

Welcome to.....

The Missouri High School Baseball Coaches Association's



2018

Annual Clinic and Hall of Fame Luncheon

Clinic Schedule and Speaker's Outlines



MHSBCA COACHING CLINIC**January 19-20, 2018****All speakers, topics and schedule times are tentative and subject to change****FRIDAY, JANUARY 19:**

- 2:00 pm** REGISTRATION BEGINS
- 3:00 pm ANDY SAWYER (SEMO), FAST BREAK BASEBALL-GETTING YOUR PLAYERS TO PLAY AND PRACTICE FAST
- 4:00 pm SEAN LYONS (SIUE) PRACTICE ORGANIZATION
- 4:45 pm – 4:55 pm** ****VISIT VENDORS****
- MO HIGH SCHOOL STATE CHAMPION PANEL
5:00 pm GARY GREENE (MANSFIELD), STRATEGIES THAT ANALYTIC LEAVE BEHIND
HEATH LEPPER (SOUTH CALLAWAY), MANAGING YOUR HS PITCHING STAFF
- 5:45 pm -5:55 pm** ****VISIT VENDORS****
- 6:00 pm ED SERVAIS (CREIGHTON UNIVERSITY, BUILDING BLOCKS FOR A CHAMPIONSHIP DEFENSE
- 7:30 pm** **COACHES SOCIAL- (SPONSORED BY FUNDRAISING UNIVERSITY) ED SERVAIS ROUND TABLE**

SATURDAY, JANUARY 20:

- 7:30 am FCA BREAKFAST & REGISTRATION; MARK GASSMAN, KEYNOTE SPEAKER
(Sponsored by Bill Edington with Athletes International) To get your ticket, please sign up at the registration table.
- 9:00 am ED SERVAIS (CREIGHTON UNIVERSITY), INFIELD PLAY WITH DRILLS
- 9:45 am – 9:55 am** ****VISIT VENDORS****
- 10:00 am TURTLE THOMAS (TEXAS RANGERS, HITTING DRILLS FOR COACHES PART 1
- 11:00 am TURTLE THOMAS (TEXAS RANGERS, HITTING DRILLS FOR COACHES PART 2
- NOON** **ANNUAL HALL OF FAME AWARDS LUNCHEON– (SPONSORED BY FUNDRAISING UNIVERSITY)**
- 3:00 pm BRIAN ASH (JEFFERSON CITY; DEFENSIVE MINDSET – WHAT ARE YOU WILLING TO GIVE UP?
- 3:45 pm – 3:55 pm** ****VISIT VENDORS****
- 4:00 pm
- MISSOURI HIGH SCHOOL STATE CHAMPION PANEL
5:00 pm JUSTIN SIMPHER (BELL CITY) BEYOND THE X'S AND O'S
- 6:00 pm BUSINESS MEETING/ELECTIONS AND PRE-SEASON RANKINGS
- 7:00 pm** RAFFLE PRIZES/CLOSING REMARKS
- *****
MHSBCA COACH'S SOCIAL (SPONSORED BY CAPITOL PLAZA HOTEL) *AFTER FINAL RAFFLE AND CLOSING REMARKS*****

PLEASE SUPPORT OUR VENDORS

Fast Break Baseball – Getting Your Players to Play & Practice Fast (*And have fun at while they are doing it!!*)

1. 4 on 4
 - a. Four groups of Four: Hitting → Defense → Baserunning → Defense.
 - b. Play for six (6) outs and rotate, reset the inning after three (3) outs.
 - c. A coach is throwing from behind an L-Screen. Line drives off the L-Screen are automatic hits, ground balls off the L-Screen are to be played as bunts.
 - d. Always start and fill 1st Base (every ground ball is a DP opportunity).
 - e. Take a strike and you are out.
 - f. Runners are moving on the 2nd pitch.

2. Flat Ball Scrimmage
 - a. Run a rope across the INF at approximately 10-12 feet. Every ball over the rope is an out, objective is to drive the ball through the INF below the rope.
 - b. Two (2) teams, INF's & C's are live, OF's are on the back rim of the INF backing up bases.
 - c. Play for six (6) outs and rotate, reset the inning after three (3) outs.
 - d. Line drives through the INF or off the L-screen are automatic hits, ground balls off the L-Screen are to be played as bunts.
 - e. Baserunners can advance only 90 feet at a time.

