



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. Elite Member’s Q and A](#)

- A. Submit your question for our monthly Q and A

[III. Weekly Video/Audio Tips - Various](#)

[IV. 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. Skill sheet I used to create the practice plans
- G. 10 practice plan series that covers every aspect of the game with resources
- H. 4 indoor plans complete with resources
- I. Tryout form
- J. Editable tryout assessment forms
- K. Tryout plans with video
- L. Additional challenges for practices
- M. Throwing sequences
- N. Quality strike chart for bullpen sessions
- O. Tactical games for pitchers
- P. Pitcher only program for high school and college pitchers
- Q. Daily arm care protocol
- R. In season weight training program
- S. Infielder daily drills
- T. 10 week development plan for infielders
- U. Fast paced PFP

- V. 3 simple changes to make practices more game like
- W. On field BP template
- X. Two catcher throwing drill
- Y. Opposite field controlled scrimmage
- Z. Full field infield drills
- AA. Double play rotations
- BB. 3 team scrimmage
- CC. Practice organization power points
- DD. 6 infield rotations

V. 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

VI. 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

VII. Game charts and measurement tools

- A. Player development and technology for every budget (video)
- B. 2019 hitting assessment
- C. Reading a Rapsodo hitting report
- D. Quality pitching chart
- E. Hart hit ball chart
- F. Practice chart for infielders
- G. Quality inning chart
- H. Weighted quality at bat template with video
- I. Catcher bullpen receiving/blocking chart
- J. Hitter +/- chart (with video)
- K. Rocket index (with video)
- L. Tactical checklist for games
- M. Inning by inning dugout chart
- N. Dugout chart
- O. Spray chart
- P. Hitter production chart (for tryouts)
- Q. Offensive sign system
- R. Process scrimmage
- S. Quality strike chart
- T. Base running chart

VIII. 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

IX. [Elite Pitching Center](#)

- A. Episode 166 - Pitching game extension for member's only
- B. Google Sheet for pitcher grouping usage - In season work load management
 - 1. Pitcher usage sheet explanation
- C. Weighted balls and plyocare balls discussion
- D. Protocols for Green, Yellow, Red days
- E. Daily arm care protocol w/video
- F. Daily arm care protocol PDF only
- G. Variability training for pitchers (35 drills to develop better command)
- H. Daily dozen pitching drills
- I. Selecting your team in the pitch count era
- J. STRIKES competitive game
- K. Bullpen pitching scripts
- L. Pitcher only program for high school and college pitchers
- M. Four corner picks (with video)
- N. Fast paced PFP
- O. Pitcher availability activity
- P. Pitching points of emphasis
- Q. Creating your preseason pen calendar
- R. Throwing a change up tutorial
- S. Pre game routine for pitchers
- T. Tactical games for pitchers

X. [Elite Hitting and Offense](#)

- A. 2019 hitting assessment
- B. Chaos hitting drills 48-50 (video)
- C. 47 chaos hitting drills with videos and voice over explanations
 - 1. Chaos hitting drills introduction explaining philosophy and tools and implements
- D. 47 chaos hitting drills with example rotations
- E. Training youth hitters 3 part presentation
- F. Interview with Sam Klein about plyoballs and his feelings on chaos hitting drills
- G. 12 week bat speed improvement program

- H. New take on tee work
- I. Complete week long batting practice plans for decision making
- J. 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
 - 15. Walk through hitting position
 - 16. Walk through
- K. On field BP template
- L. Three plate drill
- M. Stealing bases more efficiently
- N. Base running chart
- O. Example video analysis
- P. Proper swing path video

XI. [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

XII. [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

XIII. [Elite Infield Play](#)

- A. Practice chart for infielders
- B. 6 infield rotations (with video explanations)
- C. 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
 - 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
- D. A look inside a ground ball session with a collegiate Gold Glove Shortstop
- E. Updated footwork for infielders
- F. Drills for full infield play
- G. 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
- H. Fielding backhand footwork
- I. Double play feeds (video)
 - 1. Feed from SS

- 2. Feed from 2b
- J. Double play turns (video)
 - 1. Turns from SS
 - 2. Turns from 2B
- K. A.C.E. Infield Course
 - 1. What is an A.C.E. infielder?
 - 2. How to develop A.C.E. infielders
- L. Pre-game and pre-practice movements
- M. Productive throwing program for infielders
- N. Pre-pitch routine for infielders
- O. Pre-pitch positioning
- P. Routine ground ball footwork
- Q. Fielding backhands
- R. Taking relays
- S. Receiving the ball and making tags
- T. Fielding pop-ups
- U. Blocked and random practice drills
- V. Lead up drills
- W. Full infield drills
- X. Competitive games for infielders
- Y. Double play feeds and turns
- Z. Footwork for 1st basemen

XIV. [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

XV. [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)

XVI. [Elite eBooks](#)

- A. Tactical games for every position
- B. Generating offense and hitting
- C. So you're a coach... now what?
- D. Top 10 things every pitcher must do
- E. The complete guide to base running

XVII. [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

XVIII. [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

XIX. [Video Tip Archive](#)

- A. Video of Throwing Progression for Infielders
- B. 2019 Youth practice plans
- C. Different cues for different players
- D. Februar Q and A
 1. How to you run clinics for youth coaches?

