

TOOELE COUNTY BABE RUTH BASEBALL

Coaching and Parent Instruction Guide

Cal Ripken Division – National & American Leagues
(9 through 12 years old)



Coaching Guide

TOOELE COUNTY BABE RUTH BASEBALL

Coaching and Parent Instruction Guide

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Published March 1, 2007

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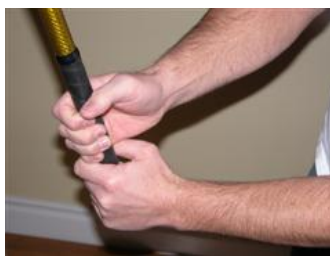
National League (9 thru 12 years old)

Hitting

1. Bat selection
 - a. Choose a bat that is comfortable
 - b. Player should swing the bat, the bat should not swing the player
 - c. Experiment with different sizes, find one that works
2. Establish proper hand grip
 - a. Align knocking knuckles



- b. Proper grip unlocks the wrists which in turn generates better bat speed
- c. Keep wrists flexible
- d. Start with a loose grip, grip will tighten automatically when swing is started



3. Develop a proper batting stance
 - a. Find a comfortable starting position
 - b. Position feet with respect to home plate
4. Develop a proper, flat swing
 - a. Prevent uppercut swings

- b. At the beginning of the swing, the bat head should be elevated above shoulder height



- c. Level swing for as long as possible through the hitting zone



5. Do not throw the bat

6. Develop **short** stride and hip rotation

- a. As ball is released from the pitcher's hand, a **short** stride should be taken with the lead foot toward the ball

- i. A long stride will cause the batters head to change elevation, making it difficult to track the ball and make good bat contact with the ball
- ii. Players that struggle to make good bat contact with the ball due to an over stride can be put into a batter stance with wider feet; hence disabling the batters ability to over stride

- b. After completion of the stride, begin the swing with hip rotation

- i. Open the belt buckle up toward the pitcher



- ii. Stress the importance of striding toward the pitcher

1. Batters that chronically step out of the box:
 - a. Try widening the batters stance until the batter can not stride
 - i. Have the batter use a swing as described in the soft toss drill
 2. Try placing a bat behind the heels of the batter to make the batter aware of where the batter is stepping
 7. Develop loose hands and a quick bat
 - a. Encourage a slight rolling of the wrists in the batting stance to demonstrate loose wrists
 - b. Soft toss to develop quick bat
 - i. Have the player get into their batting stance
 - ii. Have the batter take their normal stride
 1. This is where the feet should remain for this exercise
 - iii. Toss the batter a ball from the opposite batter box with respect to the batter
 1. The batter should not start their swing until the ball leaves the hand
 2. The batter should not take a stride
 3. Have the batter focus on getting the bat as quickly as possible to the ball once the ball leaves the hand
 - iv. Allow the batter plenty of time to reset feet and prepare – the object is to teach muscle memory, not to get as many swings in as quick as possible
 - v. Give each batter 5 to 10 tosses per at bat
 8. **Develop batters confidence**
 - a. Keep a positive attitude
 - b. Do not nit pick
 - c. Provide lots of encouragement
 9. In a nut shell
 - a. Stance
 - i. Comfortable starting point
-

- ii. Discourage extremes, but allow individuality
 - iii. A good stance will have:
 - 1. Balance
 - 2. Vision
 - 3. Good plate coverage with the sweet spot of the bat
 - b. Weight shift
 - i. Begin with weight back
 - ii. Transfer weight forward during swing
 - 1. Don't be too hasty to transfer weight forward
 - 2. Practice and perfect weight shift by hitting off of a batting tee
 - a. Exaggerate weight shift to reinforce
 - c. Stride
 - i. Soft and short
 - ii. Keep the head level and eyes focused on the ball
 - iii. Directly toward the pitcher
 - d. Swing
 - i. Direct to the path of the ball
 - 1. Practice hitting balls using the bottom hand only on the bat
 - a. Wait on the pitch, then get the bat to the ball as quick as possible
10. Trust the hands
- a. Wait, let the ball get deep before the swing
 - b. Keep the wait back
 - c. Explode into the ball
 - i. Throw the hands toward the pitcher

- ii. Trailing elbow drops into the “slot”
 - 1. Below the hands, into the trailing hip as the hips rotate

d. Practice by doing lob toss

- i. Have the player hold off the swing until the last possible moment
- ii. Builds confidence in hand speed
- iii. Instills mental discipline

11. Outside pitch

- a. Stride toward the pitcher
- b. Keep the front shoulder in
- c. Hit a line drive
 - i. There is no right place to hit, placement depends on each batters individual swing
 - ii. Right handed batters avoid hitting a grounder to the 3rd baseman or short stop
 - iii. Left handed batters avoid hitting a grounder to the 2nd baseman or 1st baseman
- d. Try to hit toward the large part of the field
- e. Wait, don't rush the swing

