

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Baseball

This list includes examples of ways to connect sports to driving. Use multiple examples and let athletes make their own connections as well.

### DRILLS

**BATTING CAGES:** Set the ball launcher to hit the same spot at an appropriate speed for your team. Athletes will attempt to hit the pitch while being distracted visually, cognitively, and manually.

**PASSING & CATCHING:** Athletes get partners, line up facing each other and pass the ball back and forth. Create a competitive atmosphere by asking trivia questions as a cognitive distraction. First athlete to get the answer asks the next question.

Add visual and manual distractions if desired.

### ATTENTION GRABBERS

Tell athletes how important communication is during the game; pop quiz with hand signals.

How fast do they think the ball is moving? How long do they have to react to a pitch?

The fastest pitch ever: 105 mph by Aroldis Chapman pitching for the Cincinnati Reds' triple-A affiliate in Louisville. The batter facing Chapman had only about 0.35 seconds to react before the pitch reached him (Repanich, 2010).

#### DISTANCE TO MOUND (60.5 FEET)

RADAR GUN SPEED	50mph	60mph	70mph	80mph	90mph	100mph
REACTION TIME	0.825 seconds	0.688 seconds	0.589 seconds	0.516 seconds	0.458 seconds	0.413 seconds

*Average reaction time for different baseball pitches by age group and mound distance, 2008*

For High School players, a hitter has an average of only half a second to react! No way a hitter would chance a glance away from that pitch!

Don't glance away from the road - Don't miss the pitch.

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## Basketball



### DRILLS

**PASSING:** Swing the ball, cross-court pass, chest pass, bounce pass, lob pass, etc. Have athletes practice passing the ball while also being distracted visually, cognitively, and manually.

**SHOOTING:** Pick a spot for athletes to shoot from (Top of the key). Athletes will attempt to make a basket while being distracted visually, cognitively, and manually.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

### ATTENTION GRABBERS

When playing basketball, you become an extension of the ball. Your feet can not touch out of bounds while you have the ball or it's a turnover. A matter of inches between your toes and the three-point-line can determine whether the shot counted as 3 or 2 points.

While driving a car, you become an extension of the car: your hands move the wheels and your feet accelerate and decelerate the engine.

Stay 100% focused on the drive and your surroundings (Manfredi, 2015).

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Football

### DRILLS

**PASSING:** Run plays, or simply practice throwing the football while adding visual, manual, and cognitive distractions.

**LADDER:** In-out, lateral feet, tango, etc. Use your favorite ladder drills while adding visual, manual, and cognitive distractions.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gamepla

### ATTENTION GRABBERS

Quarterback's job on the field is to avoid the collision. Your job in the car is the same. Defensive lineman's job is to stop the rush (run), and offensive lineman's job is to stop the (pass) rush. Your job as a driver is the same. Leave yourself plenty of time to get ready for school or work, don't eat or drink while driving, and drive the speed limit. Make every drive safe. As a safety, if you get distracted on the field and miss the read, it means the other team scores a touchdown.

On the road, a distraction could mean your life. Don't drive distracted. 3 seconds of texting while driving @ 65 mph = 100 yards (a football field) driving blindfolded.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Soccer

### DRILLS

**PASSING:** Run plays, or simply practice passing while adding visual, manual, and cognitive distractions.

**LADDER:** In-out, lateral feet, tango, etc. Use your favorite ladder drills while adding visual, manual, and cognitive distractions.

**SHOOTING:** Pick a spot for athletes to shoot from. Athletes will attempt to make a goal while being distracted visually, cognitively, and manually.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking.

### ATTENTION GRABBERS

One of the simplest concepts in soccer, as in most team sports, is communication. It is a constant chatter. Once you've determined that you are the one that is playing the ball and you have made a good, loud call to let everyone know, do not change your mind. Make a strong move and trust your decision.

When you are driving a car, make a decision to be distraction free, communicate with your passengers and always communicate as a passenger.