

# Coaches Clinic





# ***Team Practice***

## **Key Factors**

- Active Warm-up
- Hitting Stations (tee work)
- Defensive Stations
- Base Running



## ***Team Practice***

- ❖ An efficient, productive team practice must maximize the allotted field space, time available and capabilities of both coaches and players. The goal is to create a practice environment that will reinforce sound fundamentals in order to allow each player to feel confident and relaxed in game situations.

**Have Fun!!!**

# ***Team Practice***

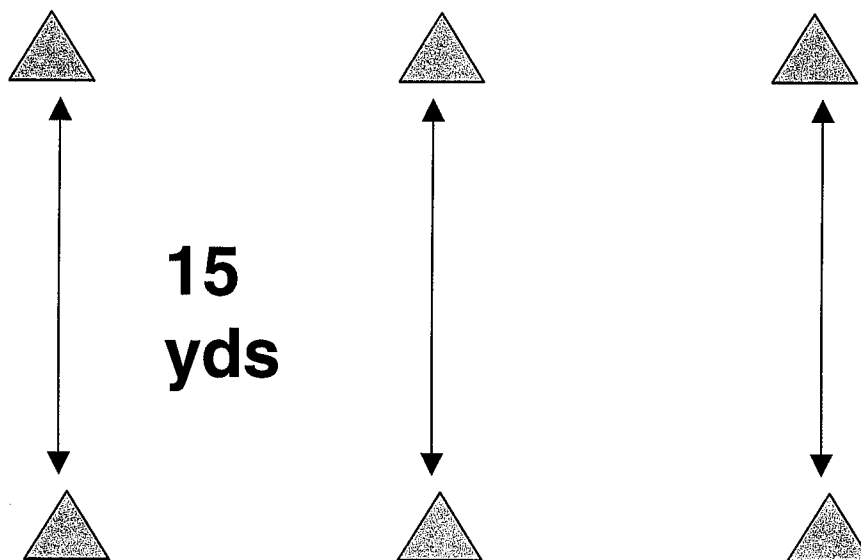
## **Active Warm-up** (10 minutes)

(gets body loose and strengthens muscle groups specific to baseball movements on the field)

- Light jog (twice)
- Side shuffles
- Carioca
- High knees, butt kicks
- Frog jumps
- Duck walk
- Sprints (twice)
- Pushups into sprints
- Reactionary sprints – go on hand clap

# ***Progressive Practice***

## **Active Warm-up** (10 - 12 minutes)



# ***Preparation***

## **There is no off-season for hitting**

### **I. The Batting Tee**

#### **a. The importance of the tee:**

- Ability to focus on swing mechanics and set-up
- No distractions of a moving ball
- Outstanding self-correcting tool and teaching device

#### **b. Batting Tee set-up:**

- The tee with ball at waist – not knees or chest
- Hitters front foot – 3-8 inches behind the ball. This is accomplished by the hitter placing bat down as an extension of the tee.
- Hitter should be one bat length plus a 3-8 inch gap between the end of the bat and the ball. This is accomplished by hitter placing knob of bat to the back hip bone and pointing bat to ball on tee until desired position is reached.
- Hitter should begin their “checklist” in order to be in a strong, athletic position for the upcoming swing.

# ***Preparation***

## **There is no off-season for hitting**

### **II. The Batting Tee (*continued...*)**

#### **c. The Tee swing**

- Contact with the ball should always be made in front of the body.
- Every swing should have a purpose. Always take a "game swing".

#### **d. After the swing**

- Eyes, nose, chin should remain at tee, where ball was.
- Hitters should be in a balanced "power" position.
- Bat should be in a finished position resting on front shoulder.
- Hitter should remain in "power position" in order to allow corrections by player or coach.

