

BULLDOG BASEBALL

2017-2018 E-RECRUITING NEWSLETTER

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POSITION PLAYER SKILLS VIDEOS

The following is some advice regarding off-season/ winter skills videos for position players. First and foremost, this is directed towards those who have been/ will be conducting consistent off-season baseball workouts. If you are a fall or winter athlete (i.e. Football, Basketball, Hockey, etc.), or you have been using the off-season to let your body recover, please don't feel the need to send a skills video if you have been focused on other activities and no progress has been made to your baseball skillset. However, for those of you who play fall baseball or who concentrate on baseball-specific, off-season training, winter skills videos are an opportunity for you to show a coach your progress. That in mind, here is what we look for when receiving position player off-season recruiting videos

60 YARD DASH

Only film on a football field, please (if available)- goal line to opposite 40 yard line. This ensures distance is accurate and I can time it myself from my computer.

Example: https://www.youtube.com/watch?v=D_rEPqkqeAA (TIME: 0:11- 0:20)

HITTING MECHANICS

5- 6 Front Toss Swings (camera angle from opposite side batter's box)

5-6 BP Swings (camera angle from catcher/ umpire view)

Example: https://www.youtube.com/watch?v=D_rEPqkqeAA (TIME: 0:20-1:15)

BATSPEED

5-6 Reps off tee if radar gun is available (camera angle from catcher/umpire view- have cameraman show radar reading after each swing off tee)

Example: <https://www.youtube.com/watch?v=9BcIA796k1o>

INFIELD FIELDING MECHANICS

4 ROUTINE PLAYS TO 1B (Two right at you, one to left, one backhand)

4 Double Play FEEDS (Two right at you, 1 to left, 1 to right)

4 Double Play TURNS

1-2 SLOW ROLLERS

Example: <https://www.youtube.com/watch?v=dcUHT9a4YY> (TIME: 1:12-2:08)

CATCHING FIELDING MECHANICS

2 Pop Times to 2B w/ camera to side

2 Pop Times to 2B w/ Camera in front (between mound and plate)

2 Pop Times to 2B w/ Camera behind 2B (Here, I can get pop time)

3 Block, recover, and throw to 1B (1 straight up block, 1 block to left, 1 block to right)

3-4 receiving (2 low striballs, 1 outer half, 1 inner half)

OUTFIELD FIELDING MECHANICS

Don't waste your time filming outfield fungo reps in the winter. Live game reads are much better gauges of your athleticism, game instincts, etc. There will come a time in the spring and summer for you to showcase your arm action and arm strength, but the winter months are typically not the best time to "let it rip" as high school arms are typically not in mid-season form/ shape. Your best tools (beyond your sheer athleticism) as an outfield are in this order: 1. Your bat 2. Your speed 3. Your arm strength



2017 IVY LEAGUE CHAMPIONS