

2016-17 GHSA
Baseball Official's
Curriculum Guide
(State-Wide Guideline for your Assoc. Meetings)



GHSA Baseball Training Committee
Updated November 2016

Class Objective:**To educate and prepare individuals with the basic knowledge of the rules of baseball.****To equip individuals with the appropriate tools to effectively work GHSA Baseball Games**

Class Time: 1 ½ to 2 ½ hours per classroom session / 5 hours per field / cage session

1st to 3rd year officials 28 hours of instruction

3+ year officials 10 hours of instruction

Instructors: Association Training Director

*There are 10 Sessions for 1st to 3rd year officials & 5 Sessions for officials with 3 or more years of experience.***Session 1 Introduction to Umpire Training Classroom 1st – 3rd yr Officials**

- ✓ Training Goals & Expectations
- ✓ Rule Myths
- ✓ How to study rule & case book
- ✓ Uniform & Equipment

Session 2 Signals & Basic Mechanics Field / Cage 1st – 3rd yr Officials

- ✓ Use of Signals & Communication
- ✓ Individual Mechanics drills

Session 3 Working the Positions Classroom 1st – 3rd yr Officials

- ✓ Rules Study – Tobacco, Helmet, Jewelry / Intentional Base on Balls / Thrown Bat / Conferences / Illegal Substitution / Courtesy Runner
- ✓ Umpiring Basics
 - Working the Plate
 - Working the Bases

Session 4 Plate & Base Mechanics Field / Cage 1st – 3rd yr Officials

- ✓ Review Plate Work drills
- ✓ Individual Base Work Drills

Session 5 Crew of 2 Mech / Mentor Program Classroom All officials

- ✓ Rules Study – Designated Hitter / Batting Out of Order / Check Swing / Dropped 3rd Strike
- ✓ Review Crew of 2 Mechanics
- ✓ Mentor Program
- ✓ Rule Changes

Session 6 Crew Mechanics – Crew of 2 Field / Cage 1st – 3rd yr Officials

- ✓ Review of Plate Work drills
- ✓ Pitching Rules
- ✓ On field practice of Crew of 2 Mechanics

Session 7 Players / Substitutes & Equipment Classroom All Officials

- ✓ Rules Study – Hidden Ball Trick / Check Swings
- ✓ Field Layout / Player Equipment & Uniforms
- ✓ How to work a Lineup Card

Session 8 Crew Mechanics – Crew of 3 Field Cage 3+ yr Officials

- ✓ On field practice of Crew of 3 Mechanics

Session 9 Obstruction / Interference Classroom All Officials

- ✓ Rules Study – Dead-Live Ball / Base Awards / Foul Tip / Batter's Box / Illegal Slide / Obstruction-Interference / Malicious Contact
- ✓ NFHS Preseason Guide / Points of Emphasis

Session 10 Game Management / Review Classroom All Officials

- ✓ Rules Study – Infield Fly / Hit by Pitch / Appeals / Detached Player Equipment
- ✓ Game Management – Conflicts / Ejections / Game Reports

Classroom Session 1:

INTRODUCTION TO UMPIRE TRAINING

Location: Classroom

Attendees: 1st – 3rd Year Officials

Class Time: 1 ½ hours

Goals: The purpose of this meeting is to introduce new members to umpire training, to layout Training Goals, Schedule & Expectations. In this meeting, members will be given NFHS Rule & Case Books, GHSA Contest Officials Handbook & Accountability Program, GHSA Baseball Mechanics & additional training materials

Introduction to Umpire Training

- Questions & Answers
- Association Training Goals
- Training Schedule & Expectations

Training

- Rule Myths (Handout)
- Using the Rule & Case Book
- Umpire Signals & Terms
- Dress Code / Equipment
- Discuss the responsibilities of the Base Umpire
- Discuss the responsibilities of the Plate Umpire

Homework

- ❖ In NFHS Rulebook look up and be prepared to discuss citing rule references: Tobacco use, Helmet, Jewelry, Intentional Base on Balls, Thrown Bat, Conferences, Illegal Substitution, Courtesy Runner

Resources:

- *Baseball_rule_myths.pdf*
- *Know Your Rules Inside and Out.pdf*
- *9 Ways to Master Any Sport's Rulebook.pdf*
- *How to Study Your Rulebook.pdf*
- *Offseason Rules Study.pdf*
- *Beyond the Book – Examining and Applying Rules Spirit and Intent.pdf*
- *Umpire Signals.pdf*
- *Umpire Signs & Signals.pdf*
- *Key Communication Terminology.pdf*
- *Session 1 Quiz*

Session 1: Wrap-Up (Administer Quiz / Assign Homework)

Mechanics Session 2:

SIGNALS & BASIC MECHANICS

Location: Baseball Field / Batting Cage

Attendees: 1st – 3rd Year Officials

Class Time: 5 hours

Goals: During the session, officials will practice the details around *On Field Positioning / Mechanics*. Also, officials will discuss and study the *NFHS / GHSA Baseball Signals* and how they should be applied during a game.

Warm Up

All Officials

Calls & Signals

Fair / Foul, Safe / He's Out, That's a Catch, On the tag / No tag, Safe-Off the bag, That's a Balk

Plate Mechanics

3 Groups

Calls & Signals

Put ball in play, Partner Signals, Balls & Strikes, Foul Tip, Strike 3 (caught & Dropped), Hit by Pitch

Soft Toss

Position: Slot

Stance: Heal/Toe, Scissors

Mechanics: Head position & height, locked in, flat back, head still, ball & strike mechanics, when to go set, line of sight-outside corner at the knee

Cage Work

Left & right handed hitters (5-10 ea)

Put the ball in play, position / stance, track ball with eyes – not head, timing of calls, call balls down & strikes up, strike 3 call (caught & dropped)

Plate Field Work & Pivot Drill

2 Groups

Removing mask, putting ball in play (start of game vs after foul), fair / foul (how & when to call), foul tip, check swing, clearing the catcher (foul ball back vs. a hit), intentional walk, catcher obstruction, batter interference

Pivot Drill: Set Up – 4 corners

1) Walk thru, 2) Run thru, 3) Watch touch, 4) Find ball & watch touch / repeat

Wrap Up

All Officials

Practice, practice, practice!

Q & A

Resources:

- *GHSA Trainers' Drill Manual*

Classroom Session 3:

WORKING THE POSITIONS

Location: Classroom

Attendees: 1st – 3rd Year Officials

Class Time: 1 ½ hours

Goals: During this session, officials will learn the basics of working the different umpire positions.

Rules Study – Call on Umpires to discuss each rule topic citing rule reference

- Tobacco, Helmet, Jewelry
- Intentional Base on Balls
- Thrown Bat
- Conferences
- Illegal Substitution
- Courtesy Runner

Umpiring Basics

- Becoming a successful umpire
- Strike Zone – history, purpose, application & development for judging by ability & level
- Basic Plate stance – heel/toe, foot direction (straight & flare), basic “slot” concept, head height
- Getting in shape for the season
- Working the Plate
 - Stance / Slot / Height / Timing / Philosophy
- Working the Bases
 - Angle / Positioning / Timing / Tracking the ball / Staying with the play
 - How to properly use an indicator in the field

Homework

- ❖ In NFHS Rulebook look up and be prepared to discuss citing rule references: Designated Hitter, Batting Out of Order, Check Swing, dropped 3rd Strike (Runner gives up when?)

Resources:

- *Getting in Shape.pdf*
- *9 Principles of Umpiring.pdf*
- *Ten Commandments of Umpiring.pdf*
- *Ten Comments.pdf*
- *10 Comments.pdf*
- *25 Quick Tips.pdf*
- *25 More Quick Tips.pdf*
- *What You Need to Learn to Be Successful.pdf*
- *Basics of Working the Plate*
- *Calling Balls & Strikes*

Session 2: Wrap-Up (Administer Quiz / Discuss Next Steps)

Mechanics Session 4:

PLATE MECHANICS REVIEW & INTRO TO BASE MECHANICS

Location: Baseball Field / Batting Cage

Attendees: 1st – 3rd Year Officials

Class Time: 5 hours

Goals: During the session, officials will practice the details around *On Field Positioning / Mechanics*. Also, officials will discuss and study the *NFHS / GHSA Baseball Signals* and how they should be applied during a game.

