



5-4-3 SEASON PLAN

Designed and Published by Baseball Pastor Ministries

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What is the 5-4-3 Season Planning Method?

The 5-4-3 Season Planning Method is a comprehensive guide to planning your team's season and practices.

By using this planning method, you will effectively answer the following questions, which will lead to effectively planning all aspects of your season:

This season, what are your five main goals or points of emphasis? These are the five things you simply must do as a team in order to prepare yourself for success on and off the field. This isn't about listing win totals, but about what must happen for you to reach particular win totals or statistical goals. For example, one of your points of emphasis might be to run the bases aggressively in all situations. Perhaps you noticed last year that your team didn't take extra bases or didn't move up on balls in the dirt, and it cost you several runs. Another example might be that you want your team to be active in serving the school and community. You get the idea. List five. No more than five. Any more than five, from my experience, seems overwhelming. Once you've settled on your five points of emphasis, everything you do each week and each day will be guided by them. Everything.

This week, what are your four areas of focus? This is where it gets difficult. If we are going to accomplish our five points of emphasis on the season, what do we do this week to move toward them? Look again at your exhaustive list. If we are to be more aggressive on the bases, what mindsets or skills need to be addressed? What will we do this week to work on those mindsets and skills? For example, one of your four areas of focus this week might include moving up on balls in the dirt. As a result, schedule practice time to discuss and practice all that's involved with that particular area of the game.

Today, what are three objectives we must accomplish? Back to base running...if we want to be more aggressive, and if this week our area of base running focus is moving up on balls in the dirt, what specifically will we do today to improve that? For example, today's objective might be that every player can explain which game situations are appropriate for moving up on a ball in the dirt and which are not. Obviously, you must get very specific on each skill in order to ensure that today accomplishes something for the week, which accomplishes something for the season.

NEXT PAGE: How to use the 5-4-3 Season Planning Method:

How to use the 5-4-3 Season Planning Method:

First, use the following several pages to **make exhaustive lists** of what needs to be covered this year. Take some time, talk with your coaches, think through every game situation, and write down everything you could possibly need to work on during practice this year. For example, when it comes to team defense, you might include the following: bunt coverages, 1st and 3rd defense, relays (and "double-cuts"), PFP, double plays, popups, dropped 3rd strike, etc. Some of those will obviously lead you to thoughts about what certain positions need to know. The point in this part of the document is to get everything out of your head and onto the paper. You can organize it later.

Second, take time to think, pray, and talk through what your team needs as its overall points of emphasis this year. What five things will put your team in position to be successful every time it takes the field? What five things, if your players and coaches gave themselves completely to them, would make you feel you've been successful as a coach?

Third, consider how those five points of emphasis can be divided into smaller chunks, perhaps categories that can be covered in a particular week. Count up the weeks you have in the season (including game season). Make a general sketch of what you could cover each week to accomplish those five points of emphasis. At the beginning of each week, write down four areas of focus you want your team to devote itself to.

Fourth, look again at your exhaustive lists, your five points of emphasis for the season, and your four areas of focus for the given week. Then, think of today...what must we accomplish today in order to move toward the overall plan we have for the season?

Fifth, knowing what you need to accomplish today, write your practice plan accordingly.

Frequently Asked Questions:

Doesn't this planning method just make a coaching baseball even more complicated?

Only if you let it. The point of this planning method is to get what is in your head onto paper. What's more complicated than following this plan is trying to remember all you need to accomplish and operating on a day-by-day plan. By following the 5-4-3 plan, you will know well in advance what your season, your week, your day, and your practice will accomplish.

How long will it take me to complete and implement the 5-4-3 Planning Method?

The 5-4-3 Planning Method is meant to guide coaches toward better season planning, whether they spend a few days or just a few hours working through this guide. How much time it takes is entirely up to you.

I would like to use my own team logo as the background on each page. Is that possible?

If you prefer your own logo as the background image on the documents I've provided, please email it to me. Regarding the use of the documents, all I ask is that you leave my website listed at the bottom. All documents are free to use.