3. Bunt Scrimmage
 - a. Two (2) teams, INF's & C's are live, OF's are on the back rim of the INF backing up bases. Pitchers are shading either side of the mound.
 - b. Play for six (6) outs and rotate, reset the inning after three (3) outs.
 - c. Make it clear that defense cannot cheat.
 - d. Begin every hitter in a 2-1 count (they get two attempts). Coach or manager is feeding the pitching machine.
 - e. Every hitter must drag or push, use a throw base to set 1st Base up at 80 feet!! (Every play will be bang bang).
 - f. Baserunners can advance only 90 feet at a time.

4. Live Double Plays
 - a. Two (2) teams, INF's and C's are live, OF's are getting live reads off the bat but are making NO THROWS.
 - b. Run a rope across the INF at approximately 10-12 feet. Rounds of four (4), when a hitter hits a ball over the rope, he is sent out of the batting cage. The objective on offense is to drive the ball through the INF below the rope. The objective on defense is to turn as many double plays as possible.
 - c. The OFFENSE scores by driving balls through the INF. Ground ball = 1 Point, a Line Drive = 2 Points.
 - d. The DEFENSE scores by recording outs ON TIME (each out must be recorded in 4.4 seconds, a coach or manager is on the watch.) One Out = 1 Point, Two Outs = 2 Points.
 - e. We do this with four (4) hitting groups, so each defense plays two (2) groups live. Hit for 5-8 minutes per group.

5. Around the World with Offensive Execution
 - a. Two (2) teams, NO defense. Fun, high energy way to end practice.
 - b. Offense is on the clock to see how quickly they can get a baserunner on and around the bases three times with pre-determined offensive executions.
 - c. Should take around two minutes for each team to complete.

Sean Lyons returns to the SIUE dugout for his second season as the Cougars' head coach in 2018. In his first season in charge, Lyons oversaw a 14-win improvement from the previous season, marking the 13th largest turnaround in the NCAA. The Cougars' turnaround came largely from a much-improved offense. SIUE enjoyed its best offensive season since the move to NCAA Division I in 2009. Defense also proved to be a strong suit for the Cougars. SIUE led the OVC and finished 30th in the NCAA with a .979 fielding percentage. As a team, the Cougars committed just 40 errors in 1,870 total chances. SIUE turned 48 double plays which was second most in the Division I era.

Prior to coming to SIUE, Lyons was the associate head coach at Bradley University and began his college coaching career at Eastern Illinois in 2004.

Practice Organization

“Building blocks to help your practices be more efficient”

Sean Lyons – Head Coach

Southern Illinois University Edwardsville

Efficient: achieving maximum productivity with minimum wasted effort or expense.

1. Developing a plan
 - a. Teaching vs. Coaching
 - b. Daily / Weekly / Season
 - c. Checklist

2. Expectations
 - a. What do you want it to look like?
 - b. Outcomes?
 - c. Players – “They don’t know what they don’t know!”

3. Goals for Practice
 - a. Daily – communicated – variety of ways
 - b. Productive vs. Eye Wash – who determines this?
 - c. Indoor vs. Outdoor

4. Practice Routines – What are your essentials?
 - a. R/S/T
 - b. Daily Work – do you have it? Do you want it?
 - i. Defense / Offense / Base-running /

5. SIUE – Individual Defensive Daily Work
 - a. Infielders
 - b. Outfielders
 - c. Catchers
 - d. Pitchers

6. SIUE – Team Defense Work
 - a. PFP / Double Play Progression
 - b. Triangle Relays

7. SIUE – Team Offense Work
 - a. Warm-up
 - b. Tee
 - c. Short Toss
 - d. BP (Field or Cage)

8. SIUE – Team Scrimmage Work
 - a. Live – Dead – Dead – Live
 - b. 2 Pitch Scrimmage
 - c. Situational or Bunt

Sean Lyons returns to the SIUE dugout for his second season as the Cougars' head coach in 2018. In his first season in charge, Lyons oversaw a 14-win improvement from the previous season, marking the 13th largest turnaround in the NCAA. The Cougars' turnaround came largely from a much-improved offense. SIUE enjoyed its best offensive season since the move to NCAA Division I in 2009. Defense also proved to be a strong suit for the Cougars. SIUE led the OVC and finished 30th in the NCAA with a .979 fielding percentage. As a team, the Cougars committed just 40 errors in 1,870 total chances. SIUE turned 48 double plays which was second most in the Division I era.