12. Balance drill

- a. Stick ball
 - i. 5 swings as fast as possible
 - 1. The better balance, the quicker the repetition of the swings

13. Bunting

- a. While all players must learn to bunt, learning to hit is far more important
- b. Bunting should be limited in the regular season
- c. Sacrifice bunt

- i. Pivot to square shoulders to the pitcher



- 1. Pivot early – before or at the moment the pitcher moves the lead foot
 - 2. If feet are moved, make sure they remain in the batters box
- ii. Slide the top hand up the bat
 - 1. Protect the fingers
 - 2. Player may slide the bottom hand up the bat for better control of the bat
- iii. Hold the bat head above the hands at all times during a sacrifice bunt
- iv. Hold the bat head in front of the plate
 - 1. Provides better odds of a bunted ball remaining in fair territory
- v. Bend the legs to follow a ball downward, not the hands and arms
- vi. Do not chase pitches that are out of the strike zone
- vii. Make the fielders travel to field the ball
 - 1. Aim for a spot 2 feet inside the base line and at least 3 feet from home plate
 - 2. Use the bottom hand to control the bat angle
 - a. Closer to the body to bunt toward the batter side
 - b. Farther from the body to bunt opposite the batter side
- viii. Try to push the ball when bunting opposite the batter side

Throwing

- 1. Develop proper throwing technique
 - a. Turn sideways with respect to the target

- i. Glove side shoulder toward the target
- b. Throwing hand and ball should travel:
 - i. **Down** below the waist



- ii. **Back** as far as possible with palm facing the ground or the hand above the ball



- iii. **Up** to shoulder height



- iv. **Over** the top toward the target



v. Throwing drill to practice the proper throwing arm motion:

1. Turn sideways with respect to the target
2. Place the throwing side knee on the ground
3. Extend the glove side foot toward the target forming a right angle at the knee
4. Practice the **Down, Back, Up** and **Over** arm motion

vi. For players who chronically drop the throwing elbow below the shoulder:

1. Practice the throwing drill with a tee placed near the throwing shoulder set to the height of the players arm pit
2. The player should be instructed the raise the elbow to shoulder height when throwing to avoid hitting the tee with the throwing arm



c. When throwing motion begins:

- i. Glove arm should extend toward target and should reach full extension when throwing hand and ball reach the **Up** position
- ii. The player should step toward the target with the glove side foot
- iii. Glove side knee and elbow should move toward the target in unison
 1. Picture a vertical line intersecting the elbow and knee



- d. Rotate the hips when the ball is in the **Up** position to increase throwing power
- e. Follow through toward target
 - i. Keep moving toward target after releasing the ball



2. Develop three finger grip

- a. Index finger, middle finger and ring finger on the ball



b. Teach the 4 seam grip

- i. Encourage players to always throw the ball with the 4 seam grip
- ii. Stress the 4 seam grip during throwing warm-ups

3. Develop two fingered grip

- a. Players with larger hands

- b. Teach the 4 seam grip
 - i. Encourage players to always throw the ball with the 4 seam grip
 - ii. Stress the 4 seam grip during throwing warm up



- 4. Long toss
 - a. Increase arm strength
 - b. Exaggerate throwing motion
 - i. Slow and big
 - ii. Lean back
 - iii. Windmill like arm motion

Fielding

- 1. Proper fielding stance
 - a. Wide base
 - b. Butt down
 - i. Lowering of the butt forces the head to raise, providing the player better vision
 - c. Arms and hands extended forward to receive the ball
 - i. Reach forward for the ball!
 - ii. A wide base and lowering of the butt are crucial in enabling the player to reach forward for the ball
 - iii. Create a funnel or V with the arms to direct missed balls into the body; thus keeping the ball in front of the player



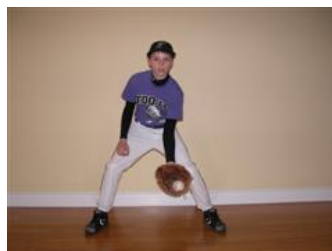
- d. Start momentum toward the target
- e. Throw the ball
- f. Follow the ball

2. Fielding Drill:

- a. Have the player get in a wide, low stance with hands extended forward
- b. Roll the player 5 balls in a row
 - i. Have the player stay in the wide, low stance while fielding each ball – do not let the player stand up
 - ii. Have the player toss the ball back if the ball is fielded
 - iii. Feel the burn in the buttocks and thighs
- c. This drill will reinforce the three keys to proper fielding (wide base, low butt and arm extension toward the ball) and strengthen the players legs

3. Glove placement when catching a ball

- a. Fingers pointing toward the ground for a ball below the waist



- b. Fingers pointing toward the sky for a ball above the waist



- c. Introduce players to catching fly balls with tennis balls
 - i. Use a tennis racket for better control and less effort

