



JR. SEAWOLVES ACADEMY

FIELDING DEVELOPMENT

HANDBOOK

Building Gritty, Fast and Intelligent Fielders

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THE ONLY EASY DAY IS YESTERDAY

- U.S. NAVY SEALS



MISSION & PHILOSOPHY

Defense wins championships and our Jr SeaWolves teams pride themselves on strong fundamental defense that makes our opponents beat us. We play for each other. We are loud, show focus and intent every play. Whether in the outfield or infield we fly to the ball with a controlled sense of urgency to get the out. This intimidates batters because it shows we have our pitchers back!

WE ARE THE 7%! WE ARE NOT NORMAL! EMBRACE IT!

CORE FIELDING BELIEFS

FIELDING SUCCESS IS GRIT = MEANING X EFFORT

What are you playing for? Find your meaning and take your effort to another level.

- We do not give the other team extra outs.
- We bring the focus every play.
- We communicate, have fun and play loose.
- Our infielders are gritty and willing to body a ball to get the out.
- Our outfielders fly to the ball and are willing to lay out for it.
- We will make mistakes, but we make them with MAXIMUM EFFORT and we rally around each other to lift each other up.
- Fielding is a critical part of our basis as baseball athletes. We must master discipline to achieve success.
- We are more than 5 Tool Athletes! WE ARE 7 TOOL ATHLETES! These tools directly affect fielding ability.

EVERYDAY WE WORK ON:

1. **QUALITY AT BATS.** We are focused on every pitch so that we can hunt the ball and get that out! We use our intelligence at the plate to know situations and communicate to our team mates.
2. **HITTING FOR POWER.** We train for exit velo and we also train to field it!
3. **TRAINING FOR SPEED.** Be explosive and fast! This gives you that extra step to make the play!
4. **THROWING ABILITY.** Hit your target! Be able to field and throw anytime.
5. **FIELDING ABILITY.** Make the routine catches be 2nd nature and go for the highlight reel catches with reckless abandon. Leave it all out there.
6. **MENTAL ABILITY.** Learn to calm your mind. Breathe. Be easy. What is your pregame plan?
7. **SPIRITUAL LEADERSHIP.** We all affect each other. Be the teammate that lifts others up and inspires. Don't be toxic and self-centered. This game rewards people when they play for each other. Learn this and learn the keys to life.

Matthew 7:13-14 "For the gate is small and the way is narrow that leads to life, and there are few who find it" **BE THE BEST VERSION OF yourself this day!**



AGE-BASED DEVELOPMENT & MENTAL APPROACH

Age Group	Development Focus	Mental Approach
8U–11U	• Being prepared and prep stepping • Attacking the ball • Strengthen baseball IQ and pre-pitch mentality	• Watching each bat off the ball and communicating. • Have an urgency mindset that goes with intelligence. • Move to wear the batters tendency is. Understand where the play needs to be made in the situation. • Visualize how to attach the ball • Turning glove side
12U–18U	• Understanding fielding priorities • Running pick plays • Adjusting the defense on tendencies • Advanced fielding	• Which position has priority over the other in fielding situations. • Understanding when to be ready for the pitcher and how to disguise a pick • Adjust positioning and prep step based on batter tendency. • Learning when to take the cut and not.

FIELDING TERMINOLOGY

- **Prep step (jab step):** Pre-swing movement to prepare for the ball.
- **Crow hop:** Outfielder steps to gather power for a throw
- **Gather steps:** Steps to gain the base and momentum to make a good throw
- **Backup:** All players need to be moving to positions when the ball is in play. RF needs to be backing up 1st when infield throws are being made to that base.
- **Hitting cut (cut-off):** The outfielder throws to an infielder in position to make a relay throw to the desired base.
- **Base numbers:** 1, 2, 3, 4 (home)
- **Awareness:** Your mental plan for the at-bat and where the play needs to be made.



INFIELD OUTFIELD CUT-OFF POSITIONING

Base at Play	Left Field	Center	Right
2	SS	SS	2ND
3	SS	SS	2ND
4	3RD	1ST	1ST

<https://probaseballinsider.com/shortstop-positioning-part-1-cut-offs-and-relays/>

FIELDING POSITION NUMBERS:



FIELDING PRIORITIES:

- Centerfielder has priority over the left and right fielders.
- Outfielders have priority over the infielders.
- Shortstop has priority over everyone in the infield.
- Middle infielders (SS and 2nd base) have priority over the corner infielders (1st base and 3rd base).
- Corner infielders have priority over the pitcher and catcher.



