Elite membership table of contents

**Directions for use:** Each of the Roman numerals (I, II, III, IV, etc) represent a button in the [Elite area](#). You can click the blue link to access that specific area.

The contents of each area are listed below it. To perform a search for of the document for a specific topic or resource hit “Control + F” on a PC or “Command + F” on a Mac then type in your key word.

I. **Forums**
   A. Ask Coach Nelson
   B. Brag on your team
   C. Share your stuff

II. **Weekly Video/Audio Tips - Various**

III. **Elite Practice Planning**
   A. Cornerstone dynamic warm-up
   B. Daily dozen pitching drills
   C. Throwing program for position players
   D. 6 cone agility series
   E. 2018 daily practice plans (12 unique plans)
   F. 10 practice plan series that covers every aspect of the game with resources
   G. 4 indoor plans complete with resources
   H. Tryout form
   I. Editable tryout assessment forms
   J. Tryout plans with video
   K. Additional challenges for practices
   L. Throwing sequences
   M. Quality strike chart for bullpen sessions
   N. Tactical games for pitchers
   O. Pitcher only program for high school and college pitchers
   P. In season weight training program
   Q. Infielder daily drills
   R. 10 week development plan for infielders
   S. Fast paced PFP
   T. 3 simple changes to make practices more game like
   U. On field BP template
   V. Two catcher throwing drill
   W. Opposite field controlled scrimmage

Updated 11/21/2018
X. Full field infield drills
Y. Double play rotations
Z. 3 team scrimmage
AA. Practice organization power points

IV. Elite Travel Ball Practice Plans
   A. 3 practice plans for 1 batting cage and hitting stations and as mall turf area
   B. 4 practice plans for batting cages only
   C. 4 practice plans for gym or turf area only

V. Elite online courses
   A. Generating offense and hitting
   B. A.C.E. infielders
   C. Silver certification - coaching philosophy
   D. Small ball for big innings
   E. Beginning coach course
   F. Developing dynamic outfielders
   G. Skills and drills

VI. Game charts and measurement tools
   A. Quality inning chart
   B. Weighted quality at bat template with video
   C. Catcher bullpen receiving/blocking chart
   D. Hitter +/- chart (with video)
   E. Rocket index (with video)
   F. Tactical checklist for games
   G. Inning by inning dugout chart
   H. Dugout chart
   I. Spray chart
   J. Hitter production chart (for tryouts)
   K. Offensive sign system
   L. Process scrimmage
   M. Quality strike chart
   N. Base running chart

VII. Conditioning Library
   A. On field workout for all ages
   B. In season workout program
   C. Developing a stable core in 2 weeks
   D. Building a solid base in 2 weeks
   E. Rotational power series (med ball throws with video)
   F. Six cone agility series
   G. Yoga for baseball
   H. Conditioning for 5-12 year olds (game play)
   I. Complete offseason conditioning program
      1. Periodization
      2. Workout Calendar
      3. Weight training workouts (9 of them)
      4. Post activation potential workouts (2 of them)
5. Core/agility/plyo/yoga workouts (4 of them)
6. Additional workouts

VIII. Elite Pitching Center
A. Daily arm care protocol w/video
B. Daily arm care protocol PDF only
C. Variability training for pitchers (35 drills to develop better command)
D. Daily dozen pitching drills
E. Selecting your team in the pitch count era
F. STRIKES competitive game
G. Bullpen pitching scripts
H. Pitcher only program for high school and college pitchers
I. Four corner picks (with video)
J. Fast paced PFP
K. Pitcher availability activity
L. Pitching points of emphasis
M. Creating your preseason pen calendar
N. Throwing a change up tutorial
O. Pre game routine for pitchers
P. Tactical games for pitchers

IX. Elite Hitting and Offense
A. 47 chaos hitting drills with videos and voice over explanations
   1. Chaos hitting drills introduction explaining philosophy and tools and implements
B. 47 chaos hitting drills with example rotations
C. Interview with Sam Klein about plyoballs and his feelings on chaos hitting drills
D. 12 week bat speed improvement program
E. 0-2 to 2-0 hitting game with description video
F. New favorite tee drill
G. New take on tee work
H. Complete week long batting practice plans
I. Hitting drills with video
   1. BOSU ball and helmet drill progression for weight transfer
   2. 5 hitting drills video
   3. Hitting the outside pitch drill progression
   4. Inside/outside with hit/take drill
   5. Stance, strike, load
   6. Stance, strike, load (separate)
   7. 1-2-3 fire
   8. Hit/take (updated to “take” drill)
   9. Babe ruth
10. Babe ruth hit/take combo
11. Pitcher leg kick
12. Outside tee
13. Helmet drill
14. Back knee pick up

