



UIC PROGRAM GUIDE



SOCIALLY DISTANCING MODIFICATIONS

SESSION 1: #4A MODIFIED POSITIONING



For a right handed pitcher, move to P4.

To see the strike zone, you may take a step to the left into the working area



For a left handed pitcher, move to P3.

To see the strike zone, you may take a step to the right into the working area



For a right-handed batter, hands-on-knees set, just off 1st base extended



For a left-handed batter, hands-on-knees set, just off 3rd base extended

The modified positioning depends on the pitcher for the ball/strike umpire and the batter for plate umpire.

Tips for the trainer:

- For plate umpires, stress moving to the line to call foul balls; once on the line, get into a set position then making your fair/foul call (timing).
- On line drives down the line, reinforce keeping eyes on the ball.
- For ball and strike umpires, focus on tracking the ball to the catcher's mitt and review good timing when calling balls and strikes

DIGITAL DEMONSTRATION: FROM LEVEL 1 RESOURCES ON BCBUA.CA –

- PLATE MECHANICS – CALLING A STRIKE
- PLATE MECHANICS – CALLING A BALL

SESSION 1: #6A HOME PLATE FAIR/FOUL



From a hands-on-knees set, the plate umpire reads the ball being hit by the batter.



Upon reading ball close to a foul line, the plate umpire busts to the line

Take off your mask with the left hand



Straddling the line gets the plate umpire to the ideal position to see if the ball is fair/foul.



Timing is important; wait until, by rule, the ball is fair or foul.

This is especially important for any ball hit up the 1st or 3rd base line before the bases

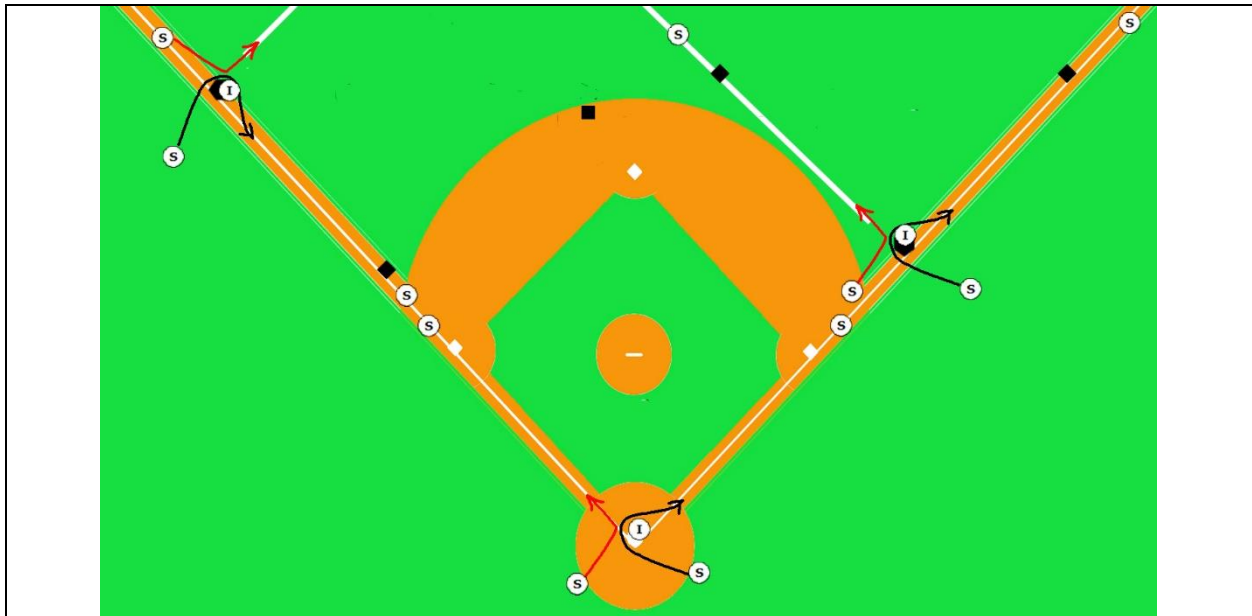
Tips for the trainer:

