

# Fall Ball

## PARENT/PLAYER PACKET

To All Players And Their Parents,

Another year of Strike Zone Fall Baseball is upon us! All of us at The Strike Zone are very excited to be starting this season of Fall Ball. Our leagues are designed to be constructive and encouraging while providing an opportunity for players to work on new skills or further develop their current skill set. Our coaches are knowledgeable in all aspects of the game. The Strike Zone's goal is to provide your players with as many opportunities to grow and succeed as possible!



**We would like to take this opportunity to inform you of a few things that are required of you to help make this season the best Fall Ball season yet:**

- Make sure to sign the release form your coach has before you leave today or by the first practice.
- Make sure your player has all the appropriate gear for games and practices, including a water bottle, extra t-shirts, long sleeve liners, and a jacket as weather gets colder.
- Be on time to all practices and games.
- Make sure you have a way to contact your coach and that the coach has a way to contact you. It is important that we have your email address. (Training Newsletter & Special Events)
- Please help to keep parks clean.
- Follow all rules in accordance with coolers and snacks (some parks do not allow these items.)
- Remember, umpires are in control of the games, players, coaches, and spectators. Be respectful to them.
- Make sure your coach is aware of any medical or special attention your player might need (i.e. asthma, diabetes, etc.)
- Report any concerns to Joe Siwa or Teri Cissell via e-mail at [jsiwa@StrikeZoneOmaha.com](mailto:jsiwa@StrikeZoneOmaha.com) or [tcissell@strikezoneomaha.com](mailto:tcissell@strikezoneomaha.com)
- Remember that when you are at the games, you are not only representing yourself. You are representing your family and your organization.

Thank you for choosing Strike Zone Fall Ball, help us to make this the best year yet!

Sincerely,  
Strike Zone Management



## Goals of Fall Baseball

- Grow as a player.
- Develop skills.
- Learn new skills/ positions.
- Pitchers work on another pitch or their pick off moves.
- Hitters get more at-bats to help groove their swings.
- Hitters work on hitting the ball to all fields.
- Catchers work on their transfer skills. Make your feet quicker and your “pop” times will improve.
- Work on base stealing skills or more aggressive base running.



*Fall Baseball can be one of the most productive times of the year for any player!*

## Strike Zone's Goals for Fall Baseball

- To regard each player as the “Most Valuable Player” and realize their dedication to the sport deserves special recognition.
- To provide each player ample opportunity to develop their skills in a friendly and controlled atmosphere designed to be constructive and encouraging.
- Overall, to offer the very best in Baseball and Softball training in Omaha and surrounding areas.
- Make the league the best it can be.



# COMPETITIVE LEAGUE WEEKLY WORKOUTS

## SPEED & AGILITY TRAINING AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 25 Sept. 8,15,22,29 Oct. 6

### **SPEED & AGILITY CIRCUIT FORMAT**

1. Players will check themselves in before starting circuit. You will circle the number in the column left of your name.

## WEEKLY HITTING CIRCUIT AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 27, Sept. 3 ,10,17, 24 Oct. 1

### **HITTING CIRCUIT FORMAT**

1. Players will check themselves in before starting circuit. You will circle the number in the column left of your name.
2. Players will form a line outside of Tunnel Number 3, the starting point of the circuit.
3. Players will enter in pairs and go through each station with a partner.
4. Each station will last 2-3 minutes, a head coach will keep time and instruct when to switch and rotate.

### **HITTING CIRCUIT RULES**

1. Do not bring any equipment other than your bat
2. All players must check in and go through the circuit only within their designated times.
3. Players will be allowed to repeat the circuit ONE time, but must go to the end of the line.
4. Do not swing your bat unless it is your turn at the station.
5. Carry your bats with the barrels down while in line and rotating between stations.

## PITCHERS/CATCHERS FLAT GROUND WORK AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 29 Sept 5, 12, 19, 26 Oct. 3

### **FLAT GROUND FORMAT**

1. Players will check themselves in before starting. You will circle the number in the column left of your name.
2. Players will read weekly goals and pitch limits before entering flat ground area (pitchers will never throw more than 40 pitches).
3. Players will stretch on their own before starting catch.
4. Players will go through a series of 5 stations working on all aspects of their game
5. Once warmed up pitchers will start with 5 fastballs and then proceed to work on weekly goals.

### **FLAT GROUND RULES**

1. Do not bring any equipment other than your glove.
2. All players must check in and go through the circuit only within their designated times.
3. Catchers must wear their full gear.
4. Players may not exceed the pitch limits set forth by the head coach.
5. Players will rotate with every 5-10 pitches

## Additional Information

### Fall Mini Camps: Pitching/Catching/Hitting/Defensive Skills

Strike Zone Fall Mini Camps are at a discounted rate for Fall Ball participants and are designed to help players of all ages and skill levels continue to improve their overall game. Mini Camps cover nearly all aspects of the game, from defensive play to baserunning skills to proper off season training. Strike Zone coaches will put players through these 45-60 minute camps with one goal in mind-to help dedicated players achieve their goals.