Prior to coming to SIUE, Lyons was the associate head coach at Bradley University and began his college coaching career at Eastern Illinois in 2004.

Gary Greene, Mansfield High School

*4 year starter, University of Missouri 1991-1994

*Head Baseball coach at Strafford, Licking and Mansfield, 6 years as a head coach with three district titles and one state championship.

*Middle School Principal and Athletic Director and Head Girls basketball coach at Mansfield High School. Currently serving my 11th year as an administrator. I completed my Doctorate degree in 2015.

Simple strategies that Analytics leaves behind.

Defense:

Runs saved

Spray charts vs. MRI

Positioning based on abilities

Stat based vs. common sense

Offense:

Stat based lineups

B. A. vs. K's

Bottom half vs. Top half

Pitch count vs. Best pitch to hit

Baserunning:

Speed vs. mindset

Extra bases: tag rules

Balls in dirt vs. wild pitches/passed balls

Green, yellow, red

Special Situations:

Pick offs

Practice:

#of swings vs. Real Bp

Swings vs. No swings

Fungos vs. Live

Heath Lepper

heath.lepper@sc.k12.mo.us

Volunteer assistant coach at Russellville High School under Bill Seamon. Head coach at Eugene High School for 5 seasons (111-49). All five seasons at Eugene were as a non-faculty coach. Acquired teacher certification and is currently in the 5th year teaching and coaching at South Callaway High School (91-26). In ten years, both varsity teams have an overall winning % of .729, won four district titles (1 at Eugene and 3 at SC), with SC going to back to back Final Fours, and are the defending Class 3 State Champs.

Managing our High School Pitching Staff South Callaway Baseball

The Season

- Schedules
- Total innings

Bullpens and Accountability

- Location charts
- Testing Days
- Mechanics
- Catchers (the forgotten piece)

Communication

- First Questionnaire
- 4 Lineups from players
- Pitching Stats

Daily Routine

- Throw Long, Throw Hard, Throw Often
- Preparing for Game Days
- Your Routine Changes (Modify)

Game Days are Practice Days

- Tracking Speed and Results
- Pitch Calling and Bullpens (Location is a must)

Adjustments for the upcoming 2018 season (areas needing improvement)

- Holding runners on
- Pitch development with underclassmen

If you're still in the room and want my opinion

The things that we think make a difference:

- 1.
- 2.
- 3.
- 4.
- 5.

Building Blocks for a Championship Defense

I. Philosophy

- Not going to lose the game / force the other team to beat us!
- Need to have a plan(System) – System must be based on accountability
- Need to Sell Plan to players

II. Defense – What is it Really?

- Develop a Throwing Program – Concentrated Throwing Program
- 70%-75% errors made are throwing errors
- Coaches need to oversee throwing program
- Throwing program should be timed – stopwatch
- Correct Arm Action should be developed – catchers / infielders / outfielders
- Master the two foot patterns – incorporate them into your throwing program
- Foot Patterns – R/L throw and follow / R-L shuffle throw and follow

III. Examples of Different Throwing and catching Drills

- Rapid catch / Rapid fire
- Switch drill
- Relay footwork – short throw vs. long throw foot work
- 4-corner catch – variations / timed
- Use small gloves and paddles when doing drills

IV. TEAM DEFENSE – Add Accountability and Pressure

- Rundowns – between 1B-2B / between 3B-home (2-3x per week)
- Bunt Defense – timed (4.1 sec. or less) (4-5x per week)
- Cuts and Relays – everyday
- 1st-3rd defense – (2-3x per week)
- Pick-off – (2-3x per week)
- Live defense – runners on 1st and 3rd – execute the situation

V. Game Day Work

- Between innings work – odd innings infielders throw to 1B / even inning infielders turn DP
- Catcher throw to 2B – timed