I know of someone else who could benefit from this document. Can I make a copy or send it to them?

Yes. All I ask is that you let them know it is a gift from Baseball Pastor Ministry.

Hitting



Situational/Team Offense



Base Running



Pitching



First Base Defense



Second Base Defense



Shortstop Defense



Third Base Defense



Pitcher Defense



Catcher Defense



Outfield Defense



Team/Situational Defense



Character



Off the field Expectations



Role of Parents in the Program

Equipment



Field/Facility Maintenance and Improvements

FIVE POINTS OF EMPHASIS FOR THIS SEASON

1.

2.

3.

4.

5.

FOUR AREAS OF FOCUS FOR THIS WEEK

1.

2.

3.

4.

THREE OBJECTIVES FOR TODAY

1.

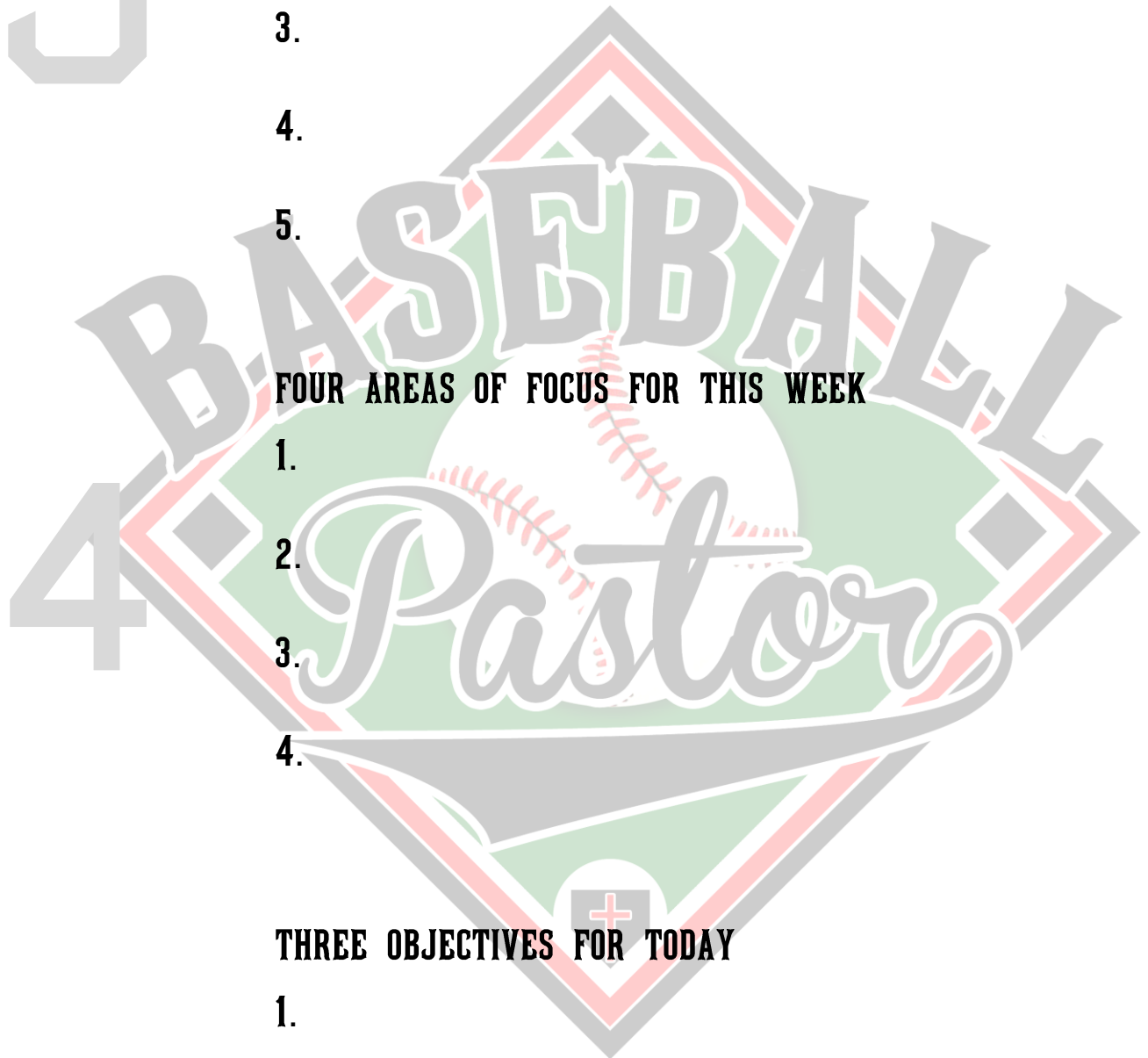
2.