- **Emphasize getting to the line; if not possible, get to 1st or 3rd base extended (projection of foul line past home plate)**
- **Umpires have to be set to make a fair/foul call. Support umpires in being set before calling foul or pointing fair.**

DIGITAL DEMONSTRATION: FROM LEVEL 1 RESOURCES ON BCBUA.CA –

- Plate mechanics – Signalling Fair Ball
- Plate mechanics – Signalling foul ball

SESSION 1 DRILL 4A – HOME PLATE FAIR & FOUL



SET-UP:

- Set up 3 diamonds on field as shown
- Break into groups, one for each diamond

EQUIPMENT:

- Throw down bases and home plates
- Throw down baselines (if available)
- Baseballs (softies)

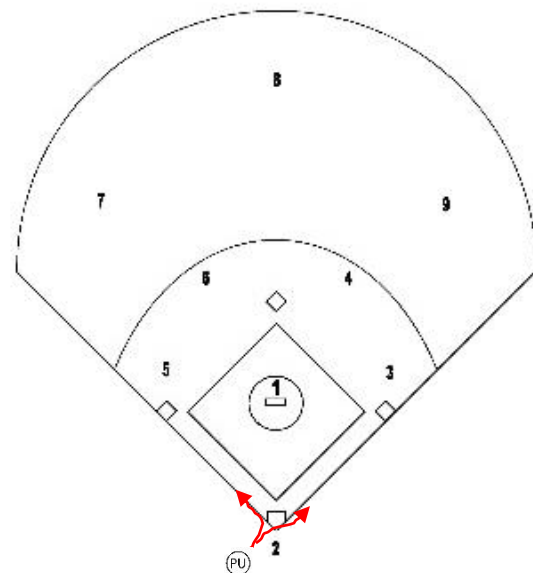
DIRECTIONS:

- Have two umpires in the two plate umpire modified positions. two umpires on the baselines beyond the base. Others along the fence
- Rotate clockwise after each set of softie is rolled down the baselines (3rd base line, PU for RHB, PU for LHB, 1st base line).
- Trainer randomly throws the ball down either line, umpires have to be able to call both lines from each position.

DRILL TIME:

- 8-10 minutes

WHAT IT LOOKS LIKE IN A GAME



KEY POINTS

EXISTING SKILLS

- Set position

NEW MECHANICS

- Fair/foul calls
- Getting up and straddling the line

TIPS FOR THE TRAINER:

- Explain if they cannot get to straddle the line in time, to use 1st base and 3rd base extended (extend the foul line past home plate) to see the line
- Watch the umpires' timing, make sure they are not calling the play too soon

SESSION 1: #8A ANGLE OVER DISTANCE



If the ball is hit to the left of you, step up with your left foot, pivot and square yourself to the fielder.



Working Area



If you turned more than 90° to face the fielder, then move towards the 1st base corner of the working area by the pitcher's mound (1)

This will give you an angle to the throw.



If the ball is hit to the right of you, step up with your right foot, pivot and square yourself to the fielder.



If you turned less than 90° to face the fielder, then move towards the 2nd base line corner of the working area (2)

This will give you an angle to the throw.

Tips for the trainer:

- If it is not possible to get 90° to the throw at 1st base, try to get the biggest angle possible.
- Stress previous skills like hands-on-knees set, out call and safe call

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- **BASE MECHANICS – SET POSITION**

The diagram illustrates a baseball game scenario on a green field with orange bases and a pitcher's mound. A black square represents the ball, and white circles with 'I' and 'S' represent players. Arrows indicate the ball's path and player movements. The ball is shown moving from the pitcher's mound towards the infield. Players 'I' and 'S' are positioned at various points on the field, with arrows indicating their potential movements or the ball's trajectory.

