



LFA COACHES PRACTICE GUIDE

Practice is where your team is built!

- 1) Be organized and make a plan ahead of time
- 2) Have positive energy, make it fun and upbeat
- 3) Maximize the amount of reps/touches as much as possible
- 4) Use whoever is available to help run stations and maximize those touches
- 5) If you have a young lady available to help coach involve her as much as possible
- 6) Use cones to help guide your players and as many props as possible to make it fun

Warm Up and Stretching

Dynamic stretching pre activity. Dynamic stretching is a movement-based type of stretching. It uses the muscles themselves to bring about a stretch. It's different from traditional "static" stretching because the stretch position is not held.

Static Stretching Post Activity.



THROWING

Full Routine (5-8 reps each step)

- 1) Follow through position drop and catch. Without throw just for motion and stretch
- 2) Facing sideways to target, Ball in each hand “scap squeeze” pointing front hand straight out, both thumbs pointing down
- 3) Glove knee down throwing knee up “scap squeeze” once then throw on the second.
- 4) Standing with throwing foot forward and glove foot pointing out 90’, “scap squeeze once and throw on the second.
- 5) Ball on the ground one leg side arm throw.
- 6) Ball on the ground step back side arm throw.
- 7) Sideways back leg trigger then “scap squeeze” once and throw on the second.
- 8) Glove knee up, throwing knee down facing away and ball on the ground in front of glove foot. Step up and plant throwing foot picking up the ball and throw to partner.
- 9) Step behind with throwing foot long throw.
- 10) Quick transfers throw and catch (throwing hand up behind glove while receiving)

Basic Routine

Steps 1, 2, 3, 4, 7, 8, and 10



INFIELDING

Ready position is nice and low with feet outside of shoulders and glove between. Infielders hop to ready position with the pitch.

Fielding groundballs we try to play ball in the center of our low, wide position with our glove foot forward and toes slightly raised. With the wrist turned back and glove moving forward through the ball and the throwing hand above the glove. (Alligators mouth)

Backhands we angle the body to the throwing side and with the glove close to the ground at the back foot. Glove goes forward to the ball fielding it in the middle of the stance.

Always trying to keep the eyes in line with the glove and the ball.

When receiving at a bag for a force play the throwing foot is on the front edge of the bag with glove foot on the dirt outside of shoulder width in an "athletic position" then stepping towards the ball with glove foot and glove extending out.



OUTFIELDING

Ready position on the balls of the feet not needing to be as low as the infielders but should practice moving with the timing of the pitch.

When catching the ball, we should have the glove foot in front and receive ball close to the shoulder turning the wrist back and having throwing hand close by to transfer.

Whenever possible we want to stay behind the ball and come through it while catching to build momentum for the throw. Step behind throw instead of crow hop.



HITTING

STEP 1

Hinge



Go from standing/rest to ready position

Feet outside shoulder width apart

Knees slightly bent

Hips hinged forcing butt back & head forward into batting lane

Eyes ready to pick up 'release point'

STEP 2

Gather (load)



Transfer weight from front foot to inside of back foot

Hands close to back shoulder (connected)

Knob of bat pointing at catchers' toes

STEP 3

Stride



Slight lift of the front foot and replant towards pitcher

Do not plant too open or too closed

No forward movement of hands

STEP 4

Trigger



Back hip & thigh begin moving forward

Not back knee to front knee

Hands and knob of bat brought to the check position

STEP 5

Contact



Start hands with knob pointing to contact

Hands slightly in front of front hip, bat parallel to front of plate

Head behind the bat and ball, eyes on point of contact

Back knee, back hip and back shoulder all inline (Stacked Position)

Elbows bent, hands are 'palm up palm down'

STEP 6

Extension



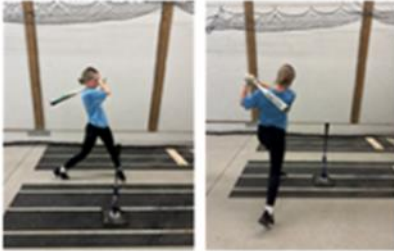
Strong extension thru with bat after contact

Full extension of elbows

End of bat pointed at pitcher

STEP 7

Follow Thru



High long follow thru

Completion of swing with bat on back

Photos courtesy of Fraser Valley Fusion 06 & 10

Technical Direction from Kaitlyn Cameron & Sam Caskey