

## Coaches Drill from ABCA

One thing as a coach that I want to utilize more is to create the internal clock in players in order to make a play. Traditionally I have been focused on proper footwork, hand positioning etc to get better. Now I plan to incorporate making the play but understanding the speed of the runner, angle and speed of the ball hit to a fielder in order for him to understand how deep to play.

Use a stopwatch and time the play from the crack of the bat to the pop of the first baseman's glove, and also the time of crack of the bat to the runner stepping on first base. This will allow your fielders to know when to hurry a play and when they have more time. It also allows them to realize that a bobbled ball isn't the end of a play, they can still get the runner out if their internal clock is working. I will track their progress over the weeks.