

**2019 Western Region Umpire Program
Modifications to Drills/Mechanics**

Mechanic/Drill	Change
Soft Toss	Added new drill sheet – standardized the way we teach the beginning stages of Cage Work, via Soft Toss. Teaching focuses on building plate umpire heel-toe slot stance from the bottom up. (Feet to Lower Body to Upper Body to tracking and performing basic ball and strike calls/mechanics.
Cage Work – Play-Ball-Strike-Count	Added new drill sheet – standardized how the Western Region teaches putting the ball in Play, calling the Ball call, calling and signaling the Strike mechanic and giving the Count.
Cage Work – Check Swing Ball – Check Swing Strike	Added new drill sheet – standardized how the Western Region teaches the mechanic of a Check Swing Ball, Check Swing Ball with Appeal and the Check Swing Strike.
Cage Work – Foul Tip – Time	Added new drill sheet – standardizes how the Western Region teaches the Foul Tip mechanic and how the WR teaches the Time mechanic.
Cage Work – Illegal Pitch – Balk	<p>Added new drill sheet. Standardized terminology and mechanic.</p> <p>BALK: Proper terminology is to verbalize “Balk” while in the set (down) and after action has ceased (ball in catcher’s mitt), call time and announce, “That’s a Balk”, while pointing to the pitcher with the right hand (index finger only). While removing his/her mask, the plate umpire will move 10-12 feet towards the pitcher and will now announce, “YOU!” (pointing at lead runner with right hand – index finger only), “3rd base!” (now pointing to the base the BR is being awarded).</p> <p>ILLEGAL PITCH: Proper terminology is to verbalize “Illegal Pitch!” while in the set (down) and after action has ceased (ball in catcher’s mitt), call time and announce, “That’s an Illegal Pitch”, while pointing to the pitcher with the right hand (index finger only). The plate umpire will turn to the scorekeeper and indicate that a ball will be added to the batter’s count by raising his/her index finger on the left hand and announcing to the scorekeeper, “That’s a ball to the batter.” After awarding the ball, the plate umpire will give the new count, prior to putting the ball back in play.</p> <p><i>We discovered that these mechanics (Illegal Pitch & Balk) were being taught 4 – 5 different ways around the region and standardization of verbal communication and defining which hand to point with was much needed.</i></p>
Fly Ball to RF – R1 Tagging	Added new drill sheet - standardized how the Western Region teaches the mechanics and communications of both the base umpire and the plate umpire when handing R1 – Routine Fly to RF, catch and the runner tagging and then returning.
1 st to 3 rd Drill	Changed mechanic of having base umpire wait for R1 to cross in front of him/her before coming inside to working area to “This base umpire is encouraged to enter the infield prior to R1 passing in front of him/her.”

- Regional Drill sheets are vetted by the CORE Umpire Instructor Staff of the Western Region.
- The WR Drill Sheets are used to teach the mechanics at all Western Region sponsored clinics.
- Access to the Drill Sheets: Regional Instructors, Attendees of the annual UIC TTT Clinic, or others as approved by Mark Bernstein – WR UIC.
- Changes to Western Region mechanics, as written above, will be communicated via the WRLUAA website and via the Facebook “Western Region Umpires Group”.