### Release Form

Your coach will have a release form for you to sign. This must be signed before the first practice. You can find the full release policy online at [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com).

### Schedules and Rules

Schedules will be available on our web site at [www.strikezoneomaha.com](http://www.strikezoneomaha.com). Competitive schedules will be updated weekly on Wednesdays, following the previous Sundays games. Rules at each park will be at the bottom of the schedules and must be followed accordingly.

### Rosters

It is imperative that we have your correct spelling of your name, phone number, and email address. Please make any corrections by emailing Joe at [jsiwa@strikezoneomaha.com](mailto:jsiwa@strikezoneomaha.com)

### Equipment

Catchers gear and batting helmets will be provided to players in the instructional league only. Competitive league players will be responsible for their own catcher's gear and helmets. Players should bring their own bats and mitts with their names clearly marked on them.

### Uniforms

The Strike Zone will provide caps and jerseys. Players will be responsible for pants, belts, and socks.

### Preparation and Appearance

It is important you arrive at the park dressed and ready to play ball. Arrive on time prepared with water, extra T shirts, long sleeves, and a jacket. You never know who is watching.

### Field Locations

Directions to all fields are on Strike Zone's web site, [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com) on the Strike Zone Info page. Be sure to follow the rules of each park, i.e. concessions, coolers, etc.

### All Star Teams (Competitive League Only)

Coaches will nominate players that they think have earned the right to be selected to the annual Strike Zone Fall Ball All Star Team. Additional fee for the All Star Game will be required to play.





Don't get shut out—  
because some other guy  
was willing to work  
harder than you.

# FALL MINI CAMPS



**PITCHING**



**DEFENSIVE**



**CATCHING**

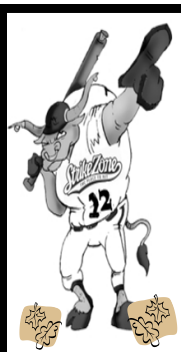


**HITTING**

## CONTINUE TO IMPROVE YOUR SKILLS

Strike Zone Fall Mini Camps are designed to help players of all ages and skill levels continue to improve their overall game. Mini Camps cover nearly all aspects of the game, from defensive play to baserunning skills to proper off season training. Strike Zone coaches will put players through these 45-60 minute camps with one goal in mind, to help dedicated players achieve their goals.

At the Strike Zone, we believe that with hard work and determination...anything is possible.



Reach your Max Potential  
this Fall with a  
Strike Zone Membership!  
One month trial includes  
1/2 hour lesson and unlimited  
hitting in the cages!  
SEE WEBSITE FOR MORE DETAILS!

**\$30 SZ FB Participants/Members**

**\$35 Non-SZ FB Participants/Non-Members**

**Registration on Back**

# Strike Zone

## Fall Mini Camps:

**\$30 SZ FB Participants/Members    \$35 Non-SZ FB Participants/Non-Members**

PITCHING	CLINIC DAY	CLINIC TIME	CLINIC TIME	CLINIC TIME
SEPTEMBER 2	TUESDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 4	THURSDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 9	TUESDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
CATCHING	CLINIC DAY	CLINIC TIME	CLINIC TIME	CLINIC TIME
SEPTEMBER 2	TUESDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 4	THURSDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 9	TUESDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP
HITTING	CLINIC DAY	CLINIC TIME	CLINIC TIME	CLINIC TIME
SEPTEMBER 2	TUESDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 4	THURSDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 9	TUESDAY	<input type="checkbox"/> 6PM AGES 9-12	<input type="checkbox"/> 7PM AGES 13-14	<input type="checkbox"/> 8PM AGES 15-UP
DEFENSIVE SKILLS	CLINIC DAY	CLINIC TIME	CLINIC TIME	CLINIC TIME
SEPTEMBER 2	TUESDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 4	THURSDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP
SEPTEMBER 9	TUESDAY	<input type="checkbox"/> 6PM AGES 13-14	<input type="checkbox"/> 7PM AGES 9-12	<input type="checkbox"/> 8PM AGES 15-UP

Total # of Camps: \_\_\_\_\_ x Price: \$ \_\_\_\_\_ = Total \$ \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Pos: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

(Parent/Guardian Sign Here:) \_\_\_\_\_

Visit [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com) for Cancellation & Release Policy

Make checks payable to "The Strike Zone" and mail or return to

### PAYMENT METHOD

Cash Check Visa MC Disc AMEX

# \_\_\_\_\_

Exp Date \_\_\_\_\_

3 digit V-Code \_\_\_\_\_

Signature: \_\_\_\_\_



THE STRIKE ZONE  
2900 South 110th Street Omaha, NE 68144  
(402) 398-1238 [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com)



# Practice Plan

## COMPETITIVE LEAGUE

This plan is written for the first 2-hour practice.

