

PRACTICE TIPS

- [Running an Active Practice](#)

HITTING

High Tee Drill - University of Arizona (Emphasizes hitting the ball "low and hard" back up the middle, into an L-Screen . . . is easy to self-monitor . . . much of the "language" the Wildcats' assistant coach uses in this video clip is said verbatim by our coaching staff . . . this is a drill we believe all of our hitters should incorporate into their hitting routines)

<http://baseball.coachesdirectory.com/article/high-tee-drill--univ-of-az-baseball-video.html>

Leg-Lift Drill - Texas Christian University (Emphasizes rhythm of the front foot, loading, staying balanced 50/50, "torque" and getting the front foot down "softly" and "in time" . . . another valuable drill to add to a player's routine)

<http://baseball.coachesdirectory.com/article/hitting--leg-lift-drill--tcu-baseball-video.html>

Three Plate Drill - University of Louisville I love this concept for improving timing and bat speed . . . great idea for adding value to front toss/pitching machine BP . . . and, we have more than enough home plates to make this work at the Academy

. <http://baseball.coachesdirectory.com/article/three-plate-drill--univ-of-louisville-baseball-video.html>

Youtube Videos:

- [Hitting Basics](#)
- [Hitting Drills](#)

PITCHING

(We believe our pitchers **AND** catchers should understand the nuances of each position's specific skills and mechanics)

Pitching - Bad Habits - University of North Carolina

(Details some common mistakes to avoid, and more importantly, the ways to repeat mechanics, when to separate the hands, landing in a linear path to home plate, and landing "slightly closed" . . . all things we preach to our pitchers at Ephrata)

<http://baseball.coachesdirectory.com/article/pitching--bad-habits--scott-forbes--univ-of-nc-video.html>

Boost Your Fastball With Weighted Balls (Article)

(We have two sets of weighted balls in the facility)

<http://baseball.coachesdirectory.com/article/boost-your-fastball-with-this-weighted-baseball-workout-article.html>

Pitching - Finch Drill - University of Arizona

A drill designed to keep a pitcher's glove-side from flying open and spinning off their pitches . . . a very similar drill to Paul Reddick's "Wall Drill" . . .

<http://baseball.coachesdirectory.com/article/pitching--finch-drill--univ-of-arizona-baseball-video.html>

Youtube Videos:

- [Pitching Drills](#)

CATCHING (We believe our pitchers **AND** catchers should understand the nuances of each position's specific skills and mechanics)

Bullpen Work - The Catchers - University of North Carolina

(Explains and details the importance of the catcher when our pitchers throw bullpens)

<http://baseball.coachesdirectory.com/article/bullpen-work--the-catchers--scott-forbes--unc-video.html>

STRENGTH & CONDITIONING

Build Baseball Rotational Power - Med Ball Circuit - Austin Adams, Cleveland Indians

(We have the space and the med balls :)

<http://baseball.coachesdirectory.com/article/build-baseball-rotational-power-with-this-med-ball-circuit-video.html>

Baserunning Exercises - Adam Eaton, Chicago White Sox

(Here are three exercises that are great for improving lateral mobility, leg strength, and foot speed . . . once again, we have everything needed to perform these exercises)

<http://baseball.coachesdirectory.com/article/baserunning-exercises--go-pro-workouts-video.html>

FIELDING

Position Players Throwing Program - Creighton University

Here's the same supervised throwing program we use for our infielders when we are in-season . . .

<http://baseball.coachesdirectory.com/article/position-players-throwing-program--ed-servais--creighton-univ-video.html>

Infielders Throwing Progression Drills - University of North Carolina

We found this progression a year ago, and incorporated the best aspects of it to the above-mentioned Creighton program . . .

<http://baseball.coachesdirectory.com/article/infielders--throwing-progression-drills--unc-baseball-video.html>

"Finer Points of Baseball" Series:

- [The Lost Art of Bunting](#)
- [Defensive Baseball Finer Details - Catching](#)
- [Defensive Baseball Finer Details - Pitcher](#)
- [Defensive Baseball Finer Details - First Base](#)
- [Defensive Baseball Finer Details - Second Base](#)
- [Defensive Baseball Finer Details - Shortstop](#)
- [Defensive Baseball Finer Details - Third Base](#)
- [Defensive Baseball Finer Details - Outfielders](#)

Other Resources:

At the EBA Academy, there are several DVD training programs that focus on specific positions and skills. Ask a Board member if you would like to borrow.

Interesting in becoming a manager or coach in our program?

Read [this](#) and then contact: Adrian Shelley (A_Shelley@easdpa.org),
Director of CDEP