 2 strikes.

3. Pre-Practice/Game and Post Practice/Game Reflection with Coach

- a. Asking questions about practice drills and game scenarios for improvement.
- b. Bring up positive and negative impacts of the practice or game to work on.
- c. Understanding that being responsible for your actions will help the teams comradery when you’re playing at your best, even when mistakes occur.