- Set up infield(s), have at least one trainer per infield

- Gloves
- Baseballs
- Throw down bases

- One trainer stands on 1st base (be 1st baseman) the other move between 3rd base and 2nd base with the ball
- If you do not have enough trainers, use one of the umpires.
- Have two umpires in P4 slots, 6-feet or more apart
- Umpires step up and face the trainer with the ball, then move away from him to gain an angle on the 1st base side of working area as the ball is thrown to 1st base.
- Umpires come set and make a call; start with outs, then add some safes
- Rotate, new set of umpires; Repeat, Repeat, Repeat

- 8 – 10 minutes

- Make sure umpires are coming to hands-on-knees set before making call
- Check for proper safe and out call; build on skills previously practiced

- Pause-read-react
- "Step up, turn and face the ball"

- Angle over distance

SESSION 2: #1/2/3A BALL/STRIKE SET (BU)



For right-handed pitchers, the base umpire (calling balls/strikes), lines up in P4



For left-handed pitchers, the base umpire (calling balls/strikes), lines up in P3.



When the pitcher contacts the pitcher's plate (rubber) in preparation to pitch, the base umpire goes to hands on knees set.



The base umpire follows the pitch to the plate and uses proper strike ball calls. Stand up for strikes; stay in set for balls.

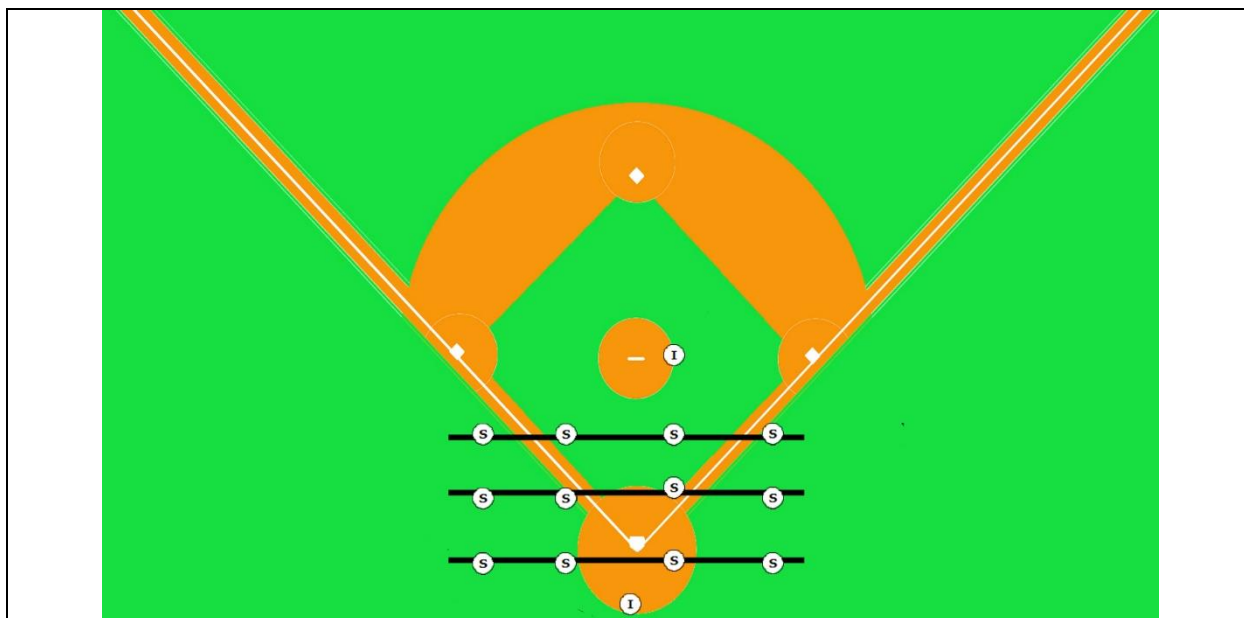
Tips for the trainer:

- Stress the importance of tracking the ball from the pitcher's hand to the catcher's glove. Work on timing (hear the catcher's glove, pause then the call).
- Note if the base umpire cannot see the plate, they ask their partner to clean it.
- Inform the base umpire puts the ball in play, gives the count and asks for check swing appeals.

