Linn-Mar Baseball 2026

TEAM

T-TRUST your coaches, teammates and the process. Stop overthinking and second guessing.

E-EFFORT You are the only person to control your EFFORT. 100% effort while in practice, cages, or competition. Outwork others, no matter your role on the team.

A-ATTITUDE You are the only person who can control your ATTITUDE. No matter your role on the team, attitudes are contagious. Be positive in a game of failure.

M-MOTIVATE yourself and others on the team to be the best versions of themselves on and off the field.

TEAM= Everything we do is for the TEAM! There is NO individual in this program. WE are a collective brotherhood. Always ask yourself, “Will this help the TEAM.” Stop being selfish and worrying about “me” but it should always be “WE”.

TEAM

What Being a TEAM Player Looks Like

- Putting the group ahead of personal stats
- Respecting teammates, coaches, opponents, and officials
- Being coachable and accepting your role
- Competing hard while handling success and failure with class
- Representing your school and program with pride

Arm Care

45% pitched in a league without pitch counts or limits

30.4% pitched on multiple teams with overlapping seasons

13.2% pitched competitive baseball for more than 8 months per year

43.5% pitched on consecutive days

19% pitched in multiple games on the same day

Arm Care

- MLB Pitch Smart Website (GREAT RESOURCE)
- Body Warmed Up (Dynamic Stretching)
- Bandwork (Jaeger Bands)
- Throwing progression
- LONG TOSS/Footballs/Softballs
- Recovery (running, arm bands, stretching)

Position Players vs. Ball Players

- Younger ages-learn to play most positions
- Start to specialize in older ages (Corner INF, MIF, OF, C)
- Make everyone a pitcher (teach grips, 2FB-4FB-CH, get really good at locating)
- Live baserunning each practice
- Situational IQ (bunts, relays, cuts, **communication**)

Competition

- HS level (IC, CR, Dub, Wat, DSM, QC)
- Its fun to win, but challenge them

Mississippi Valley
MVC
Conference

Situational Awareness/Baseball IQ

- This is what we struggle with when they come to HS
- Let them compete
- Show them at a younger age and continue to build
- The more we do it in practice the better it will be for them

Practice tough plays-put pressure on them in practice

Lion Offensive Philosophy

1) **COMPETE-** the first 2 swings are yours, hit your pitch. The last swing is for the team. Put the ball in play with 2 strikes and don't back down from a challenge. You are better than the pitcher.

2) **DO DAMAGE-** Our job as hitters is to impact the ball as hard as we can and hunt for extra base hits. ***GAP to GAP on a line with backspin is always our goal!***

3) **USE THE GROUND-**The more you can be grounded and athletic, it makes the sequence of the swing cleaner.

4) **ATTACK THE FASTBALL-**We don't want to get too deep into counts that pitchers can get to their weapons (off speed). Hunt fastball and drive fastball.

5) **TAKE A CHANCE-** Know when the right time to impact the baseball, when is the right time to do damage.

6) **LIMIT SWING AND MISS-** You will strike out, it's part of the game. Never go down looking, always try to put the ball in play with 2 strikes to put pressure on the defense. Short contact swing.

7) **PASS THE BAT-** Hitting is contagious in big innings. One guy gets on base, continuing that sequence to speed the game up for the opposition. Make it a carousel and hit through the order each inning, keep moving runners.

Practice Planning-Have a Purpose

- Vitamins
  - 10 minutes every practice
  - OF-with a coach or parent
  - INF-with a coach or parent
  - C-with a coach or parent
- Catch Play (Long Toss and Quick Feet) Coaches watch
- Situations w/ live baserunners (Baseball IQ, Communication)
- Hitting with a purpose
- Bullpens with a purpose

Scrimmage Ideas

2 Pitch Scrimmage

- Every batter gets 2 pitches or 1 swing (optional 3rd if first two pitches miss bad)
- Foul balls are outs and the hitter has to go get it. In play=live.
- 6 outs per inning (clear bases after 3 outs)
- Next inning starts when the leadoff batter gets in the box (whether or not the defense is set)
- If defense isn't set it's all played live regardless of holes

EMPHASIS

- Play faster than games. Sprint to foul balls. Get each other's gloves/hats and get on the field.
- Get in the box ready to ambush fastballs.
- Deal with frustration and adversity on the fly. (This drill can be mentally frustrating)

Team Competitions

1) 1 Ball: 4 minute rounds, 3 groups (1 out runner on 3rd) 1 swing. How many runs can your team score?

2) Coach Pitch Scrimmage: On a clock, with set goals. Simulating game-like situations in a sped-up environment. Taking time to teach when necessary.

3) 21 Outs Game: 2 (or more) teams, with live baserunners. Pre-planned series of outs or plays for the defense. Offense is pressing the issue, trying to force errors and score.

4) Point Game:
   a) 2 teams. 1 offense, 1 defense. 50/50 split between hitters and runners.
   b) Every batted ball played like there is 1 out. Points totaled by number of bases.
   c) No punishment trying to advance to extra bag-be aggressive.
   d) Only minus if you don't tag on fly ball.

Team Competitions

5) Live Arm: 5 minutes sessions for pitchers. 1-1 count always. 20-25 pitch looks.

6) Bucket Drill: 3 teams, bucket of 30 baseballs. Coach-pitch. Total bases=points.

***Kids crave competition...make practice about getting better and competing!!**

Commitment Playing HS Baseball

- **Freshmen:** Practice or play 5 days a week 26 game schedule(Games and practices in the morning early afternoon)
- **Sophomore:** Practice or play 5 days a week/40 game schedule (Games at night, practices in the morning)
- **JV:** Practice or play 5 days a week/20 game schedule (Games are before Varsity or at 10am)
- **Varsity:** Practice or play 6 days a week/40+ game schedule (Games at night, practices from 11-1)
- Weights 2x per week during season/3x per week out of season

Parents

*Trust the process and the coaches.

*Enjoy watching your kid compete, even during bad performances.

*Continue being a positive role model for your child, in good times and bad.

*Baseball is a game, that teaches us about the game of life.

*Cheer loud, enjoy the moment because it will be gone in the blink of an eye.

Final Thoughts

- As a HS program, we do see what level the athlete has played their 8th grade year.
- Committed
- Coachable
- Hard Working-12 months
- Indoor Facility
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