# ***Hitting***

## **Keep it simple:**

The "checklist" – 6 step approach to the pre-swing set-up

- 1.** Feet more than shoulder width apart – "No Stride Phase"
- 2.** Knees bent – "Athletic Stance" (reference other sports)
- 3.** Toes pointed parallel to each other
- 4.** Feet and shoulders in a straight line to the pitcher  
-Place bat down at feet or draw line in dirt
- 5.** Take a deep breathe to relax
- 6.** Eyes, nose, chin, remain focused on where the ball was, not where it goes after it leaves the bat



# ***Hitting***

## **Keep it simple:**

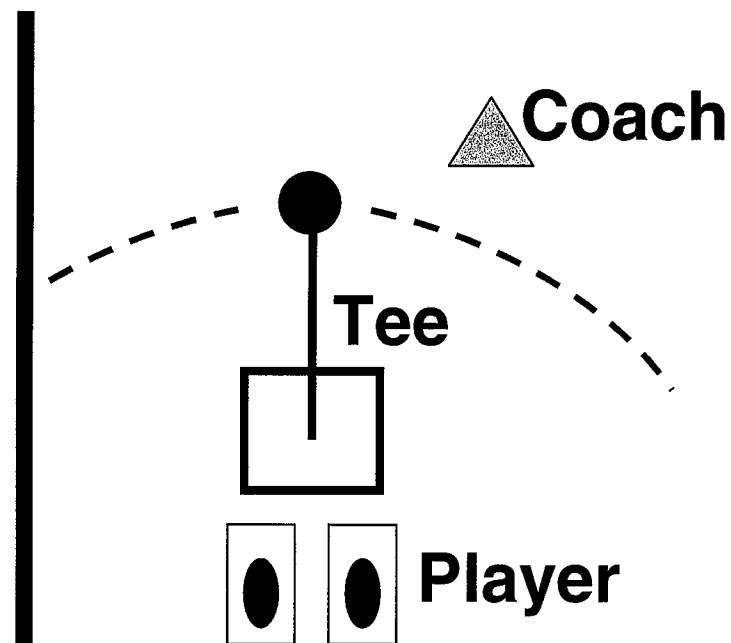
“Pop the Hip” – Swing mechanics; lower half (power)

1. Swing begins with back hip aggressively “popping” down and forward
2. Front knee should remain flexed (Back hip has strong base to drive down and forward)
3. Back foot is turned with the ball of the foot remaining on the ground
4. Front foot remains closed (begin with no stride or timing mechanism)
5. Very slight weight shift

**Mental Cue: Pole is going through the middle of the body starting at top of head, going into ground, limiting weight shift**

# ***Hitting Station***

**1 on 1** (3 - 4 minutes)  
**10 – 15 swings per player**





# ***Infield***

## **Key Factors**

- Defensive Ready Position – fielding rhythm
- Fielder's triangle – set-up to ground ball
- Throwing mechanics – transfer, footwork, release, follow through
- Using the proper glove

## Defensive Ready Position

- Athletic stance – knees bent; weight on balls of feet
- Slight bouncing from knees or body sway to create rhythm
- Hands at waist out in front of body with wrists relaxed, palms facing each other

# ***Infield***

## **The Fielder's Triangle** – set-up to ground ball

- Small “hop” to generate movement and stay relaxed
- Square ball to center of body
- Feet wide - to outside of the ball and in a straight line
- Weight slightly forward on balls of feet
- Bend at knees – not at waist
- Glove hand is down on ground out in front of body. Glove must be open and wrists relaxed
- Top hand is above glove with palm facing the ball. (Fingers to the sky)
- Chest and head are up to where ball was hit from, not to the ground

**Mental cue: The “triangle” is created by the feet and glove. If this position hurts, it’s supposed to because of the pressure applied to the legs**