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SESSION 2 DRILL 1 – BALL STRIKE SET



SET-UP:

- Set umpires in three rows; separated apart

EQUIPMENT:

- none

DIRECTIONS:

- Demonstrate signal for called strike, swinging strike and foul tip; stand up and strong hammer mechanics.
- Demonstrate signal for calling ball, remaining stationary for a second, rising up and relaxing.
- Umpires got to hands on knees set and call pitches... ball, strike 1, ball, strike 2, ball, strike 3 (louder, but not punch out).
- Repeat commands and ask for count periodically; Umpires reply with correct fingers.
- Use "on the rubber, set, call it" to simulate pitch; repeat multiple times; focus time on this skill.

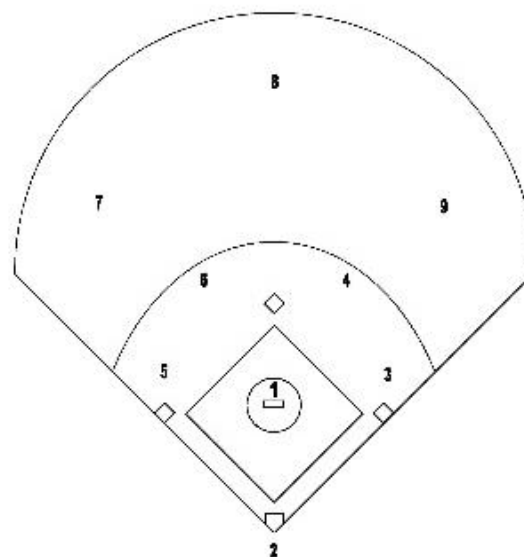
DRILL TIME:

- 12-15 minutes

TIPS FOR THE TRAINER:

- Reinforce the importance of tracking the ball from the pitcher's hand to the catcher's glove

WHAT IT LOOKS LIKE IN A GAME



KEY POINTS

EXISTING SKILLS

- Hands-on-knees set
- Base umpire positions P3/P4

NEW MECHANICS

- Strike and ball calls

SESSION 4: #5 FLYBALLS AND FAIR POPUPS



The base umpire has catch/no catch calls between the left/right fielder, 1st/3rd basemen and behind the pitcher's mound.



The base umpire makes the catch/no catch call first and gets into position to see tag ups of 1st and 2nd base. Then gets ready for any play on the bases.



The plate umpire has all catch/no catch calls down the foul lines, foul territory, or around home plate.



If a fair ball down the foul lines is not caught, the plate umpire will return to the point of the plate