For any additional practices you choose to schedule, you can do something similar or build on what you've already covered. We've left space for you to fill in any additional points you would like to stress.

**12:00** Introduction To Parents and Players  
15 Minutes

**12:15** Jog & Stretch  
15 Minutes

**12:30** 5 Step Throwing  
20 Minutes

**12:50** Take Infield and Outfield how you want it done  
25 Minutes before a game. (8 Minutes) PFP's, Pop-Up Priority, Bunt Defenses

**1:15** Have pitchers throw flat ground work with catchers  
30 Minutes One team works on Ground Balls — then switch  
One team works on Fly Balls — then switch

**1:45** Go over signs and any team rules you may have  
15 Minutes

**2:00** Practice Ends

If there is anything else you want to add, feel free. Please remember that we ask that you do not do any live batting practice at the Strike Zone scheduled practice.

**REMIND YOUR PLAYERS OF THE INDOOR HITTING CIRCUITS, PITCHER/CATCHER BULL PENS AND SPEED AND AGILITY WORKOUTS INCLUDED WITH THE LEAGUE.**

# Five Step Throwing

## FROM THE COACHES AT THE STRIKE ZONE



### IMPORTANT POINTS TO REMEMBER

- Keep hand on top of the ball at all times
- Get throwing elbow as high as possible when throwing
- Point non-throwing shoulder at target every time
- Don't wrap throwing arm behind body
- Concentrate on throwing at partner's chest each time
- Don't drop throwing elbow when throwing
- Grip ball across fat seams – Four seams

### STEP 1: FLICK DRILL

- Down on throwing-side knee, glove-side knee extended
- Throwing elbow above shoulder, supported by glove
- Flick with wrist, encouraging good rotation of ball

### STEP 2: BACK KNEE, FRONT FOOT UP

- Front leg extended when foot flat on ground
- Keep front shoulder down – don't tilt up
- Back of hand toward partner
- Bring throwing shoulder forward to throw
- Chest over front knee – chin at target

### STEP 3: STRIDE LEG – POWER - THROW

- Point front foot directly at partner
- Back of hand toward partner while bringing ball back
- Open hips when throwing
- Turn back foot over on follow-through
- Follow-through low – take throwing shoulder to stride knee – pivot on back foot

#### Check 5 key areas –

- Front toe pointed in slightly
- Flat back
- Chin up
- Chicken wing front side
- Rotate laces on back foot

### STEP 4: SWING BALL UP TO THROWING POSITION

- Swing straight back and away from partner
- Starting power position
- Finish over front knee
- Check 5 key areas listed above

### STEP 5: STEP – CATCH – THROW

- Step with throwing foot first
- Catch with two hands
- Throw at target on partner
- Remember important points mentioned above

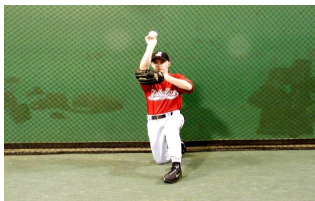
***Strive to be as good in the classroom as you are on the field***

**FOR MORE DETAILED INSTRUCTION,  
PURCHASE YOUR HANDBOOK/PLAYBOOK/DEVELOPMENT GUIDE  
AT THE STRIKE ZONE.**





## THROWING IMAGES



**FLICK**



**CATCH**



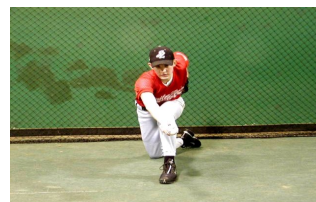
**DOWN**



**BACK**



**POWER**



**THROW**



**CATCH**



**DOWN**



**BACK**



**POWER**



**TURN**



**THROW**



**STEP TO CATCH**



**STEP TO POWER**



**POWER**

*Set high standards and know the steps to attain them.*

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## Stance



## Stride



## Knob to the Ball



## Contact



## Extension



## Follow Through



*Practice the way you play games... All go, no quit*

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## FIELDING POSITION



## SLOW ROLLER



## POWER POSITION



## BACK-HANDER



## THROW-ON-RUN



*Hard work beats talent when talent doesn't work hard.*

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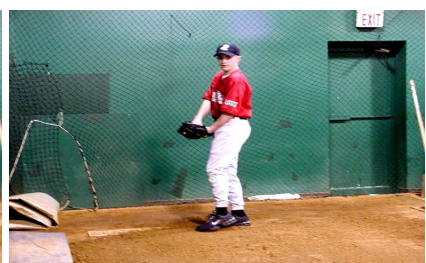
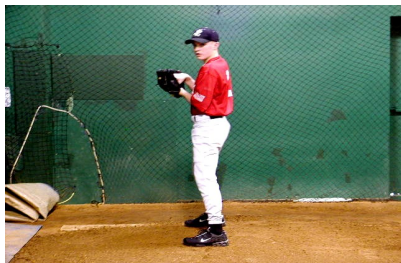




## Wind up



## Stretch



Life is not fair. You control your destiny.