Warm Up

All Officials

Calls & Signals

Fair / Foul, Safe/He's Out, That's a Catch,
On the tag / No tag, Safe-Off the bag,
That's a Balk

Base Work

Groups

Position A

Ready Position: 10 to 12 feet behind 1st base
Angle & Distance: 15 to 20 feet / 90 degrees
Call Position: Chest to bag, turn head in front of ball, watch foot listen for catch (eyes closed drill)
Calls: Out / Safe (routine vs close), swipe tag on errant throw (On the tag, He's Out! / Safe! Safe! No Tag / Safe, He's off the bag!)
Base Hit / Fly Ball: Pause – Read – React. Go out or pivot

Position B/C

Position: Depth, angle & distance
Pick Off Mechanics: Make the call (routine vs close)
Steal Mechanics: Pitch crossed plate, drop step, let the throw take you to the play
Base Hit / Fly Ball: Working area

Pivot Drill

Repeat steps 2 – 4 from previous session

Plate Work

Review

Position, stance & mechanics

Cage Work

Left & right hitters (5 – 10 each)
Put ball in play, Position, Stance, Track ball w/ eyes not head, Timing of calls, Call balls down & strikes up, 3rd strike call (caught & dropped)

Wrap Up

All Officials

Body Language / Perception is Reality
Q & A

Resources:

- *GHSA Trainers' Drill Manual*

Classroom Session 5:

CREW OF 2 MECHANICS / MENTOR PROGRAM

Location: Classroom

Attendees: 1st – 3rd Year Officials – 1st hour of class
3rd Year + Officials – Remainder of class

Class Length: 2 ½ hours (1st hour w/ 1st – 3rd year officials, next 1 ½ hours with everyone)

Goals: During this session, officials will learn the basics of Crew of 2 Mechanics and be introduced to their mentors. Current year rule changes will also be covered.

Rules Study – Call on Umpires to discuss each rule topic citing rule reference

- Designated Hitter
- Batting Out of Order
- Check Swing
- Dropped 3rd Strike, when does the runner give up?

Training

- Review Crew of 2 Mechanics
- Review remainder of training schedule with senior officials
- Mentor Program – Meet & Greet
- Rule Changes

Homework

- ❖ Review Crew of 2 Mechanics Handout
- ❖ Take the GHSA Online Rules Clinic
- ❖ NFHS Preseason Guide Assignments (Senior Officials)

Resources:

- Crew of 2.ppt
- Crew of 2 Mechanics.pdf
- NFHS Preseason Guide

Session 2: Wrap-Up (Administer Quiz / Discuss Next Steps)

Mechanics Session 6:

CREW MECHANICS – CREW OF 2

Location: Baseball Field / Batting Cage

Attendees: 1st – 3rd Year Officials

Class Length: 5 hours

Goals: During the session, officials will practice the basics of Crew of 2 Mechanics, cover pitching rules & regulations and review individual plate mechanics.

Crew of 2

No Runners On

Plate Umpire & Base Umpire (Position A)

Fair / Foul coverage

Fly Ball / Pop-up coverage

Base Hit

Ground Ball

Drills

Ground Ball

Fly Ball / Base Hit

Fly ball – Base Umpire goes out / fair or foul

Runner on 1st

Plate Umpire & Base Umpire (Position B)

Fair / Foul coverage

Fly Ball / Pop-up coverage

Base Hit – Rotation (*Also 1st & 2nd w/ less than 2 out*)

Ground Ball

Pick off & Steal / Rundown

Drills

Pick off / Steal

Double Play

Base Hit (rotation)

Pitching Rules

Wind-up Position

Set Position

Balks & Illegal Pitches

Plate Work

Cage

Left & right hitters (5 – 10 each)

Put ball in play, Position, Stance, Track ball w/ eyes not head, Timing of calls, Call balls down & strikes up, 3rd strike call (caught & dropped)

Wrap Up

All Officials

Q & A

Resources:

- *GHSA Trainers' Drill Manual*

Classroom Session 7:

PLAYERS/SUBSTITUTES and EQUIPMENT/DEFINITIONS

Location: Classroom

Attendees: 1st – 3rd Year Officials – 1st hour of class
3rd Year + Officials – Remainder of class

Class Length: 2 ½ hours (1st hour w/ 1st – 3rd year officials, next 1 ½ hours with everyone)