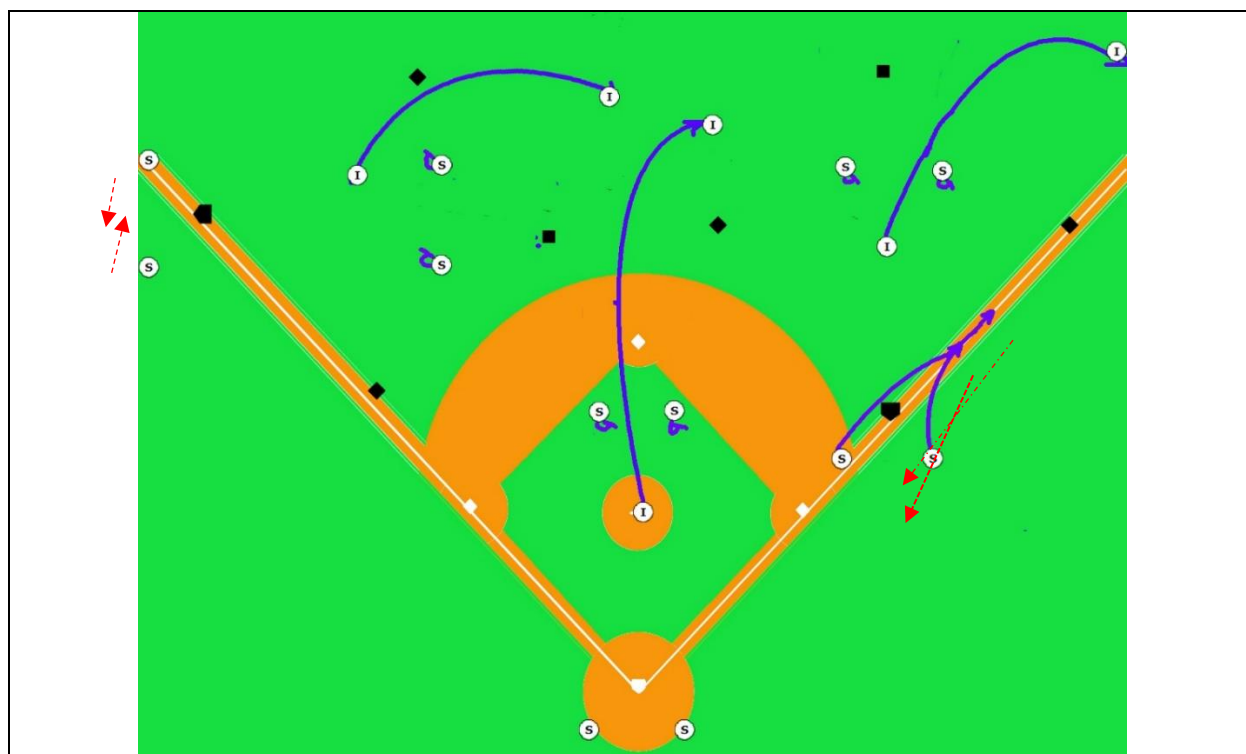
Tips for the trainer:

- Reinforce good out/ safe mechanics for catch/no catch and good fair/foul mechanics for balls hit down the lines
- Explain the plate umpire must move and straddle the foul lines for any ball hit down the lines. This call is the priority call, then move to make calls on bases.

DIGITAL DEMONSTRATION: FROM LEVEL 1 RESOURCES ON BCBUA.CA –

- SECTION 3: FLYBALLS
- SECTION 4: CATCH/NO CATCH
- BASE MECHANICS: CATCH/NO CATCH

SESSION 4 DRILL 3 – FLYBALLS & FAIR POPUPS



SET-UP:

- Divide into three groups
- Set up three diamonds as shown

EQUIPMENT:

- Throw down bases and plates

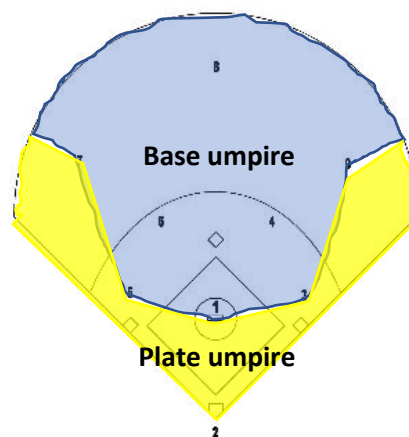
DIRECTIONS:

- Get into 3 groups and have umpires in P3 and P4 and two at P1 (home plate)
- Have one trainer on the mound throws the ball to the trainer roaming the outfield.
- Base umpires step up and square to ball → read the play, who's call is it for a catch
- Roaming umpires may drop the ball (no catch); base umpires then move into the working area.