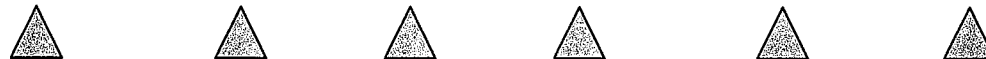
# ***Infield Station***

**10 - 12 minutes (5 – 7 Players)**

**Phase 1: 6 – 7 min**

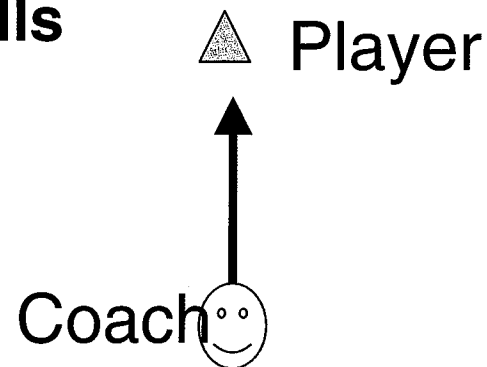
**A. Fielder's Triangle**

**B. Transfer, footwork, throwing mechanics**



**Phase 2: 6 – 7 min**

**A. Routine ground balls**

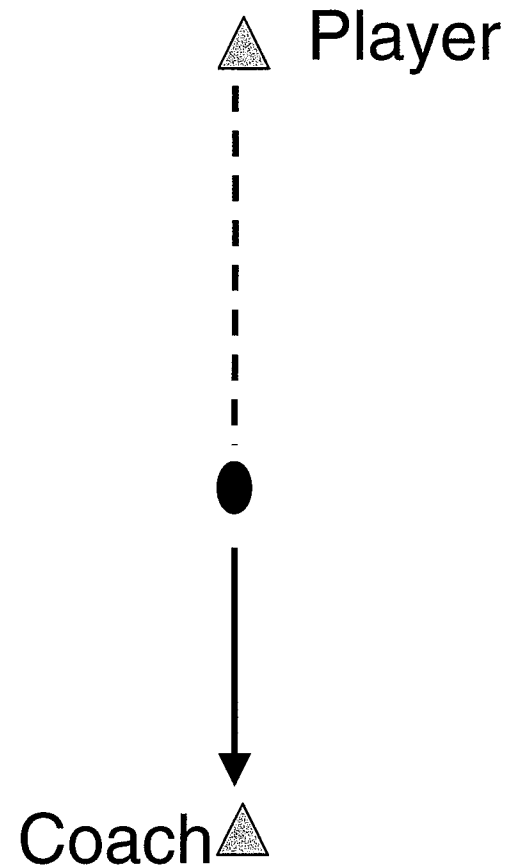


# ***Infield Station***

**10 - 12 minutes (5 – 7 Players)**

**Phase 3: 6 – 7 min**

**A. Charging the ball**

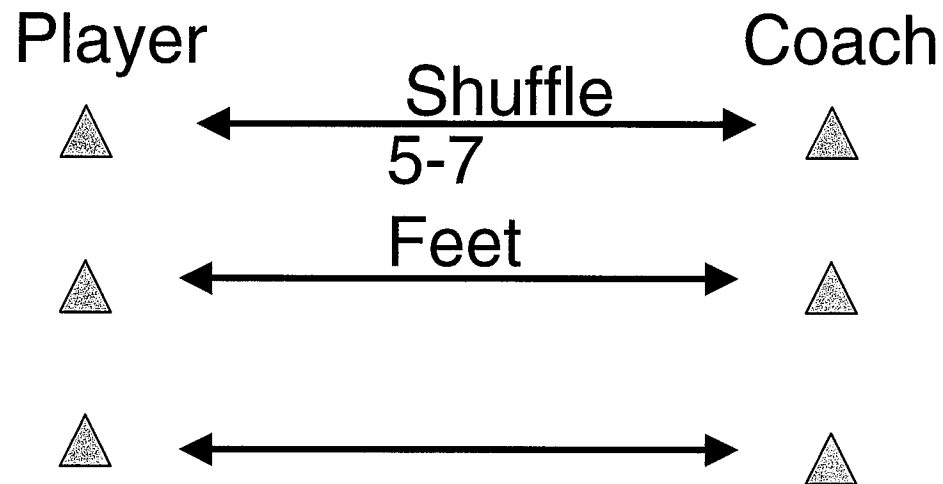


# ***Infield Station***

**10 - 12 minutes (5 – 7 Players)**

**Phase 4: 6 – 7 min**

## **A. Lateral movement**







# ***Outfield***

## **Key Factors**

- Positioning
- Catching fly balls

# ***Outfield***

## **Positioning**

- Left fielder – Straight line extended from first and second base to the outfield
- Right fielder – Straight line extended from second and third base to the outfield
- Center fielder – Straight line extended from home plate and second base to the outfield. Two or three steps left or right from that spot in order to see the ball off of the bat

# ***Outfield***

## **Catching Fly Balls**

- Always catch the ball with two hands
- Make the catch over the throwing shoulder
- Always behind the ball in order to have momentum forward to the infield
- Glove should be with “fingers to the sky”