4. Fly balls

- a. Introduce players to catching fly balls with tennis balls
 - i. Use a tennis racket for better control and less effort
- b. 1st step is back
- c. Turn and run with eyes on the ball
 - i. Practice running at angle to the right and to the left



- ii. Get behind the ball
- iii. Square shoulders and catch the ball moving forward
 - 1. Hold the glove in front of the face/head, not over the face/head
 - a. Ball will never leave line of sight
 - b. Missed ball less likely to hit the player in the face or head

5. Timing grounders

- a. Watch the bounce
 - i. Try to field a ball at or after the peak of the bounce
 - ii. Minimize bounces
 - b. Charge slow rolling balls
6. Throw to cutoff
- a. Pick up the ball 1st
 - i. Use the throwing hand if the ball is stopped

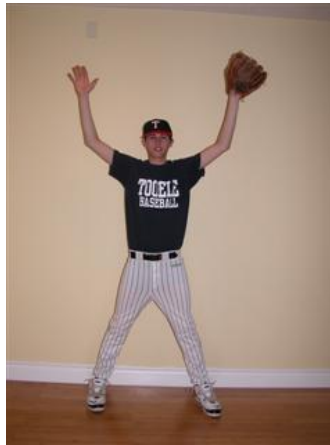


- ii. Use the glove if the ball is in motion



- b. Hit the cutoff/relay player high
 - i. Ball should arrive at chest height
- c. Cutoff/relay player

- i. Run toward outfielder
- ii. Know the outfielders arm strength
 - 1. Arm strength will determine how far to travel toward the outfielder
- iii. Know where home plate is
 - 1. Player may need to look back while advancing toward outfielder to gauge where home plate is
- iv. Big target
 - 1. Square to outfielder
 - 2. Hand up in the air



- v. As ball approaches, start moving toward home plate
 - 1. Rotate toward home plate
 - 2. Let the momentum of the ball turn the body and carry the player toward home plate
 - vi. Catch
 - vii. Throw
7. Footwork for a force out at 1st base
- a. Throwing side heel on bag
 - i. Heel only on bag, toes on dirt
 - ii. Heel should be on the 2nd base side of 1st base

- b. Body square to the throw
 - i. Feet perpendicular to the line from the player to the ball
- c. Glove and glove side foot should move together
 - i. Envision the glove and foot attached together with a string
- d. Step or move towards the ball with the glove and glove side foot
- e. Glove side foot should hit the ground at the same time the ball hits the glove
- f. Continue to walk toward the throw after the catch
 - i. This will remove the throwing side foot from the bag and minimize the chances of contact with the base runner



- 8. Get an out
 - a. Hone the skills of getting the out at 1st base
 - b. When player can consistently get the out at 1st base, teach getting the lead runner out with 0 or 1 out and the lead runner in a force out situation
- 9. Double play – 2nd to 1st base
 - a. Catch, throw, catch, throw, catch
 - b. 5 – 4 – 3
 - i. 3rd baseman
 - 1. Catch/field the ball
 - 2. Start momentum toward 2nd base
 - 3. Throw the ball at the 2nd baseman's chest – should be on 2nd base early

ii. 2nd baseman

1. Get to the bag early
2. Be a stationary target
3. Square feet toward fielder
4. Left foot on 2nd base
5. Step toward the ball with the right foot as the ball arrives
6. Catch the ball
7. Pull left foot from 2nd base
8. Throw the ball to 1st base
9. As always, follow the throw
10. Remember – left foot on the bag, right foot toward the ball

c. 6 – 4 – 3

i. Short stop

1. Catch/field the ball
2. Underhand toss the ball to the 2nd baseman
 - a. Start momentum toward 2nd base
 - b. Swing the arm
 - i. Straight/stiff arm
 - ii. Stiff wrist
 - c. Finish with the hand high – face level
 - d. Follow the ball toward 2nd



ii. 2nd baseman

1. Get to the bag early
2. Be a stationary target
3. Square feet toward fielder
4. Left foot on 2nd base
5. Step toward the ball with the right foot as the ball arrives
6. Catch the ball
7. Pull left foot from 2nd base
8. Throw the ball to 1st base
9. As always, follow the throw
10. Remember – left foot on the bag, right foot toward the ball

d. 4 – 6 – 3

i. 2nd baseman

1. Catch/field the ball
2. Underhand toss the ball to the short stop
 - a. Start momentum toward 2nd base
 - i. Keep the ball in front of the body
 - ii. Bend the elbow
 - iii. Palm up or palm down (counter) delivery ok
 - iv. Finish with hand high – face level

v. Follow the ball toward 2nd base



ii. Short stop

1. Get to the bag early
2. Be a stationary target
3. Square feet toward fielder
4. Right foot on 2nd base
5. Step toward the ball with the left foot as the ball arrives
6. Catch the ball
7. Pull left foot from 2nd base
8. Throw the ball to 1st base
9. As always, follow the throw
10. Remember – right foot on the bag, left foot toward the ball