- 2. How do you convince players that outfield is important?
- E. 2019 hitting assessment
- F. Player development on a budget
- G. January Q and A
 - 1. My son is lunging at the ball, how can I fix this?
 - 2. How should I start my practices this year
- H. What happened to the Cubs offense in 2018
- I. December Q and A
 - 1. How can you be aggressive on the bases without team speed?
 - 2. What are the biggest thing 7th and 8th graders can do to be prepared for high school?
 - 3. What charts do I use for infielders/outfielders?
 - 4. How do you physically store our charts?
 - 5. I have limited time with my players, it seems I don't have enough time to gather meaningful data.
- J. November Q and A
 - 1. What does your in between starts program look like
 - 2. How do you teach the finer arts of the game? What do you consider them to be?
 - 3. How do I get pitchers to throw strikes in games if they can throw strikes in practice?
 - 4. Should I fix my son's arm slot?
 - 5. How do we help players recognize and hit breaking balls?
- K. Picks @ 2nd base
- L. Variability training for pitchers
- M. Early returns on Driveline protocols
- N. October Q and A
 - 1. What do you do when you take over a program with a history of losing
 - 2. How do you handle two way players?
 - 3. How do you work on breaking balls if you don't have a coach who can throw them?
 - 4. How do you manage base stealers? Steal sign or green light?
 - 5. Do you call pitches?
 - 6. How do you teach breaking balls?
- O. Head coach interview questions
- P. Candidate for head coach sample
- Q. Baseball transition plan for interviews
- R. Situational Scrimmage
- S. In season lifting guide
- T. 2018 summer camp plan with audio
- U. Defending the "tweener" video
- V. Coaching runners on 3rd base
- W. Coaching runners on 1st and 2nd
- X. A sneaky strategy when you're throwing a fastball in a fastball count
- Y. Updated hitting approach for 2018
- Z. Elite read step for outfielders

AA. Tee work explained
BB. New to the member's area
CC. Update to infield footwork
DD. Podcast 125 extension
EE. Four corner pick drill
FF. Picks to 1st base
GG. Picks to 2nd base
HH. Bombers vs. barrel control hitters
II. State clinic speaker notes and take-a-ways
JJ. 2 runners in a rundown
KK. Should your son play up?
LL. David vs. Goliath
MM. Batting practice plans
NN. Med ball slam with explosive side toss
OO. Swing on the first pitch?
PP. Four corner flip for infielders
QQ. Why I don't choose captains
RR. SS footwork around the bag
SS. To sent or not to send
TT. Turns around the bases
UU. On field workout for all ages
VV. How I'm utilizing my new hitting facility
WW. 2017 editable camp plans for middle school and youth
XX. Tactical checklist for games
YY. Indoor drill for outfield communication on ground balls
ZZ. Arm fake at second base and more
AAA. Textbook blocking technique
BBB. 2016 clinic take-a-ways
CCC. Subtle but smart outfield play
DDD. New take on tee work
EEE. Agility warm-up for infielders
FFF. Four batting stance absolutes
GGG. End of the balance point for pitchers
HHH. Running the contact play w/runners on 2nd and 3rd
III. Running your best time home to first
JJJ. Breaking in a new glove
KKK. Hat drill for young infielders
LLL. How to run a squeeze play
MMM. Attacking the mental game
NNN. Blocked vs. random practice
OOO. Baseball conditioning vs. traditional conditioning
PPP. Periodization for offseason baseball training
QQQ. Psychological characteristics of peak performance in baseball
RRR. What is the correct swing plane
SSS. Cross fit for baseball players?
TTT. The put it in play myth

- UUU. 5 pitching movement absolutes
- VVV. What to do with catchers in practice
- WWW. Correct hitting position
- XXX. Why we are better infielders and I'm a worse teacher
- YYY. The most important statistic we measure
- ZZZ. Executing rundowns
- AAAA. Top 3 things to get your season started
- BBBB. Should coaches call pitches
- CCCC. Stealing off a lefty
- DDDD. Creating successful outfield play
- EEEE. Using the hitting +/- chart
- FFFF. Bunt for a hit technique
- GGGG. Hitting breaking balls
- HHHH. Applying tags
- IIII. The danger of the suicide squeeze
- JJJJ. Team defense video course
- KKKK. Infield/outfield communication
- LLLL. Small adjustments you need to make on artificial turf
- MMMM. Hitting a variety of velocities
- NNNN. Screwing up a rundown
- OOOO. Biggest problem I see with youth hitters
- PPPP. Joe Maddon
- QQQQ. Can fast/slow runners steal bases?
- RRRR. How to work baserunning into practices
- SSSS. Stealing from second base (2 parts)
- TTTT. Athletic infielders
- UUUU. Pitchers backing up pet peeves
- VVVV. Pre-pitch routine
- WWWW. Tactical games
- XXXX. Post season checklist
- XX. [Manage your account](#)
 - A. Cancel your account
 - B. Upgrade your account to yearly
- XXI. [Premium podcast give-a-ways \(Over 100 resources from our podcasts\)](#)