Updated 11/21/2018
15. Walk through hitting position
16. Walk through
J. On field BP template
K. Three plate drill
L. Stealing bases more efficiently
M. Base running chart
N. Example video analysis
O. Proper swing path video

**X. Elite Program Building**
A. New coach checklist
B. Tryout form
C. Coach code of ethics
D. Player code of ethics
E. Parent/fan code of ethics
F. Program evaluation form
G. End of year success checklist
H. Preseason parent meeting outline
I. Depth chart template
J. Pitch availability guide
K. Hydration guide
L. Video on goal setting
M. Random vs. blocked practice
N. Mental game video, two parts

**XI. Elite Camp Planning**
A. 3 week hitting camp plan by age group
B. 10 week pitching camp plan
C. 10 week catching camp plan
D. 10 week infield camp plan
E. Father son camp plans
   1. Itinerary
   2. Infield/outfield and throwing
   3. Clinic packet
   4. Hitting cue cards
F. Editable camp flyers

**XII. Elite Infield Play**
A. Infield pre-game and practice throwing progression video
   1. Ten toes quick separate
   2. Lean forward reach back
   3. Single shuffle
   4. 4 step infield footwork pattern
   5. 2 step infield footwork pattern
   6. Rhythm catch
   7. Backhand right foot forward
   8. Backhand left foot forward
   9. Clock drill

Updated 11/21/2018
10. Run at throw off throwing foot
11. QB drills
   a) Straight back drop
   b) Roll right
   c) Roll left
12. Run away into back pedal
B. A look inside a ground ball session
C. Updated footwork for infielders
D. Drills for full infield play
E. Lead up drills
   1. Quick transfer
   2. Quick transfer w/glove
   3. Two knees no glove
   4. Two knees w/glove
   5. Wide base no glove
   6. Wide base w/glove
   7. Two knees backhand
   8. Wide base backhand glove
   9. Short hop game
10. Backhand short hop
11. Form fielding
12. Backhand simulation
13. Hat drill
F. Fielding backhand footwork
G. Double play feeds (video)
   1. Feed from SS
   2. Feed from 2b
H. Double play turns (video)
   1. Turns from SS
   2. Turns from 2B
I. A.C.E. Infield Course
   1. What is an A.C.E. infielder?
   2. How to develop A.C.E. infielders
J. Pre-game and pre-practice movements
K. Productive throwing program for infielders
L. Pre-pitch routine for infielders
M. Pre-pitch positioning
N. Routine ground ball footwork
O. Fielding backhands
P. Taking relays
Q. Receiving the ball and making tags
R. Fielding pop-ups
S. Blocked and random practice drills
T. Lead up drills
U. Full infield drills
V. Competitive games for infielders

Updated 11/21/2018
W. Double play feeds and turns
X. Footwork for 1st basemen

XIII. **Elite outfield play**
A. Elite read step for outfielders
B. 74 page eBook “Developing dynamic outfielders”
C. Developing dynamic outfielders course
   1. Pre-pitch positioning
   2. Pre-pitch routine
   3. Fielding ground balls
   4. Fielding fly balls
   5. Positioning the body to throw
   6. Long steps
   7. Pop-up and fly ball priority system
   8. Communication
   9. When the ball isn’t hit to you
   10. Fly ball drills
   11. Ground ball drills
   12. Throwing drills and games
   13. Communication drills
   14. Maximizing indoor practice space with outfielders
   15. Outfielder specific conditioning

XIV. **Elite tactical center**
A. Bunt defense progressions
B. 1st and 3rd defense
C. Pop-up communication system
D. Cutoffs and relays checklist and system
E. Rundown warm up (video)
F. Teaching rundown progressions
G. How to botch a rundown (video)
H. Fast paced PFP
I. Offensive tactics
   1. Bunting philosophy and situations
   2. Sacrifice bunt and bunt for a hit mechanics
   3. Suicide and safety squeeze
   4. When to hit and run
   5. Executing the hit and run
   6. When to steal
   7. Stealing second base
   8. Stealing third base
   9. Taking extra bases
   10. Tactical games for small ball (bunting, stealing, and advancing)

XV. **Elite eBooks**
A. Tactical games for every position
B. Generating offense and hitting
C. So you’re a coach… now what?

