

Throwing Basics

Step towards target and rotate so entire body is lined up to target.

Move hands to “T” position (glove side should be slightly higher) should feel slight scap load and chest stretch

Throwing hand moves to “L” position with hip rotation

Glove tucks to body

Release ball out front, four seam grip (small hands should use three finger grip)

Follow through with arm finishing on glove side of body.
Shoulders over front knee



Throwing Drills

One Knee Drill - Tell players to visualize wall behind their back.

“L” Position Drill - Start in L position with ball behind head. As player initiates back hip movement ball comes away from head. Elbow should be shoulder height. Release out front

One Leg Stabilization Drill – Balance on glove side foot. Throwing foot off ground 2 inches. Finish out front. Slight bend in front leg. Don’t want front leg collapsing. At finish throwing leg should be in air. Encourage good follow through.

Cup Drill - Place ping pong ball in cup. Ball should not fallout with proper arm motion(demo required)



Ground Balls

Athletic position

Knees bent, hands out front, fingers in dirt

Glove starts on ground and works up to receive a ball.

Gas pedal position

Funnel ball into body. Player should watch ball into glove. Ball should make contact with palm of glove.

Throwing hand beside glove.

Come around ball with momentum going towards target

Studder step can be used to pick hop when receiving ball

Step towards target and throw. Player can also shuffle towards target to gain ground for more accurate throw



Fielding Drills

Receiving Drill – Player on knees, hand out front with fingers tips down. Roll ball to player. Player receives ball(funnels) and goes to T position with arms. Start without glove. 10-15 ground ball. Use glove emphasizing ball hitting palm on glove.

Infield Footwork Drill – glove foot of player inside 2X2 square taped on ground. Roll ball to player. Righties should think right foot(gas pedal), left foot **FIELD!** Lefties opposite. Right foot should go in box first then be replaced with left foot. Can be done throwing to target or no throw into T position.

Ground Balls – emphasize fingers in dirt, stay down, **+** come get the ball, shorten throwing distance.



Outfield Basics

Athletic Position- Always anticipate ball coming to you

Catch ball above head slightly on throwing side

Use studder step to come towards ball using momentum for strong throw

Four seam grip

Throw side foot steps toward target

Glove shoulder slightly higher to keep weight on backside

Weight transfers from back to front with rotation of **+**
rear hip(throwing hand)




Outfield Drills

QB Drill – player runs forward approx. 10 ft angles on 45 left or right. Coach throw ball at them.

Studder Step Drill- player stand 20 away from coach. Coach throws ball up and player uses studder step to get under ball and catch it

Drop Step Drill – player is in athletic position, small jump forwards coach, player then angles left or right running away from coach. Coach throws ball to player. Player shouldn't run with glove in air.

Under Ball Drill - throw smush ball up in air, player keeps head up keeping eyes on ball. Player has to estimate where  ball is going to land. Ball should hit the top of their head



Hitting Basics

Athletic stance, plate coverage, belly button roughly in line with back corner of plate.

Hands roughly shoulder height near back shoulder. 3-6 inches away from body

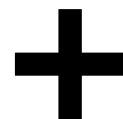
Knuckles(door knocker)should be aligned to unlock wrists

Back elbow should be in relaxed comfortable position

Bat at 45 degree angle

Eyes forward on pitcher

Stride should be towards pitcher not pitch



Hitting Cont'd

As ball comes out of pitchers hand the batter should start stride.

When hitter strides, the hands move slightly back (launch position) in opposite direction of stride. In this position the batter should have approx. 60-70% of his weight back.

Hitters hands in launch position should be at shoulder height.

Encourage short stride. Keeps head still which allows hitter to see ball better.

Hitter swings bat, weight should be shifted evenly during swing. +



Hitting Cont'd

Knob of bat comes through zone first (bat lag) then extend

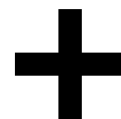
Hands inside of the baseball. Hands should be flat "Palm up and Palm down"

Swing should be on an up angle to meet trajectory of pitch (bat plane)

At contact head should be still, the hips should rotate as back heel comes off ground. Encourage hitter to rotate bring back knee to the ball. Hitter should not push forward.

Hit ball on a firm front leg. No collapsing

Follow through with swing finishing high.



Hitting Drills

Soft Toss - Work on throwing ball over plate hitting ball middle and to opposite field

Stick Ball Drill – throw small balls with hitters using small closet rod bat.

One Knee Drill – stops players from a forward moving motion. Works on the feel of rotation. Result of how ball is hit doesn't matter.

Launch Drill – stride to balance, get into launch position, stretch back(hands go back) and remove slack in body. Hitter swings smoothly finishing high and balanced.

BP in Cage – soft toss behind L screen

