

COACHING ESSENTIALS



KEY PODCAST EPISODES

SPOTIFY		APPLE PODCAST	
1. Hitting Plans	CLICK HERE	1. Hitting Plans	CLICK HERE
2. Hitting Plans 2	CLICK HERE	2. Hitting Plans 2	CLICK HERE
3. Long Toss	CLICK HERE	3. Long Toss	CLICK HERE
4. The Bear-Crawl	CLICK HERE	4. The Bear-Crawl	CLICK HERE
5. Yelling	CLICK HERE	5. Yelling	CLICK HERE
6. Team Culture	CLICK HERE	6. Team Culture	CLICK HERE
7. Baseball Technology	CLICK HERE	7. Baseball Technology	CLICK HERE
8. Reducing Dead Time	CLICK HERE	8. Reducing Dead Time	CLICK HERE
9. Rapport and Bunting	CLICK HERE	9. Rapport and Bunting	CLICK HERE
10. Catchers & Playing Time	CLICK HERE	10. Catchers & Playing Time	CLICK HERE
11. Motivation	CLICK HERE	11. Motivation	CLICK HERE
12. Hitting Approach	CLICK HERE	12. Hitting Approach	CLICK HERE
13. Quality At-Bats	CLICK HERE	13. Quality At-Bats	CLICK HERE
14. Hitting Mindset	CLICK HERE	14. Hitting Mindset	CLICK HERE
15. Success with Umpires	CLICK HERE	15. Success with Umpires	CLICK HERE
16. Critiquing Players	CLICK HERE	16. Critiquing Players	CLICK HERE
17. Drills	CLICK HERE	17. Drills	CLICK HERE
18. Drills 2	CLICK HERE	18. Drills 2	CLICK HERE
19. Having Fun	CLICK HERE	19. Having Fun	CLICK HERE
20. Buy-In	CLICK HERE	20. Buy-In	CLICK HERE
21. Coaching Talks	CLICK HERE	21. Coaching Talks	CLICK HERE
22. Misc	CLICK HERE	22. Misc	CLICK HERE
23. Coach Wright: PT.1	CLICK HERE	23. Coach Wright: PT.1	CLICK HERE
Coach Wright: PT.2	CLICK HERE	Coach Wright: PT.2	CLICK HERE
24. Hitting Slumps	CLICK HERE	24. Hitting Slumps	CLICK HERE
25. Focused Practices	CLICK HERE	25. Focused Practices	CLICK HERE

KEY VIDEOS TO WATCH: [CLICK HERE](#)

1. Playing 1B correctly
2. Pitching forward, not backward
3. Challenges w/ the change-up
4. All 3 hitting videos.

KEY ARTICLES TO READ:

1. Pitching Foundations [CLICK HERE](#)
2. Baserunning [CLICK HERE](#)

DRILL DESIGN GUIDE: [CLICK HERE](#)

PRESEASON "TO DO" CHECKLIST: [CLICK HERE](#)

PRESEASON EMAIL EXAMPLE: [CLICK HERE](#)

EDITABLE PRACTICE PLAN TEMPLATE: [CLICK HERE](#)