10. Tag at a base

- a. Straddle the bag with both feet
- b. Catch the ball
- c. Tag
 - i. Ball in glove
 - ii. Move the glove quickly and directly to the dirt in front of the base on the base runner side
 - iii. Upon glove contact with the base runner raise glove quickly

11. Defending on a steal

- a. Get to the bag early
 - i. Stationary target for the catcher
- b. Feet should straddle the bag corner to corner with hips toward the runner side of the bag
- c. Shoulders should be square toward catcher
- d. Ideal throw arrives waist high
- e. Allow the ball to travel as far as possible
 - i. Too many times the fielder steps forward to catch the ball
 - ii. The out is almost always lost if the fielder steps forward
- f. Catch the ball at/over the bag, not in front of the bag
- g. Tag directly down to the dirt on the runner side of the bag
- h. Pull the tag up and out after contact
- i. Throw off target
 - i. Move in front of the ball's path
 - ii. Block the ball
 - iii. Hold the runner on the base
- j. Covering 2nd base
 - i. General rule
 - 1. Right handed batter, 2nd baseman takes the throw
 - 2. Left handed batter, 1st baseman takes the throw
 - ii. Rule does not necessarily apply in more advanced levels of baseball

Base Running

- 1. Learn where all the bases are
- 2. Learn which direction to run
- 3. Learn when to run on a fly ball

4. Learn when to run on a ground ball
5. Sliding
 - a. Extend one foot forward, bend the other leg to create a triangle
 - b. Begin slide on the butt to avoid hitting the ground with the hip first and causing injury
 - c. Player may roll to side while in motion to facilitate getting up quickly on a passed ball
6. Base stealing
 - a. Start momentum toward the next base when the ball crosses home plate
 - b. Every pitch
7. Advancing on fly balls (less than 2 outs)
 - a. Avoid the double play
 - b. Lead off
 - i. Runner on 1st base
 1. Fly ball hit to left field or center field
 - a. Lead off $\frac{3}{4}$ of the distance to 2nd base
 - i. Adjust lead off based on depth of fly ball
 - b. Ball caught, return to 1st base
 - c. Ball dropped advance to 2nd base
 2. Fly ball hit to right field
 - a. Lead off $\frac{1}{2}$ of the distance to 2nd base
 - i. Adjust lead off based on depth of fly ball
 - b. Ball caught, return to 1st base
 - c. Ball dropped advance to 2nd base
 - ii. Runner on 2nd base
 1. Fly ball hit to left field or center field
 - a. Lead off $\frac{1}{4} - \frac{1}{3}$ of the distance to 3rd base

- i. Adjust lead off base on depth of fly ball
 - b. Ball caught, return to 2nd base
 - c. Ball dropped, advance to 3rd base
- 2. Fly ball hit to right field
 - a. Tag
 - b. As soon as the ball touches the player or the ground, advance to 3rd base
- 3. Runner on 3rd base
 - a. Fly ball hit anywhere in the outfield
 - i. Tag
 - ii. As soon as the ball touches the player or the ground, advance to home plate
- 8. 1st base
 - a. Running though
 - b. Round and look
 - c. Round and advance
- 9. 2nd and 3rd base
 - a. Round and look
 - b. Round and advance
- 10. Teach the infield fly rule
 - a. Runners may advance at their own risk whether or not the ball is caught
 - b. Tag rule still applies if the ball is caught

Warming up and stretching

- 1. Establish a ritual for warming up and stretching
- 2. Be consistent and insist on beginning practice with warm ups and stretches
- 3. This is the signal to the players that baseball starts now

Pitching

1. Babe Ruth official rules prohibit any pitcher from pitching off of the end of the pitching plate(rubber) – see Official Baseball Rules 8.01 (a-b)
2. 4 seam grip



3. Develop the fastball
 - a. The 4 seam fastball is the most important pitch and is the foundation of pitching
 - b. Once the 4 seam fastball has been mastered, a pitchers skills can be expanded using the 4 seam fastball as a foundation to build upon
4. Make the 1st pitch a strike
 - a. Accuracy first, then velocity
5. Pitching from the stretch position
 - a. This will help prevent players from rocking off balance and developing extreme motions within their windup; and because of this, the league recommends teaching new pitchers to start their delivery from the stretch position
 - b. Place the throwing side foot parallel to the pitching rubber on the home plate side with the outside of the foot in contact with the rubber



- c. Place the glove side foot parallel to the pitching rubber at a comfortable distance from the throwing side foot in the direction toward home plate
 - d. Bring hands together and pause

