

# Plate Basics

4-Hours, 24-Student Maximum

Working the plate encompasses four major areas of skill and knowledge. Those are: Basic plate mechanics, strike zone accuracy, rules knowledge, and field mechanics for the plate umpire. This clinic will focus on the first two of those areas, *basic plate mechanics* and *strike zone accuracy*.

We will begin with instruction in the proper techniques of stepping into the slot, establishing a good lock, maintaining proper head height, tracking the pitch, and developing appropriate timing. The instructor staff will explain the purpose and benefit of each of these techniques and each student umpire will have the opportunity to practice these skills while receiving feedback from the instructor staff.

Next, each student umpire will put the above techniques into practice. Using tools and methods developed specifically to improve strike zone accuracy, pitches will be soft-tossed high, low, inside, outside, and in the strike zone for the student umpire to call in real time. This is a powerful learning tool that can significantly improve the accuracy of an umpire's zone.

Each student umpire will be video/audio recorded while practicing the basic plate mechanics as well as the strike zone accuracy exercises. These recordings will be made available to each student umpire so they can review their training sessions, and over time, recognize their improvement as they work more games and receive additional training.

## Host League Responsibilities

### General League Resources:

- Ensure all participants pre-register using the provided clinic registration link prior to the registration deadline. **THIS IS VERY IMPORTANT** as the number of instructors and other resources assigned will depend on how many students will attend.
- Access to restroom facilities for the entire duration of the clinic.
- Cold and room-temperature water for all participants and instructors throughout the clinic.
- At least one member of the host league BOD who is not a student or instructor participating in the clinic shall be onsite for the entire duration of the clinic. This individual must have access to all areas and/or resources that might be needed throughout the clinic. (Concession, equipment, first-aid, fields, batting cages, golf carts, etc.)
- Setup/teardown of each workstation.
- BOD member conducts sign-ins on forms provided by D-17 and gives students name tags.

**The maximum number of student umpires per workstation is 8. The total number of attendees will determine how many workstations are needed.**

### League Provided Resources per Workstation

- Two 5-gallon buckets with handles
- 30 baseballs/softballs (old/scuffed are fine)
- 1 heavy-duty milk crate
- Batting cage (optional but preferred)
- Pitching machine (optional but preferred)
- Power to pitching machine (if used)

- Power to iPad location
- Catcher's mitts (right/left-handed preferred)

#### District-Provided Resources:

- Clinic registration link
- Sign-in sheets
- Two instructors per workstation
- Strike zone home plate per workstation
- Bucket stand per workstation
- iPad tripod per workstation