COACH & PLAYER EXPECTATIONS

Coaches Will	Players Will
Teach in consistent language	Take every rep with intent
Give positive, corrective feedback	Learn strengths and weaknesses
Reinforce routines	Be coachable, hungry, accountable
Put the team first	Play for each other and be selfless
Push players in situations that develop gritty players. We do not care about flash players and "bling". GET DIRTY! WE WANT GRINDERS!	Become a gritty player. This is a simple formula Meaning x effort = GRIT. What are you playing for? Find your meaning and take your effort to another level.
Develop the mental game with the players. Players need to play free and not in fear. Encourage them to find their own voice	WHAT IS YOUR PREGAME PROGRAM? GET MENTAL!

PRACTICE STRUCTURE & DRILL BANK

INDIVIDUAL SESSIONS (ACADEMY SESSIONS): THIS IS WHERE PLAYERS GET BETTER AND DEVELOP!!! Coaches can change each TRAINING, but focus should be on small group drills that over the following. Players can rotate through each station. Focus on fundamentals is critical! Doing these in fun game like competitions brings out competitive fire in the teams:

- Infield
- Outfield
- Pitching/catching
- Hitting

Drills are listed on the following pages and will be updated throughout the season. Pick and choose drills that maximize reps and help develop your players where they are at!

TEAM SESSION (TEAM PRACTICES): This brings the team together to work on team defense or other team drills. Following are a few examples. Get the teams talking during these sessions. Have the players call out the base (one one one or two two two). Let them get loud and have fun.

- I/O
- Base running
- Star drill
- Directional hitting
- 4 corners drill
- Bunt defense

**BE ACCOUNTABLE FOR YOURSELF, OTHERS AND YOUR TIME.
PRACTICE WITH PURPOSE AND PLAY WITH PASSION.**



FIELDER EVALUATION & TRACKING

- Foot speed – 5-10-5 (fall sessions) and 300 shuttle (added later)
- Explosive movement – Vertical jump and long jump.
- Turn, open hips and catch. Gather make throw on target.
- Goalie drill with hack attack.

PARENT EDUCATION & COMMUNICATION

- Training is built for the long game, your stats at 12U have no bearing on if you play in college.
- Support finding a process, not just outcomes.
- Baseball is fun, help them enjoy the game so they stay in it.
- Help them get comfortable being uncomfortable. It takes 63 days to develop a habit.
- Enjoy your time with your son. These are moments you will never get back. Do not lose perspective that these times are fun and your son will be stepping into an arena that most men never will. Trophies and accolades come and go, but watching your son grow into a good man through hard work is our life's greatest work as parents.
- Let your athlete **BE FREE OF FEAR AND BE DANGEROUS.**

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanks, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard you.

WE>ME. WHATS YOUR ACT OF SERVICE? THIS GAME REWARDS YOUTM WHEN YOUR PLAYING FOR EACH OTHER.

ROMANS 12:10

"Be devoted to one another in love. Honor one another above yourselves."



INFIELD DRILLS: Players must jab step be in ready position and stay low and play low

Fundamental drills:

Fundamentals of catching: <https://www.youtube.com/watch?v=I5-puSsWHRs>

Proper fielding position, prep step, hands and ball approach: [SS Technique and Corrective Drills | Coach's Clinic \(youtube.com\)](#)

Beginning drill: <https://www.youtube.com/watch?v=rcqsdTZSMbg>

Box drill: <https://www.youtube.com/watch?v=Hxko-4pZeec>

Intermediate drills:

- Clock drill, inline drill, flip drill and bad hops:
<https://www.youtube.com/watch?app=desktop&v=PxpegPxWMaU>
- Clock drill: <https://www.youtube.com/shorts/bEYpSKV5QiQ?app=desktop>
- Noodle drill -with gloves or training gloves (aka pancake or paddle mitts)
<https://www.instagram.com/dukebaxter/reel/C44Seo-u9Og/>
- Goalie drill <https://www.youtube.com/watch?app=desktop&v=uqM3FY0P7x0>
- Bad hops drill: <https://www.youtube.com/watch?app=desktop&v=VplIj8MAps>
- 3 cone drill: <https://www.youtube.com/watch?v=QaXiNUOzJ2k>
- Back hand 3 cone drill: https://www.youtube.com/watch?app=desktop&v=AZ-PR4_e-nI
- Cone weave drills to back hand and throw to first
- Back pedal around cones and attack downhill and throw to first
- 3 ball drill (back hand, forehand, in the air) Have to catch all 3!
- Staying low on back hands:
https://www.youtube.com/watch?v=IJAF9DNzUGI&list=PLpYkcn0txyvSH8jh5Bp_reyGHYcA-Yny0&index=7

