

FUNDAMENTALS IN PRACTICE

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A LITTLE ABOUT MYSELF

- 2002 Graduate of Frontenac High School
- 2006 Graduate of Pittsburg State University
- 10 plus years of coaching softball and volleyball
- My family is my whole world.
- I love the game of softball for more than wins and losses.
- 2016 Class 4A Division II State Champion, 2011 Class 3A State Runner Up
 - 4 other State Appearances



BACK TO THE BASICS

- A day in practice for us....
 - Practice Plan
 - Run, Stretch, Agilities & Team Talk
 - Throwing Progression
 - Everyday
 - Practice Drills – every drill implements the fundamentals in one way or another
 - A mental inning
 - 27 outs to finish the day
 - (soft toss, tee drill, front toss, or coach led)

EVERYDAYS IN RAIDER COUNTRY



YOU CAN BE BETTER THAN OTHERS AT THIS...

- What if you don't have the pitcher the team you have to beat does?
- What if you don't have a 3-4 hole who hits bombs?
- What if your team batting average isn't .450?
- What if you return one of nine starters from your previous team?
- YOU CAN STILL BE BETTER AT FUNDAMENTALS
 - Fundamentals include the mental aspect of the game as well.
 - Be prepared, anticipate, and understand the reason behind it all.

LET US BREAK IT DOWN (DEFENSE)

- Throwing
 - Warm up = running for missed throws
 - High elbow, thumb down, throwing through, pointed shoulder, inside of back foot
- Catching
 - Catch everything with two hands in warm up
 - Catch everything with two hands in the outfield
 - Catch everything with two hands on the infield
 - Catching with two hands is a basic fundamental!

LET US BREAK IT DOWN (DEFENSE)

- Fielding
 - Hamburger not a hot dog
 - Between the knees
 - Balance with chest down
 - Hands away
- Fly Balls
 - Elbow underneath – left side of face
 - Two hands – get behind the ball

DRILL DRILL DRILL

- In any drill you have to reinforce the fundamentals.
- Make them re-do it, and then do it right 3 times in a row.
- Give them a consequence.
- Make them explain it.
- Reward for progress .
- Everydays need to count for something *chart it*.
- Being prepared before the ball is pitched or hit is as important as having the best arm on the team.

LET US BREAK IT DOWN (OFFENSE)

- Bunting
 - One of the most crucial parts of the game
 - Angle of barrel
 - Top hand in front
 - Catch with the barrel
 - Stay in your legs

LET US BREAK IT DOWN (OFFENSE)

- Swing the bat
 - Winter work outs
 - Use the tee
 - Balance
 - Have a cookie
 - Finish what you start
- Run the Bases
 - Use the right angle – open the correct way – know when to pick up your coach

THINK ABOUT IT

- If you can make 90% of the routine plays defensively, and manufacture a hit per athlete you give yourself a great chance to be successful.
- Fundamentals never go away, no matter how much the game changes.
- You don't need everyone to be a superstar, you need each of your kids to be the best version of themselves that they can be.
- Enjoy this experience and allow your kids to help you learn, and make you a better coach.
- Understand that kids don't intentionally screw up (most of the time), ask yourself if you are doing your job to prepare your kids for success.

5 KEYS TO OWNING FUNDAMENTALS

- It's okay to be basic.
 - You don't have to have fancy plays to make great teams.
- Execute & Defend the bunt.
- They must be practiced, and practiced, and practiced.
- Just because you practice and practice and practice doesn't mean your kids won't make mistakes.
- Use them, don't abuse them.

FINAL THOUGHTS..ASIDE FROM FUNDAMENTALS

- You make the choice to be a coach to these kids. It is an opportunity, not a job.
- You decide the type of team you will be.
- Demand respect, return it to others.
- Let your kids know you believe in them.
- You are making a difference, be the positive difference.
- Remember we are all students of the game, no matter how many rings you win, how many wins you have – there is always something to be better at.

QUESTIONS OR COMMENTS?