VI. Game Day – Defensive Goals

- 5 Free Bases or less – a free base is a BB/HBP/E/SB/WP/PB/Balk/Trail Runner
Advancing – win 82% of our games
- NO BIG Innings – What is a Big Inning – 3 runs or more
- 78% of big innings have either a walk or error in them or both
- NO bunt base hits
- NO triples
- No steals of 3B
- NO Special Defense Mistakes – Bunt defense / 1st-3rd defense / Pick-off
- NO Communication or mental Errors

- **Make offense get 3 hits per inning to score – 95% innings can not get 3 hits**
- **Shrink the inning – when the other team gives you an out take it**
- **Finish the game**
 - **Lead after 6 innings – 363-25 = 93.5%**
 - **Lead after 7 innings – 357-14 = 96%**

VII. Scouting reports

- **Team Tendencies**
- **Individual Tendencies**

**Ed Servais
Creighton University**

Infield Play with Drills

- I. Glove selection**
 - a. Size and selection (position)
 - b. How to break glove in / How to wear glove / Different gloves for infielders

- II. Ready Position**
 - a. Two options – R/L , Tennis feet (timing with pitcher’s delivery)
 - b. Middle infielders – knees bent (athletic position) not too low – must be able to move in all four directions
 - c. Corner infielders – lower than middle infielders
 - d. Glove open (present glove to hitter)
 - e. Pivot and cross over step

- III. Approach to the ball (Routine Play) - Simplify**
 - a. V-cut (field ball closest to hitter as possible) – attack the ball – get outside the ball – why?
 - b. Line-up to field ball left of midline – why?
 - c. Tap (break down) the ground when nearing the ball
 - d. Finish with R/L field – feet should be staggered (glove position at 7 o’clock) – Left foot behind right foot
 - e. Meet the ball – field the ball as close to your throwing target as possible
 - f. NO below glove errors

- IV. Fielding Position**
 - a. Instep to toe relationship with feet
 - b. Feet wider than shoulders apart – feet pointed slightly out – freedom in hips
 - c. Knees flexed
 - d. Back parallel to ground
 - e. Reach with hands out front –see the ball and the glove in the same view - glove action (down/up/in) 1-2-3
 - f. Keep elbow in which will keep palm of the glove open
 - g. Try to get one of three hops – at the top of the hop, or the bottom of the hop, or just after ball hits the ground
 - h. Field ball left of midline – glove hand eye

- V. Footwork for Throw**
 - a. Right/Left throw and follow – step with your right foot in front of left (square back foot off to target)
 - b. Work to cut the distance down on your throw
 - c. Right/Left shuffle throw and follow
 - d. Need to work on throwing on the run

VI. Arm Action

- a. Arm Action 70-75 % of errors on baseball field are throwing errors
- b. Take ball out of the side of your glove
- c. Separation of hands – thumbs down (lock front shoulder in – keep fingers on top of the baseball)
- d. Quick, short arm action (accuracy most important)
- e. Compact throwing action – keep front side closed – front elbow is slot

VII. Catching Drills

- a. Rapid catch – turn and throw
- b. Rapid fire – include feet
- c. Alternate throw with short hop – 10 yds. Apart / short hops w/tag
- d. Relay throwing – with short relay throw use step-catch-step-throw
With long relay throw use step through-catch-step-throw
- e. 4-corner catch (1 baseball, two baseballs)
- f. Triangle drill – pivot feeds – middle infielders
- g. Get around the catch
- h. Low catch

VII. Fielding Drills

- a. Left field – glove only
- b. Right/Left field – no glove/glove
- c. Dead Ball – work on approach
- d. Roll ball – no glove/glove
- e. Ball in glove on the ground – work on footwork for throw
- f. Short Hop series
 - Two knee short hops
 - Regular
 - Short hop with freeze
 - Short hop + sway
 - Short hop + footwork
 - Backhand short hops – both ways
- g. Bounce drill – one bounce – field ball at top or bottom – work through the ball
- i. Short fungo / Long fungo – no glove/glove
- j. Timed fungo – under 4.1 sec.