Advanced Drills:

- Glove flip drill 1:
https://www.youtube.com/watch?v=xdDwnxjALPs&list=PLpYkcn0txyvSH8jh5Bp_reyGHYcA-Yny0&index=5
- Glove flip drill 2:
https://www.youtube.com/watch?v=NIHzuCLPGgo&list=PLpYkcn0txyvSH8jh5Bp_reyGHYcA-Yny0&index=12
- Double play drills. C flip, handshake, catching on back of mitt
- Flip drills:
- Ladder drills: <https://www.youtube.com/watch?app=desktop&v=DI fogKVCUUK>
- Star flip drill: <https://www.youtube.com/watch?v=BGs7rAf3Olo>

KNOWLEGE IS POTENTIAL POWER.

TAKE ACTION AND MAKE THAT KNOWLEDGE REAL POWER!



OUTFIELD DRILLS Teach players to run to the ball and then raise their hand. Catch with 2 hands BEHIND the ball. Go to wear the ball is going not to wear it was. Take a good path to setup your throw.

Fundamentals:

Fundamentals of catching: <https://www.youtube.com/watch?v=I5-puSsWHRs>

Fundamental movements – drop step, getting behind the ball and zig zag drill (do not turn back to ball): <https://www.youtube.com/watch?v=WUIM8NgNETg>

Basic drills: Self-throw competition, zig zag, smush ball on head [3 great drills for teaching kids how to catch fly balls | Youth baseball fielding drills \(youtube.com\)](#)

Working behind the ball (always!): <https://www.youtube.com/shorts/0x556Ezl-Hw?app=desktop>

- Backup drill. Outfielders need to learn to move to back up hits and not stand watching
- Diving catch drill
- Over the shoulder catch drill (for teams struggling with zig zag drill)
- Windy catch fly ball drill: <https://www.youtube.com/shorts/oAvCUAbr1vA?app=desktop>
- V drill with bucket:
<https://www.tiktok.com/@megremsoftball/video/7189222848576228651>
- Vdrill with toss or throw:
<https://www.tiktok.com/@coachholderball/video/7342925743464156446>
- Outfield angle/Banana drill:
<https://www.tiktok.com/@robinsonathletes/video/7321806602711960875>

Advanced:

- Two cone drill with 2 players laying on faces. Throw the ball to the center and got to call it out.
- Star drill outfield and gap communication:
https://www.youtube.com/watch?v=9ffuJhVXn_I
- Step behind vs Crow Hop: [Step Behind vs. Crow Hop \(youtube.com\)](#)

PREPARATION + OPPORTUNITY = LUCK.
MAKE YOUR OWN LUCK. KNOCK THAT DOOR DOWN.



RESOURCES & CONTINUED LEARNING

Coaches:

- Driveline
- X/Instagram/Youtube Follows
 - (1) Dominate the Diamond: [Overcome New Coach Obstacles in Youth Baseball](#)
 - (2) You Go Pro Baseball [PROVE YOUR HATERS WRONG! \(And Make Your Baseball Dreams A Reality!\)](#)
 - (3) Brandon Guyer MLM
- Books: The Mental Game of Baseball, Heads-Up Baseball

Players:

- Hitting and performance journal – 85% of MLB players keep a journal that includes drills, daily metrics, words of affirmation and gratitude. This provides positive feedback through progression.
- Video feedback – This should be taken weekly during the year to see the development.
- Homework drills – see weekly curriculum and copy weeks lesson
- Private instruction – Academy classes provide group training. If athletes are behind then they will need a tutor to catch up or learn specific higher-level techniques in detail.

**CHANGE YOUR NARRATIVE TODAY.
WHAT ARE YOU TELLING YOURSELF?
BE AWARE!**

**CARRY THE WARRIOR MENTALITY.
DONT BE A VICTIM AND DEFAULT TO MEDIOCRITY.**