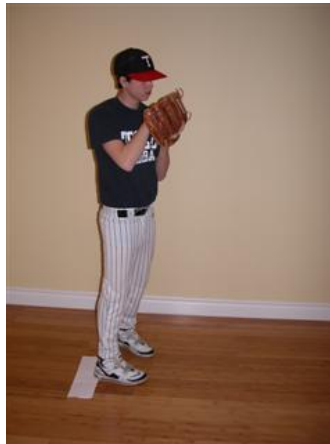


- e. Break the hands and begin the throwing motion as described in the throwing section of this document



6. Pitching from the windup

- a. The 5 links of pitching – a chain is only as strong as the weakest link. For this age group, you may need simplify the terminology of the 5 links of pitching by calling them baby step back, turn foot, lift leg and throw the ball
 - i. Feet
 1. Start with throwing side heel on the rubber, toes on the dirt pointed toward home plate, the other foot should be at a comfortable distance toward the 1st or 3rd base (depending on whether the pitcher is right handed or left handed respectively) with toes pointed toward home plate



2. Begin the windup with a **short and quiet step** of the glove foot toward the gap between the bases on the glove side of the pitcher, about a 45 degree angle with respect to the pitching rubber (between 1st and 2nd for right handed pitchers, between 2nd and 3rd for left handed pitchers)



3. Pivot the throwing side foot into a position parallel to the mound with the outside edge of the foot remaining in contact with the pitching rubber

ii. Balance

1. Lift the lead leg off the ground and rotate the body so that the shoulders point toward home plate
2. Control of the lead leg is a must in order to sustain leg lift during the rotation of the body
3. Hips should be slightly closed when body rotation completes
4. Should be a slight bend in the back leg

5. Eyes should be focused on the target
6. Hands should be together and held high
 - a. Above the waist
 - b. Below the brim of the players hat
7. Load up by having weight toward 2nd base



iii. Power

1. Hands separate
 - a. Ball goes **Down, Back, and Up**
 - b. Hand is above the ball
2. Leg sweeps toward home plate
 - a. Foot travels in an arc, first starting in a downward motion and rounding out toward the target
 - b. Foot lands on ground with toes pointed at or in the direction of home plate
3. Hips are still closed and weight is still back toward 2nd base
 - a. Improper lead leg motion can lead to opening up the hips too soon
 - i. Opening up the hips too soon leads to a loss of power and velocity



iv. Rotation

1. Hips rotate and pull the throwing arm forward
 - a. Ball is pulled forward last **Over** the top
 - b. Elbow should be at or above shoulder height
 - c. Ball should travel past the head of the pitcher at $\frac{3}{4}$ height to full height, pitchers preference
 - d. Stay tall, good straight posture – straight back and shoulders high



v. Follow through

1. Throwing foot should leave the mound at or after the moment the ball is released
2. Pitcher should step over the lead foot with the throwing side foot and motion should continue toward home plate
 - a. If the pitcher has good control and velocity, don't be alarmed if the pitchers momentum carries the pitcher toward the base line of the glove hand



7. Try to focus the motion and energy with movements directed between 2nd base and home plate, i.e. the pitching plane
8. Teach pitchers to cover the home plate on a past ball
 - a. Stay in front of the plate
 - b. Provide a target for the catcher
 - i. 3rd base side of plate
 - ii. Waist high
 - c. Catch the ball with two hands
 - d. Tag with two hands
 - i. Tag directly down the dirt on the 3rd base side of home plate
 - e. Lift the tag to minimize contact and chances of dropping the ball

Catching

1. Stance
 - a. Raise butt off of heels when pitcher begins windup



2. Blocking pitches in the dirt
 - a. Smother the ball



3. Covering home plate on a passed ball
 - a. Pitcher at the plate – see pitcher section
 - b. Stay low
 - i. Do not stand straight up and turn around looking for the ball
 - ii. Start low
 - iii. Stay low
 - iv. Finish low
 - c. Pick up ball with throwing hand
 - i. Step toward ball with the throwing side foot
 - ii. Glove side shoulder should point toward plate
 - d. Under hand toss the ball to the pitcher
 - i. Flat toss
 - ii. Waist high
 - iii. To the pitcher's glove
 - e. Finish with hand high
4. Covering home plate with a runner advancing from 3rd base
 - a. Avoiding collisions
 - b. Provide the runner a path to home plate
 - c. Proper feet positioning
5. Covering home plate with a runner advancing toward 3rd base
 - a. Place heels of shoes on the foul line and move towards 3rd base about 3 to 5 feet

- b. Face the direction the ball is being thrown from
- c. Ball in glove with free hand on the ball for a proper tag
- d. Babe Ruth Baseball Rule – There is no malicious contact allowed. See Rule 6.05 m in the notes

Sportsmanship

- 1. No throwing equipment
- 2. Teach the players to respect one another as well as the opposing team players and coaches
- 3. Cheer for your team, not against the other team
- 4. Have a team cheer and shake the other teams hand after the game
- 5. Respect the umpires at all time

