**RMO ⚾️The “25”**

The “25” is protocol and things we must consistently do and consistently do well , having the proper mindset, preparation and energy levels to be an all around player and teammate. The goal of our program is to prepare our players to eventually have the opportunity to play beyond HS at the next level. College coaches recruit winning players and everything you do on and off the field and in the classroom matters. If a college coach or scout is ever watching you play and they will in this program be aware they are watching everything you do, how you look, size and strength, your warmup and preparation, your skill level in all facets, and how your react to situations good or bad, composure, instincts, hustle, energy and strong body language always gets attention and high marks.

Please have an understanding of all the following information and incorporate all into your preparation, arrival, practice, warmups and all situations related to baseball games and workouts.

The “25”. Learn on your own, ask questions if you don’t understand and follow older more experienced players and leaders and become a leader yourself.

The “25”

1. Always arrive to games and workouts with the positive mindset to be engaged, learn and improve. Focus , having a high compete level and a willingness to learn and be self motivated is essential. No cell phones out in dugout, keep in your bag.
2. Always have the proper gear and attire uniforms for all workouts and or games. Always wear a full uni with shorts underneath, we may wear shorts at times but that will be communicated. Do not wear slides arriving to practice or games. Always have running shoes or turfs, at some fields we play on and cages we hit in don’t allow spikes . Always wear turfs or running shoes to games and workouts. During games at tourneys put spikes on before entering dugout. Always have a pair of long sleeves in your bag, regardless of the weather and always bring all 3 jerseys to games. Have all of your gear clearly marked with names, numbers and or initials. Have your own helmet preferably black, ask for an RMO sticker if you don’t have one.
3. Warmup and game or practice routine. Never throw a baseball until proper warmup routine has taken place. Never play catch or warmup in front of dugouts. We will do everything as a team and we don’t walk on the field. We will as a team, when everyone is properly geared up and ready we all jog together to warmup, do our warmup and agility and any extra work you have to do to get ready to pitch , throw or play. Incorporate extra “D” work and throwing drills into your daily routine. After catch and warmup we jog or run to the dugout, no walking. Always do extra swing work on your own in the cages if available.
4. Hitting/Offense Begin preparation for at bats early. Know all the signs and signals. Bill of hat indicator, Belt-Bunt, Skin on face- steal, thigh touch - hit and run.Know how to handle the bat and execute all plays in all game situations.
5. Be able to execute a Hit and Run
6. Be able to execute a Sac Bunt
7. Be able to Bunt for base hits, drag and push
8. Be able to execute a fake and slash
9. Baserunning Delay steal -3 shuffles with hands and point. Always run a hard 90 looking to take 2, always run with your eyes up and always know where the ball is. Hard off hard back on le ads and secondary leads lollipops zz. Looks to move up on balls in the dirt. Never run into a tag on steals in 1st and 3rd and Rally time. Rally time is a special play with a runner on 3rd and you walk, if Rally time is called when you hit first base begin running to 2nd full speed looking in for the ball, this situation will create chaos, take the bag if you have it stolen, if throw beats you don’t run into a tag.
10. Always run a hard 90 with a big turn looking to take 2.
11. Read balls in dirt try to move up a base.
12. Defense, always look for secondary outs.
13. Outfielders throw downhill
14. Whoever warms up LF or RF long 100-120 foot throws
15. Know the “back door” play 1st and 2nd baserunners
16. On balls booted learn to pump fake and look for a secondary option
17. Between innings warming up all 90+ foot throws and try to get 21 outs
18. 1st and 3rds, “2” play goes to 2nd base
19. 1st and 3rd “3” play is a pump fake to 2nd then look 3, a coach will always say throw him out if he goes as a decoy.
20. Verbal for backpicks is “Bear Down”
21. Pitching -Goal is 15 pitches or less per inning
22. Anytime a pitcher has an 0-2 count elevate the fastball.
23. Know how to hold runners, vary looks, work with infielders and communicate on pick plays and know how to “long hold”
24. Bunt D’s Basic is #1, corners charge 2B to 1B, 3B line but retreat to 3B if you don’t field it. Wheel play SS cuts in front of runner to 3rd , 3B charges P-middle , 1B charges, 2B to 1B or pick, get an out at 3B preferred. Always communicate on bunts and always get an out.
25. A dugout captain will be assigned each game to be last player out after games making sure dugout is left clean.

Know how to use the “Toilet” technique to flush the bad stuff. Take a deep breath and clear your head. The next pitch is the most important pitch. Always be a mentally tough player don’t show negative emotions or bad body language.

Wear your “BallsOut” Band to all games and workouts!