Updated 11/21/2018
D. Top 10 things every pitcher must do
E. The complete guide to base running

XVI. **Elite video lessons**
A. Pitching lesson and video analysis
B. Pitching lesson follow up
C. Hitting lesson video analysis
D. Hitting video analysis
E. Follow up video analysis with drill prescription

XVII. **Elite mini-clinics**
A. Mental game video (2 parts)
B. Goal setting
C. Hitting lesson on the tee
D. Throwing a change up
E. How to hit a curve ball
F. Random vs. blocked practice
G. Woosh drill
H. Walk through tee drill
I. Stride/drive drill
J. Low and inside short tee drill

XVIII. **Video Tip Archive**
A. Situational Scrimmage
B. In season lifting guide
C. 2018 summer camp plan with audio
D. Defending the “tweener” video
E. Coaching runners on 3rd base
F. Coaching runners on 1st and 2nd
G. A sneaky strategy when you’re throwing a fastball in a fastball count
H. Updated hitting approach for 2018
I. Elite read step for outfielders
J. Tee work explained
K. New tot he member’s area
L. Update to infield footwork
M. Podcast 125 extension
N. Four corner pick drill
O. Picks to 1st base
P. Picks to 2nd base
Q. Bombers vs. barrel control hitters
R. State clinic speaker notes and take-a-ways
S. 2 runners in a rundown
T. Should your son play up?
U. David vs. Goliath
V. Batting practice plans
W. Med ball slam with explosive side toss
X. Swing on the first pitch?
Y. Four corner flip for infielders

Updated 11/21/2018
Z. Why I don’t choose captains
AA. SS footwork around the bag
BB. To sent or not to send
CC. Turns around the bases
DD. On field workout for all ages
EE. How I’m utilizing my new hitting facility
FF. 2017 editable camp plans for middle school and youth
GG. Tactical checklist for games
HH. Indoor drill for outfield communication on ground balls
II. Arm fake at second base and more
JJ. Textbook blocking technique
KK. 2016 clinic take-a-ways
LL. Subtle but smart outfield play
MM. New take on tee work
NN. Agility warm-up for infielders
OO. Four batting stance absolutes
PP. End of the balance point for pitchers
QQ. Running the contact play w/runners on 2nd and 3rd
RR. Running your best time home to first
SS. Breaking in a new glove
TT. Hat drill for young infielders
UU. How to run a squeeze play
VV. Attacking the mental game
WW. Blocked vs. random practice
XX. Baseball conditioning vs. traditional conditioning
YY. Periodization for off-season baseball training
ZZ. Psychological characteristics of peak performance in baseball
AAA. What is the correct swing plane
BBB. Cross fit for baseball players?
CCC. The put it in play myth
DDD. 5 pitching movement absolutes
EEE. What to do with catchers in practice
FFF. Correct hitting position
GGG. Why we are better infielders and I’m a worse teacher
HHH. The most important statistic we measure
III. Executing run downs
JJJ. Top 3 things to get your season started
KKK. Should coaches call pitches
LLL. Stealing off a lefty
MMM. Creating Successful outfield play
NNN. Using the hitting +/- chart
OOO. Bunt for a hit technique
PPP. Hitting breaking balls
QQQ. Applying tags
RRR. The danger of the suicide squeeze
SSS. Team defense video course

Updated 11/21/2018
TTT. Infield/outfield communication
UUU. Small adjustments you need to make on artificial turf
VVV. Hitting a variety of velocities
WWW. Screwing up a rundown
XXX. Biggest problem I see with youth hitters
YYY. Joe Maddon
ZZZ. Can fast/slow runners steal bases?
AAAA. How to work baserunning into practices
BBBB. Stealing from second base (2 parts)
CCCC. Athletic infielders
DDDD. Pitchers backing up pet peeves
EEEE. Pre-pitch routine
FFFF. Tactical games
GGGG. Post season checklist

XIX. **Premium podcast give-a-ways (Over 100 resources from our podcasts)**