



# Behind the Plate Umpire Training Program

8 Week Comprehensive Umpire Training  
90 Min Classroom • 90 Min Field

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## **WEEK 0 - Orientation & Safety**

Welcome to Behind the Plate. Review safety, code of conduct, & program expectations to start strong.

## **WEEK 1 - Rules Foundation**

Learn the core definitions and principals that form the language of baseball officiating.

## **WEEK 2 - Field Position & Mechanics**

Build your foundation of proper positioning, coverage & communication on the diamond & in the field.

## **WEEK 3 - Strike Zone & Plate Work**

Develop consistency behind the plate & learn how to own the strike zone with confidence.

## **WEEK 4 - Game Management**

Master communication, leadership, & calm under pressure - keys to earning respect on the field.

## **WEEK 5 - Advanced Rules & Scenarios**

Apply complex rules through live simulations & game style situations.

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Apply complex rules through live simulations & game style situations.

## **WEEK 7 - Certification & Assessment**

Demonstrate mastery of rules, mechanics, and judgment through on-field evaluation and written testing.

## **WEEK 8 - Professional Development & Next Steps**

Learn how to secure assignments, continue growth in officiating, and uphold the standards of Behind the Plate Umpires.