# ***Outfield Station***

**18 - 20 minutes (5 – 7 Players)**

**Phase 1: 6 – 7 min**

**A. Catching fly balls**

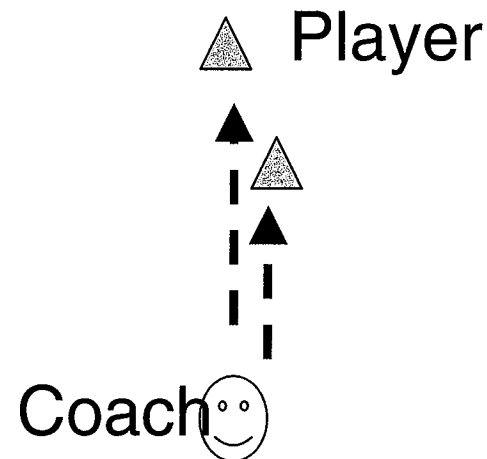
**B. Transfer, footwork, throwing mechanics**



**Phase 2: 6 – 7 min**

**A. Regular fly balls**

**B. Short fly balls**

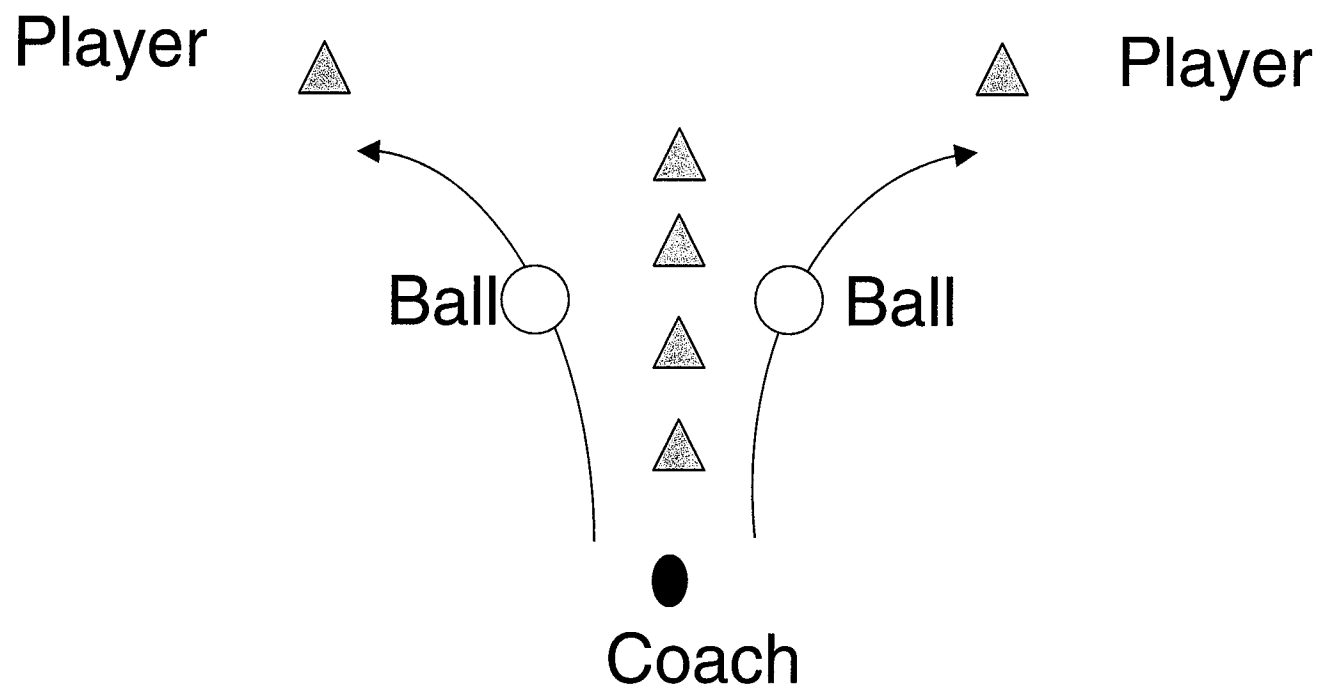


# ***Outfield Station***

**18 - 20 minutes (5 – 7 Players)**

**Phase 3: 6 – 7 min**

**A. Fly ball responsibility**



# ***Base running***

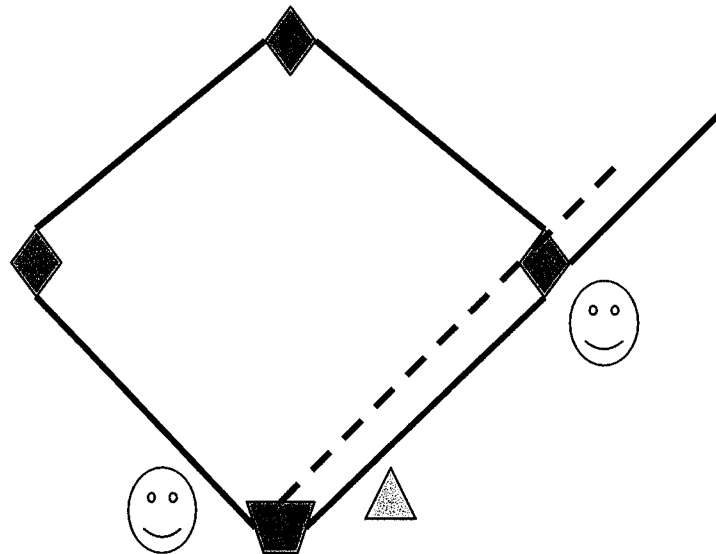
## **Key Factors**

- Running to first base
- Sliding techniques
- Running form

# ***Base running***

## **Running to first base**

- **Routine play (ground ball)**
  - Runner does not look at ball
  - Half way down line picks up front part of base
  - Either foot hits front part of base in stride (no choppy steps)
  - Runner runs thru base with a lean forward (no lunging)