American League (10 thru 12 years old)

Hitting

- 1. Bat selection
 - a. Choose a bat that is comfortable
 - b. Player should swing the bat, the bat should not swing the player
 - c. Experiment with different sizes, find one that works
- 2. Establish proper hand grip
 - a. Align knocking knuckles



- b. Proper grip unlocks the wrists which in turn generates better bat speed
- c. Keep wrists flexible

- d. Start with a loose grip, grip will tighten automatically when swing is started



- 3. Develop a proper batting stance
 - a. Find a comfortable starting position
 - b. Position feet with respect to home plate
- 4. Develop a proper, flat swing
 - a. Prevent uppercut swings
 - b. At the beginning of the swing, the bat head should be elevated above shoulder height



- c. Level swing for as long as possible through the hitting zone



- 5. Do not throw the bat
- 6. Develop **short** stride and hip rotation
 - a. As ball is released from the pitcher's hand, a **short** stride should be taken with the lead foot toward the ball

- i. A long stride will cause the batters head to change elevation, making it difficult to track the ball and make good bat contact with the ball
- ii. Players that struggle to make good bat contact with the ball due to an over stride can be put into a batter stance with wider feet; hence disabling the batters ability to over stride
 - b. After completion of the stride, begin the swing with hip rotation
- i. Open the belt buckle up toward the pitcher



- ii. Stress the importance of striding toward the pitcher
 - 1. Batters that chronically step out of the box:
 - a. Try widening the batters stance until the batter can not stride
 - i. Have the batter use a swing as described in the soft toss drill
 - b. Try placing a bat behind the heels of the batter to make the batter aware of where the batter is stepping

7. Develop loose hands and a quick bat

- a. Encourage a slight rolling of the wrists in the batting stance to demonstrate loose wrists
- b. Soft toss to develop quick bat
 - i. Have the player get into their batting stance
 - ii. Have the batter take their normal stride
 - 1. This is where the feet should remain for this exercise
 - iii. Toss the batter a ball from the opposite batter box with respect to the batter
 - 1. The batter should not start their swing until the ball leaves the hand
 - 2. The batter should not take a stride

3. Have the batter focus on getting the bat as quickly as possible to the ball once the ball leaves the hand
- ix. Allow the batter plenty of time to reset feet and prepare – the object is to each muscle memory, not to get as many swings in as quick as possible
- x. Give each batter 5 to 10 tosses per at bat

8. Develop batters confidence

- a. Keep a positive attitude
- b. Do not nit pick
- c. Provide lots of encouragement

9. In a nut shell

- a. Stance
 - i. Comfortable starting point
 - ii. Discourage extremes, but allow individuality
 - iii. A good stance will have:
 1. Balance
 2. Vision
 3. Good plate coverage with the sweet spot of the bat

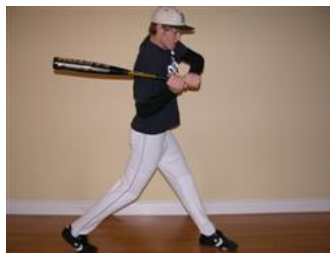


- b. Weight shift
 - i. Begin with weight back
 - ii. Transfer weight forward during swing
 1. Don't be too hasty to transfer weight forward
 2. Practice and perfect weight shift by hitting off of a batting tee

- a. Exaggerate weight shift to reinforce
- c. Stride
 - i. Soft and short
 - ii. Keep the head level and eyes focused on the ball
 - iii. Directly toward the pitcher
- d. Swing
 - i. Direct to the path of the ball
 - 1. Practice hitting balls using the bottom hand only on the bat
 - a. Wait on the pitch, then get the bat to the ball as quick as possible

10. Trust the hands

- a. Wait, let the ball get deep before the swing
- b. Keep the wait back
- c. Explode into the ball
 - i. Throw the hands toward the pitcher
 - ii. Trailing elbow drops into the “slot”
 - 1. Below the hands, into the trailing hip as the hips rotate



- d. Practice by doing lob toss
 - i. Have the player hold off the swing until the last possible moment
 - ii. Builds confidence in hand speed
 - iii. Instills mental discipline

11. Arch the body toward the plate

- a. As the hips open toward the pitcher and the elbow drops into the slot, the body should arch or bend toward the plate
 - i. Maintains the weight back
 - ii. Keeps the head level



- b. Teach bat torque
 - i. Hitting power results from bat speed, bat speed results from torque
 - ii. Top hand pushes past the bottom hand
 - iii. Wrists roll over



12. Outside pitch

- a. Stride toward the pitcher
- b. Keep the front shoulder in
- c. Hit a line drive
 - i. There is no right place to hit, placement depends on each batters individual swing
 - ii. Right handed batters avoid hitting a grounder to the 3rd baseman or short stop
 - iii. Left handed batters avoid hitting a grounder to the 2nd baseman or 1st baseman