DRILL TIME:

- 8-10 minutes

What it looks like in a game



KEY POINTS

EXISTING SKILLS

- Step up and chest to ball
- Ball goes out; you go in

NEW MECHANICS

- the pie (slide)

TIPS FOR THE TRAINER:

- Plate umpire has calls where the 3rd base, 1st base, rightfield or leftfielder are pulled to the foul lines to make the catch

SESSION 3: #6A PASSED BALLS & FOUL POPUPS



On a foul popup, read the catcher and let them take you to the play



Get into position to see if the catcher traps the ball against the fence.



On passed balls, get into a place to see lodged balls in the fence, and be ready for a play at the plate.



ideally, the plate umpire can stay out of the play and get into position to make a call.

Tips for the trainer:

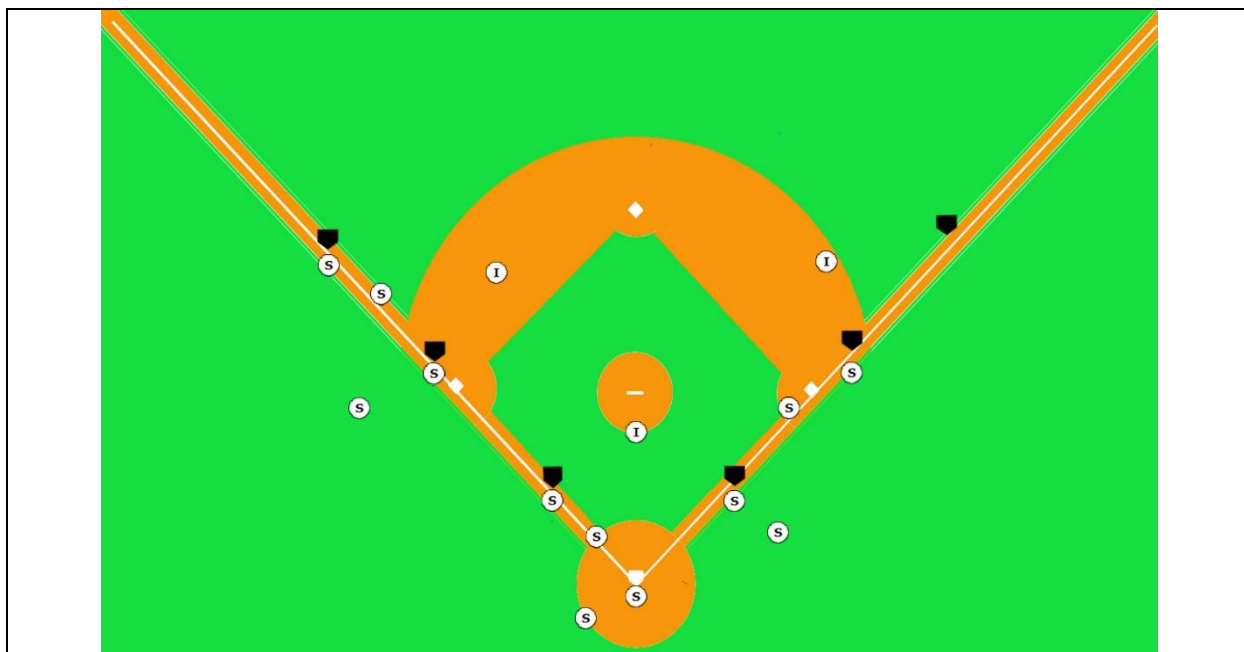
- Stress the importance of not taking off your mask until the catcher has discarded theirs on foul pop ups.
- Reinforce the plate umpire reading the play moving away from the line of the throw to the plate on passed balls with runners on third.