  - Runner stays on foul line and looks to right for overthrow





# ***Base running***

## **Sliding Techniques**

- Do not slow down or “feel” for slide
- Throw hands back and up
- Kick one leg straight out with foot in air
- Other leg tucks under straight leg (perpendicular)
- Extended leg foot is off ground
- Body weight goes down and back to tucked leg side
- Proper slides leave dirt on calf, outer quad and butt



# ***Base running***

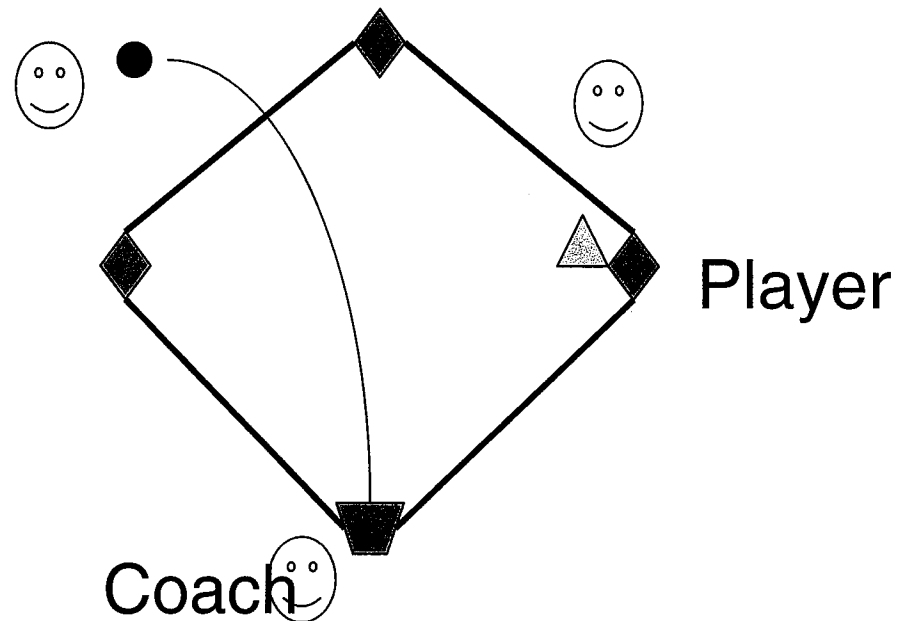
## **Running form**

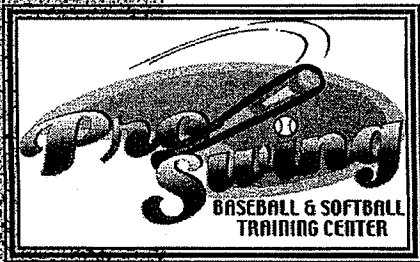
- Arms should go from “pocket to chin” and not side to side
- Head still
- Feet should not drag. Up and down off ground quickly

# ***Base running Station***

**8 - 10 minutes (Full Team)**

- I. Running to first base**
- II. Sliding techniques**
- III. Groundball/pop-up drill**