- d. Try to hit toward the large part of the field
- e. Wait, don't rush the swing

13. Balance drill

- a. Stick ball
 - i. 5 swings as fast as possible
 - 1. The better balance, the quicker the repetition of the swings

14. Bunting

- a. While all players must learn to bunt, learning to hit is far more important
- b. Bunting should be limited in the regular season
- c. Sacrifice bunt
 - i. Pivot to square shoulders to the pitcher



- 1. Pivot early – before or at the moment the pitcher moves the lead foot
 - 2. If feet are moved, make sure they remain in the batters box
 - ii. Slide the top hand up the bat
 - 1. Protect the fingers
 - 2. Player may slide the bottom hand up the bat for better control of the bat
 - iii. Hold the bat head above the hands at all times during a sacrifice bunt



- iv. Hold the bat head in front of the plate
 - 1. Provides better odds of a bunted ball remaining in fair territory
- v. Bend the legs to follow a ball downward, not the hands and arms



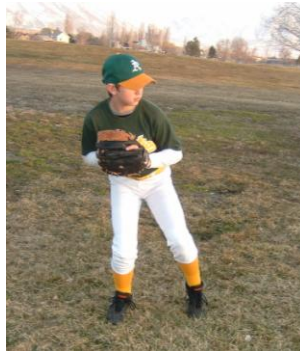
- vi. Do not chase pitches that are out of the strike zone
- vii. Make the fielders travel to field the ball
 - 1. Aim for a spot 2 feet inside the base line and at least 3 feet from home plate
 - 2. Use the bottom hand to control the bat angle
 - a. Closer to the body to bunt toward the batter side
 - b. Farther from the body to bunt opposite the batter side
- viii. Try to push the ball when bunting opposite the batter side
- d. Bunt for a hit
 - i. Show late
 - 1. Wait until the pitcher begins the delivery of the ball – ball is **Up** and transitioning to the **Over** stage
 - ii. Do not pivot
 - iii. Slide the top hand up the bat

1. Protect the fingers
 2. Player may slide the bottom hand up the bat for better control of the bat
- iv. Hold the bat head above the hands at all times during a sacrifice bunt
 - v. Do not chase pitches that are out of the strike zone
 - vi. Bunt the ball past the pitcher
 - vii. Right handed batter
 1. Bunt to 3rd base side
 - a. Slide the back foot toward the 3rd base dugout
 - i. Feet are ready to run when the ball impacts the bat
 - ii. Stay in the box until after impact
 - b. Bunt to the short stop, get the ball past the pitcher
 - i. Make the short stop come get the ball
 2. Bunt to 1st base side
 - a. Back foot starts to walk toward 1st
 - i. Stay in the box
 - b. Bunt to the 2nd baseman, get the ball past the pitcher
 - c. Make the 2nd baseman come get the ball
 - viii. Left handed batter
 1. Bunt to 3rd base side
 - a. Square to pitcher
 - i. Slide front foot toward 1st
 - ii. Slide back foot forward
 - iii. Stay in the box
 - b. Bunt to the short stop, get the ball past the pitcher

- c. Make the short stop come get the ball
- 2. Bunt to 1st base side
 - a. Square to pitcher
 - i. Slide front foot toward 1st
 - ii. Slide back foot forward
 - iii. Stay in the box
 - b. Bunt to the 2nd baseman, get the ball past the pitcher
 - c. Make the 2nd baseman come get the ball

Throwing

- 1. Develop proper throwing technique
 - a. Turn sideways with respect to the target
 - i. Glove side shoulder toward the target
 - b. Throwing hand and ball should travel:
 - i. **Down** below the waist



- ii. **Back** as far as possible with palm facing the ground or the hand above the ball



iii. **Up** to shoulder height



iv. **Over** the top toward the target



v. Throwing drill to practice the proper throwing arm motion:

1. Turn sideways with respect to the target
2. Place the throwing side knee on the ground
3. Extend the glove side foot toward the target forming a right angle at the knee
4. Practice the **Down, Back, Up** and **Over** arm motion

vi. For players who chronically drop the throwing elbow below the shoulder:

1. Practice the throwing drill with a tee placed near the throwing shoulder set to the height of the players arm pit
2. The player should be instructed the raise the elbow to shoulder height when throwing to avoid hitting the tee with the throwing arm



c. When throwing motion begins:

- i. Glove arm should extend toward target and should reach full extension when throwing hand and ball reach the **Up** position
- ii. The player should step toward the target with the glove side foot
- iii. Glove side knee and elbow should move toward the target in unison
 1. Picture a vertical line intersecting the elbow and knee



- d. Rotate the hips when the ball is in the **Up** position to increase throwing power
- e. Follow through toward target
 - i. Keep moving toward target after releasing the ball