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SESSION 3 DRILL 4 – PASSED BALLS AND POPUPS



SET-UP:

- Set up throw down home plates along the foul lines
- Get the umpires into groups of two

EQUIPMENT:

- Throw down home plates
- Balls are optional (lobbed by trainers if safe)

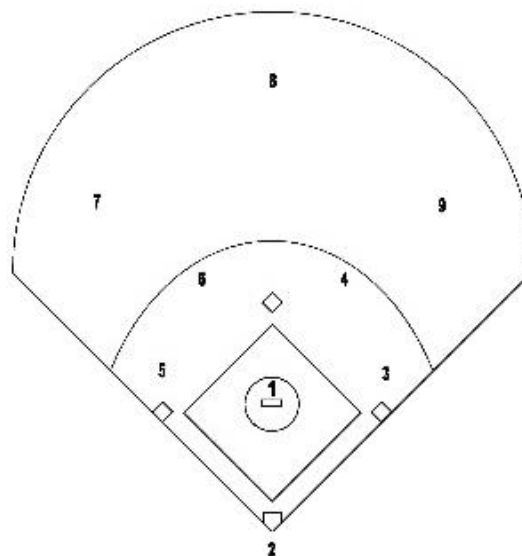
DIRECTIONS:

- Describe how the plate umpire needs to anticipate the play, especially with runners on 3rd base; (get into position to see the tag at home while not affecting the throw to the plate)
- Trainer says “gets by catcher” or “pop up”
- Catcher will randomly play a ball at the backstop
- Umpire moves to see play, judge for:
 - Lodged ball in backstop
 - Catch/no catch on popup

DRILL TIME:

- 8 -10 minutes

WHAT IT LOOKS LIKE IN A GAME



KEY POINTS

EXISTING SKILLS

- Chest to ball
- Taking off/on Mask

NEW MECHANICS

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TIPS FOR THE TRAINER:

- Stress hustle and anticipation in these positions (especially with runners on 3rd base); must be ready to make call at the plate while not affecting throw to plate

SESSION 4: #2A: STEAL OF 2ND BASE, ALL LEVELS



Before each pitch, shoulder check over left shoulder to see if the runner is going. Listen for cues like the defence's chatter.



The drop step opens you up to see the play. Let the catcher's throw to 2nd base take you (your eyes) to the base.



Track and call the pitch at the plate, read the catcher. If the catcher is throwing, drop step with right foot towards 2nd base.



Cross-over with your left foot; come to hands on knees set by squaring up with a step with your right foot. Judge the play; make call.

Tips for the trainer:

- Remind umpires to shoulder check, listen for things like "He's going." from defense.
- Stress with runners on 1st and 3rd base, do not over commit to the steal. Read the throw.

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SESSION 4: #3A STEAL OF 3RD BASE, ALL LEVELS



Before each pitch, shoulder check over right shoulder to see if the runner is going. Listen for defence's chatter.



Track and call the pitch at the plate, read the catcher. If the catcher is throwing, step with right foot towards a point between home and 3rd base.



As the catcher is throwing, take a left then a right step. Angle over distance.



Pivot on your right foot by swing your left foot toward 3rd base. Get to a hands-on-knees set and judge the play. Make the call.