# ***Pitching***

## **Key Factors**

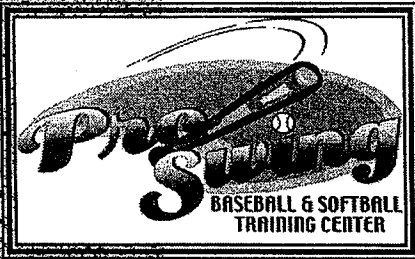
- Starting position
- Balance position
- Power position
- Release and follow through



# ***Pitching***

## **Starting Position**

- Full wind-up (Facing batter)
  - Feet close together and on top of rubber
  - Hands together at waist or chest
  - Deep breathe to relax
- Stretch (Glove side shoulder facing batter)
  - Feet close together and back foot pressing against front side of rubber
  - Hands together at waist or chest
  - Deep breathe to relax



# ***Pitching***

## **Balance Position**

- Full wind-up
  - Glove side foot goes back and to the side with small movement
  - Throwing side foot turns out and presses against front side of rubber
  - Glove side leg “drives up” to chest not crossing the back leg creating a right angle with upper half
  - Front foot should be relaxed with toe pointing down to ground
  - Back leg may be slightly bent to maintain balance
  - Hands remain together at waist or chest
  - Head remains still and facing target
  - Upper half should remain relaxed

**Mental cue: Every position in the pitching motion should have balance and rhythm**



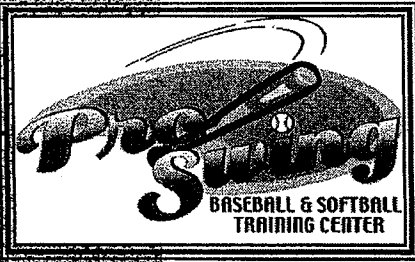
# ***Pitching***

## **Power Position**

- Separation of hands — (As front leg drops and slides forward)
  - Four seam grip
  - Thumbs down to ground as hands separate
  - Arm swing is the personal preference of each pitcher. It can be as long or short as is comfortable for each player

### **Lower half movement**

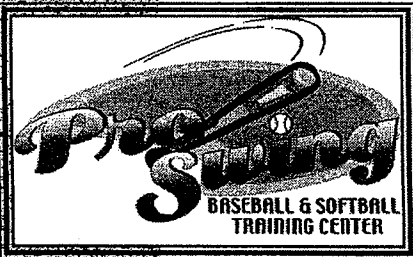
- Front leg comes straight down and just before it hits ground, slides out to natural landing spot
- Front foot is slightly closed – toe not pointed to home plate
- Front foot is in straight line with back foot and home plate
- When front foot lands, majority of body weight must be on back side
- Back leg is slightly flexed (“sitting down” on pitch)
- Front leg is bent



# ***Pitching***

## **Power Position**

- Upper half
  - Front hip, shoulder and elbow point to target
  - Throwing elbow is above throwing shoulder
  - Throwing hand palm (thumb) is in opposite direction of target
  - Throwing arm is bent at elbow creating an "L" shape
  - Throwing wrist is relaxed and hand is not squeezing ball tightly
  - Head still to target



# ***Pitching***

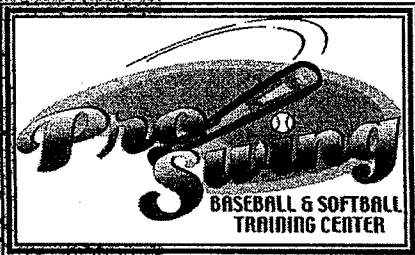
## **Release**

- Velocity is generated by the amount of arm speed created from power position to release point
- Front elbow and front hip are crucial elements in providing the necessary force to generate arm speed for greater velocity
- Ball should "snap" off fingertips with backspin rotation

## **Follow through**

- Throwing arm extends out then towards ground or top of opposite foot after release
- Back leg comes over and lands parallel to front leg
- Head should remain still
- Body should finish on or close to midline





# ***Pitching***

## **Coaches Checklist**

### **Common Mistakes**

- "Falling off" mound
- Separation of hands too early or too late
- Front foot points to home plate when it lands
- Body jumps or falls forward plate in power position
- "Cupping" the ball

### **Appropriate Adjustments**

- Front side pulls "front to back" and body finishes on midline
- Separation occurs as front foot begins sliding toward landing spot
- Front foot lands with toe pointed to appropriate batter's box
- Body weight remains on back side in power position (back leg slightly bent)
- Separate "thumbs down" with palm facing away from body in power position