3.

5

4

3



FIVE POINTS OF EMPHASIS FOR THIS SEASON

1.

2.

3.

4.

5.



5

FOUR AREAS OF FOCUS FOR THIS WEEK

1.

2.

3.

4.



4

WEEK OF:



FOUR AREAS OF FOCUS FOR THIS WEEK

1.

2.

3.

4.

4

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WEEK OF:



FOUR AREAS OF FOCUS FOR THIS WEEK

1.

2.

3.

4.

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THREE OBJECTIVES FOR TODAY

1.

2.

3.



3

TODAY'S DATE:



THREE OBJECTIVES FOR TODAY

1.



2.

3.

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TODAY'S DATE:



THREE OBJECTIVES FOR TODAY

1.



2.

3.

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SAMPLE FIVE POINTS OF EMPHASIS FOR THIS SEASON

1. COMMUNICATE EFFECTIVELY WITH TEAM PARENTS.

2. FOSTER A SENSE OF BROTHERHOOD AMONG TEAMMATES.

3. GIVE NO MORE THAN TWO EXTRA OUTS PER GAME.

4. GAIN ONE SCORING OPPORTUNITY EVERY INNING.

5. MAXIMIZE INDIVIDUAL AND NATURAL ABILITY OF EACH PLAYER.



SAMPLE FOUR AREAS OF FOCUS FOR THIS WEEK

1. MASTER THE TAKING OF AN EXTRA BASE (CONNECTED TO SEASON POINT OF EMPHASIS # 4)

2. CONDUCT PRESEASON PARENT MEETING (CONNECTED TO SEASON POINT OF EMPHASIS # 1).

3. DO VIDEO ANALYSIS AND COMPARISON FOR HITTERS (CONNECTED TO SEASON POINT OF EMPHASIS # 5)

