

TIPS FROM THE COACH

ITs HITTING PRACTICE, NOT BATTING PRACTICE!

Recently, I watched a coach prepare his team for that evening's twelve year old All Star game. They evidently were facing a hard throwing pitcher, as this idiot was chucking Pickle balls at his batters from about 30 feet, as hard as he could throw them! To compound this stupidity, he was machine gunning them so that they had no time to even set up for the next pitch, while yelling, "COME ON, YOU'VE GOT TO GET THE BAT MOVING". Batter after batter slumped away having never made contact. I didn't watch the game. I already knew that this team had no chance to win. They were already defeated. I really wanted to go over and slap the coach for being such a jackass!

I would like to propose that we change the name from batting practice to hitting practice! When the Astros face Randy Johnson, they don't find the hardest throwing lefty and have him throw BP from 40 feet. But I have seen high school coaches do exactly that. The best way to guarantee that your team will not hit curveballs and go into a team slump is to set a pitching machine to throw the nastiest yacker possible and let the team whiff for 2 hours. Hitting practice is about hitting the ball! Don't put on a strike out practice. Throw the pitches at the speed that each hitter can best hit the ball. If you want them to practice hitting a curve, tell them it is coming and throw a crappy curve so they can have success hitting it.

You can provide quality hitting practice anywhere by using Pickle balls. Have your team get around you in a circle and you can spin and throw and get a tremendous number of cuts in a short amount of time. They are also great for holding hitting practice right in your front yard with your son. He won't break the neighbors windows. You don't risk injury when he mashes one back and drills you in a vulnerable body part, and you can throw them every day without your arm falling off. You can order a dozen Pickle balls for about \$10.00!

COACH