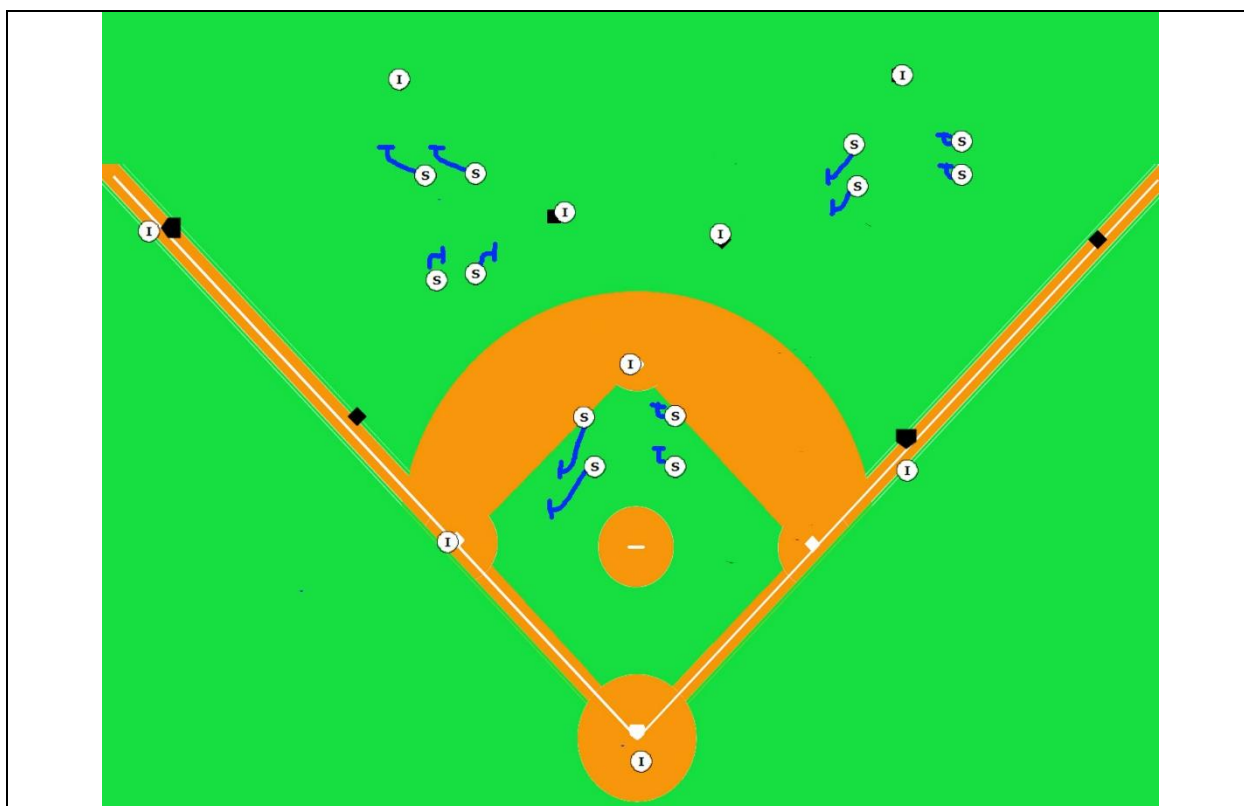
Tips for the trainer:

- **Stress angle over distance.** From P4, moving directly towards 3rd base will only get the tag blocked out of the base umpires' view by the runner.
- **Describe why base umpires watch the play** (for checked swings, help for partner, taking eye off ball) at the plate. Don't cheat on play.

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SESSION 4 DRILL 2 – STEALS OF 2ND AND 3RD BASE



SET-UP:

- Three diamonds as shown
- Get into three groups

EQUIPMENT:

- Throw down bases and plates

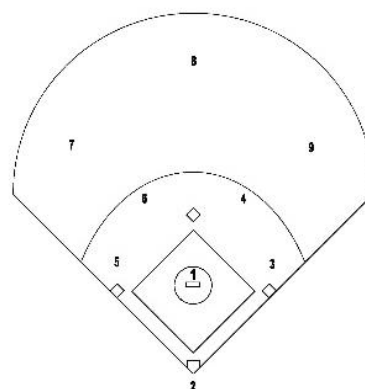
DIRECTIONS:

- Divide each group at each diamond into two rows: one along P3 and one along P4
- Steal of 2nd base: stress footwork (open up; let the ball take you to the base).
- Steal of 3rd base: angle over distance (right, left, right, swing footwork)
- One trainer acts as catcher, throws to 2nd base, P3 group makes call; throws to 3rd base, P4 group makes call
- As balls are being returned, umpires rotate

DRILL TIME:

- 9-12 minutes

WHAT IT LOOKS LIKE IN A GAME



KEY POINTS

EXISTING SKILLS

- Timing (slow it down)
- Hands on knees set
- Angle over distance

NEW MECHANICS

- Steal of 2nd and 3 bases

TIPS FOR THE TRAINER:

- Because the base umpire is also calling balls/strikes, it is difficult to do a shoulder check. Stress this in normal 70'+ mechanics