4. REINFORCE APPROPRIATE LATE-GAME TEAM DEFENSE (CONNECTED TO SEASON POINT OF EMPHASIS # 3)

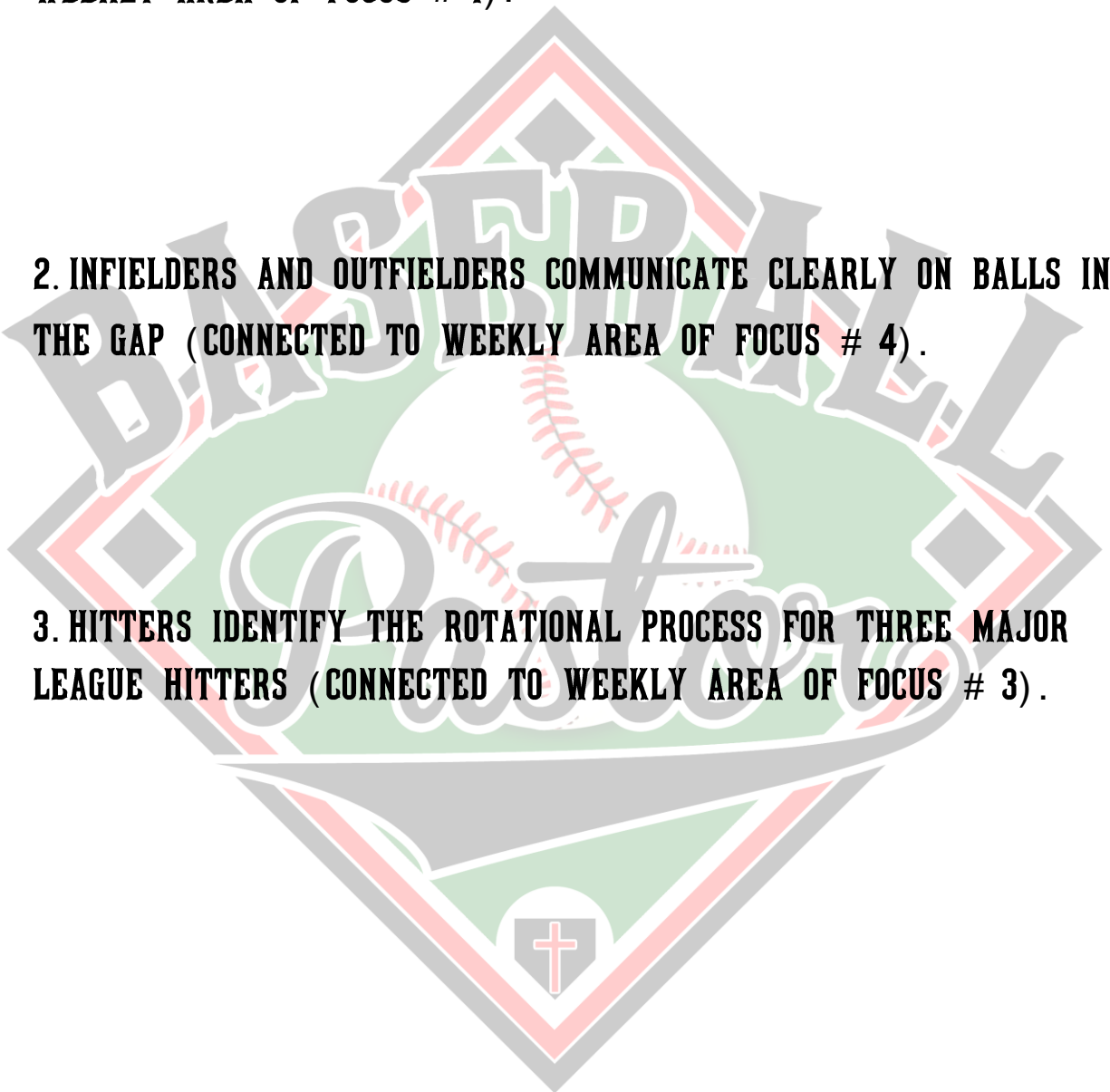


SAMPLE THREE OBJECTIVES FOR TODAY

1. EVERY PLAYER UNDERSTANDS AND EXECUTES READING AND MOVING UP ON BALL IN THE DIRT FROM SECOND BASE (CONNECTED TO WEEKLY AREA OF FOCUS # 1).

2. INFELDERS AND OUTFELDERS COMMUNICATE CLEARLY ON BALLS IN THE GAP (CONNECTED TO WEEKLY AREA OF FOCUS # 4).

3. HITTERS IDENTIFY THE ROTATIONAL PROCESS FOR THREE MAJOR LEAGUE HITTERS (CONNECTED TO WEEKLY AREA OF FOCUS # 3).



Sample Practice Plan

2:30-2:45	Warm-up and stretch
	Discussion of practice plan
	Brief reinforcement of team and character values
2:45-3:15	Infielders/Group 1 Hitting
	Outfielders/Group 2 Position Defense
	PF (Pitchers and Catchers)
3:20-3:50	Infielders/Group 1 Position Defense
	Outfielders/Group 2 Hitting
	Bullpens (pitcher group 1; catcher group 1)
	Mechanics drills (pitcher group 2)
	Blocking (catcher group 2)
3:55-4:30	Bullpens (pitcher group 2; catcher group 2)
	Blocking drills (catcher group 1)
	Mechanics drills (pitcher group 1)
	Relays to 2 nd and 3 rd base (infielders and outfielders)
4:35-5:00	Team offense (moving up on balls in the dirt)
5:00-5:30	Situational scrimmage (coach throwing)