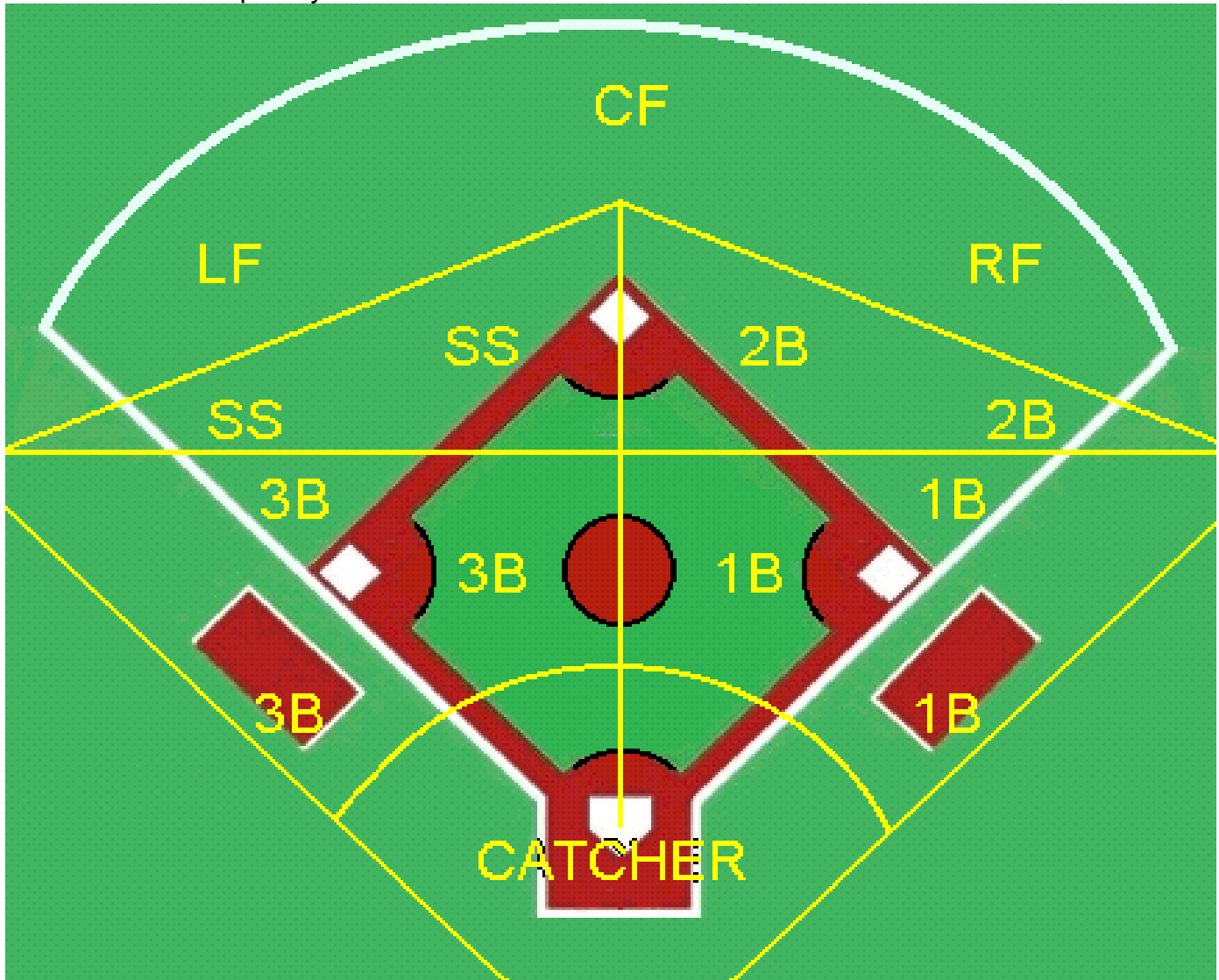
**FOR MORE DETAILED INSTRUCTION,  
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# Pop Fly Priority

FROM THE COACHES AT THE STRIKE ZONE



- All outfielders have priority over infielders.



- Shortstops has priority over 3B, 2B, and 1B.
- Second baseball has priority over first baseman.
- Third baseman has priority over the catcher.
- First baseman has priority over the catcher.
- Pitcher should only catch any short Popfly that no other infielder can get to.

*Love the game.*

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AT THE STRIKE ZONE.**