Goals:

Early Session Training

- Discuss field dimensions & boundary lines (Use Rulebook Diagram), discuss how the field is to be properly marked.
- Discuss proper uniforms & equipment for players
- Discuss & define substitutes role & the process when they can enter the field & become a player
- How to work a line-up Card

Training

- NFHS Preseason Guide Assignments – Senior Officials explain assigned sections citing rule references.
- Scrimmage & Intra-squad Scrimmage formats

Rules Study

- Hidden Ball Trick – When can the ball be put in play?
- Check Swings (Emphasis on 3-2 count with runners on)

Homework

- ❖ Sign up for Scrimmages (**All Officials**)
- ❖ Be prepared to discuss each citing rule references: Dead Ball / Live Ball, Base Awards, Foul Tip, Batter's Box, Illegal Slide, Obstruction / Interference, Malicious Contact (**1st – 3rd Year Officials**)

Resources:

- *LineupCard.ppt*
- *Scrimmage Rotation.xls*

Session 2: Wrap-Up (Administer Quiz / Discuss Next Steps)

Mechanics Session 8:

CREW MECHANICS – CREW OF 3

Location: Baseball Field / Batting Cage

Attendees: 3rd Year + Officials

Class Length: 5 hours

Goals: During the session, officials will practice the basics of Crew of 3 Mechanics. A review session for Crew of 2 Mechanics can be substituted for this session if Crew of 3 training is not needed by the association

Crew of 3 Review Positions & Responsibilities A, B, C & D

No Runners On

Drills

Base Hit

Ground Ball

Fly Balls to Outfield

Runner on 1st

Drills

Pick Off / Steal

Base Hit (rotation)

Fly Ball 1st BU goes out

Runner on 1st & 2nd

Drills

Extra Base Hit (Reverse rotation)

Routine Fly Ball (Less than 2 outs)

Wrap Up

All Officials

Q & A

Resources:

- *GHSA Trainers' Drill Manual*

Classroom Session 9:

OBSTRUCTIONS / INTERFERENCE

Location: Classroom

Attendees: 1st – 3rd Year Officials – 1st hour of class
3rd Year + Officials – Remainder of class

Class Length: 2 ½ hours (1st hour w/ 1st – 3rd year officials, next 1 ½ hours with everyone)

Goals:

Rules Study – Call on Umpires to discuss each rule topic citing rule reference

- Dead Ball / Live Ball
- Base Awards
- Foul Tip
- Batter's Box
- Illegal Slide
- Obstruction / Interference
 - When is the fielder protected? / When is the runner protected?
 - Proper method for awarding bases
 - When is the ball declared dead?
 - What constitutes a base path?
 - Define the following: Catcher's Obstruction, Umpire Interference, Batter Interference, Coach Interference, Spectator Interference
- Malicious Contact

Training

- NFHS Preseason Guide Assignments
- Points of Emphasis

Homework

- ❖ Sign up for Scrimmages (**All Officials**)
- ❖ Be prepared to discuss each citing rule references: Infield Fly, Hit by Pitch, Appeals, Detached Players Equipment (**1st – 3rd Year Officials**)

Resources:

- NFHS / GHSA Baseball Rules Clinic.ppt

Session 2: Wrap-Up (Administer Quiz / Discuss Next Steps)

Classroom Session 10:

GAME MANAGEMENT / COMPREHENSIVE REVIEW

Location: Classroom

Attendees: 1st – 3rd Year Officials – 1st hour of class
3rd Year + Officials – Remainder of class

Class Length: 2 ½ hours (1st hour w/ 1st – 3rd year officials, next 1 ½ hours with everyone)

Goals:

Rules Study – Call on Umpires to discuss each rule topic citing rule reference

- Infield Fly
- Hit by Pitch
- Appeals
- Detached Player Equipment

Training

- Game Management
 - Conflicts – Players, Coaches, Fans
 - Ejections Situation – Record information, get game going
 - Game Report – Short, precise, to the point, no opinions, no war stories
- Professionalism

Homework

Sign up for Scrimmages (**All Officials**)

Resources:

- *Game Management.ppt*
- *Game Management Topics.pdf*

Session 2: Wrap-Up (Administer Quiz / Discuss Next Steps)