VIII. Double Play – Pivot Feeds

Shortstops

- a. Flip and follow (keep ball to inside of knee – flip with legs)
- b. Pivot and throw – must throw slightly up hill
- c. Step back – slight uphill throw

2nd Baseman

- a. Flip and follow – regular and backhand
- b. Pivot feed – throw up hill

c. $\frac{1}{4}$ turn pivot



HITTING DRILLS FOR COACHES

BY: TURTLE THOMAS

A. INTRODUCTION:

1. SETUP AT PLATE
2. ZORRO SWING

B. PRELIMINARY TO SWING:

1. STRIDE OR REACH:
2. LOAD UP:
3. TRIGGER:

C. SWING COMPONENTS:

1. PIVOT
3. VISUAL TRACKING
4. INSIDE OUT SWING
5. FOLLOW THROUGH

D. UNIQUE DRILLS

E. ZONE HITTING:

1. AWAY PITCHES

2. INSIDE PITCHES

3. LOW PITCHES

4. HIGH PITCHES

F. BREAKING BALL- OFF SPEED DRILLS:

G. TEE DRILLS:

H. SOFT TOSS DRILLS:

I. DIFFERENT BP ROUNDS:

J. INTRA SQUAD IDEAS:

K. HITTING GAMES

MHSBCA CLINIC - JANUARY 20th, 2017
BRIAN ASH & J.R. SIMMONS
JEFFERSON CITY JAYS
2017 CLASS 5 STATE CHAMPIONS

TOPIC: "Defensive mindset, what are you willing to give up?"

1. What Does This Mean?
 - a. 1st & 3rd, Runner on 2B, Runner on 3B, Bunt Situations
2. Take decision making out of the equation for your players.
 - a. You as the coach have to be willing to take full responsibility
 - i. Execution must happen. Easy to blame players for not making correct play.
 - ii. Responsibility is completely on the coaching staff
 - b. No "read plays"
 - i. You may not agree, but we have found it beneficial within our program
 - ii. Eliminates grey area and confusion, it's either one thing or the other
3. 1st & 3rd
 - a. What is the call?
 - i. ALL players must watch the sign given, multiple ways to give the HOT sign.
 - ii. Runner CANNOT score
 - iii. Concede the lead runner, get the out
 - iv. Have a call/sign for each one of these situations
 - b. What are the HOT signs? Who gives them? Verbal or Touches?
4. Runner on 2B
 - a. Keep them close at all times...fox will always find the hen if you let them.
 - b. Communication between SS and P must be done before every pitch
 - c. Looks, holds, breaks, picks
 - i. Defense must be unpredictable for the runner, opposing team
 - ii. Predictability is the Pitcher's and Defense's worst enemy
 - iii. ANYTIME there is runner on 2B, we have a "call" on
5. Bunt Situations
 - a. Options
 - i. Evaluating score, inning, batter, pitcher, corner infielders
 - ii. You must play to your strengths in the small ball game
 - iii. Signs must be communicated clearly
 - iv. What are the Signs?
6. What Signs do we use?
 - a. Verbal
 - b. Touches
 - c. Both
 - d. Simplistic (Wrist Bands)
 - e. Complex (Touches) Catcher, SS, Coach, Who's hot, Who's not!

7. PRACTICE PRACTICE PRACTICE

a. Small doses

- i. Be very good ONE thing at a time
 - 1. Checklist...Plan
- ii. Build off one situation to the next

b. FUN

- i. When you get your system down it is FUN, make it FUN for the players
- ii. Challenge Them, rep them, critique them, over and over and over again
- iii. TIME
 - 1. Situations...spend the time practicing them, not going over them, but really practicing to be as perfect as you can in all defensive situations
 - 2. Odds...when you need it, you will be prepared
 - 3. Positional Work
 - a. Pitchers
 - b. Catchers
 - c. MIF
 - d. CIF
 - e. OF
 - 4. Small Group Work
 - 5. Large Group Work
 - 6. Full Team Defensive Work
- iv. We don't hit until we have done all defensive work....the longer it takes the less swings they get.....

Baseball: Beyond the X's and O's

A: Building Team Chemistry

1. On the field
2. Off the field

B: Motivation

C: Being members of a larger community

1. Challenger Baseball
2. Community Service

D: Focus on the Process

Justin Simpher,

Bell City R-II Schools