2. Develop three finger grip

- a. Index finger, middle finger and ring finger on the ball



- b. Teach the 4 seam grip

- i. Encourage players to always throw the ball with the 4 seam grip
- ii. Stress the 4 seam grip during throwing warm-ups

3. Develop two fingered grip

- a. Players with larger hands

- b. Teach the 4 seam grip

- ii. Encourage players to always throw the ball with the 4 seam grip
- iii. Stress the 4 seam grip during throwing warm up



4. Long toss

- a. Increase arm strength
- b. Exaggerate throwing motion
 - i. Slow and big
 - ii. Lean back
 - iii. Windmill like arm motion

Fielding

1. Proper fielding stance

- a. Wide base
- b. Butt down
 - i. Lowering of the butt forces the head to raise, providing the player better vision
- c. Arms and hands extended forward to receive the ball
 - i. Reach forward for the ball!
 - ii. A wide base and lowering of the butt are crucial in enabling the player to reach forward for the ball
 - iii. Create a funnel or V with the arms to direct missed balls into the body; thus keeping the ball in front of the player



- d. Start momentum toward the target
 - e. Throw the ball
 - f. Follow the ball
- ### 2. Fielding Drill:
- a. Have the player get in a wide, low stance with hands extended forward
 - b. Roll the player 5 balls in a row

- i. Have the player stay in the wide, low stance while fielding each ball – do not let the player stand up
 - ii. Have the player toss the ball back if the ball is fielded
 - iii. Feel the burn in the buttocks and thighs
- c. This drill will reinforce the three keys to proper fielding (wide base, low butt and arm extension toward the ball) and strengthen the players legs

3. Cone fielding drill:

- a. Place 3 cones in a straight line toward 1st base with the starting cone close to 2nd base
- b. Position the fielder behind the cones and slightly to the 2nd base side of the cone closest to 2nd base
- c. Roll the fielder a ball



- d. Field the ball
- e. Start momentum toward 1st base
- f. Throw the ball to 1st
 - i. Momentum should have carried the fielder to the 2nd cone at the throw point
 - ii. 4 seam grip



- g. Finish

- i. Follow the ball to the 3rd cone



- h. Start low, stay low, go low

4. Glove placement when catching a ball

- a. Fingers pointing toward the ground for a ball below the waist



- b. Fingers pointing toward the sky for a ball above the waist



5. Fly balls

- a. Introduce players to catching fly balls with tennis balls
 - i. Use a tennis racket for better control and less effort
- b. 1st step is back
- c. Turn and run with eyes on the ball
 - i. Practice running at angle to the right and to the left



- d. Get behind the ball
- e. Square shoulders and catch the ball moving forward
 - i. Hold the glove in front of the face/head, not over the face/head
 - 1. Ball will never leave line of sight
 - 2. Missed ball less likely to hit the player in the face or head
- f. Teach the crow hop



- g. Catching the fly over the shoulder
 - i. Eyes on the ball
 - ii. Body turned and running
 - iii. Reach when the ball arrives
 - 1. Do not run with the glove in the air



6. Timing grounders

- a. Watch the bounce
 - i. Try to field a ball at or after the peak of the bounce
 - ii. Minimize bounces
- b. Charge slow rolling balls

7. Throw to cutoff

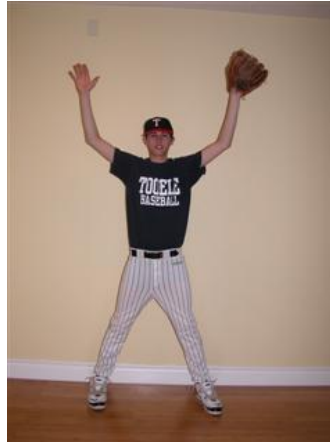
- a. Pick up the ball 1st
 - i. Use the throwing hand if the ball is stopped



- ii. Use the glove if the ball is in motion



- b. Hit the cutoff/relay player high
 - i. Ball should arrive at chest height
- c. Cutoff/relay player
 - i. Run toward outfielder
 - ii. Know the outfielders arm strength
 - 1. Arm strength will determine how far to travel toward the outfielder
 - iii. Know where home plate is
 - 1. Player may need to look back while advancing toward outfielder to gauge where home plate is
 - iv. Big target
 - 1. Square to outfielder
 - 2. Hand up in the air



- v. As ball approaches, start moving toward home plate
 - 1. Rotate toward home plate
 - 2. Let the momentum of the ball turn the body and carry the player toward home plate
 - vi. Catch
 - vii. Throw
- 8. Footwork for a force out at 1st base
 - a. Throwing side heel on bag
 - i. Heel only on bag, toes on dirt
 - ii. Heel should be on the 2nd base side of 1st base
 - b. Body square to the throw
 - i. Feet perpendicular to the line from the player to the ball
 - c. Glove and glove side foot should move together
 - i. Envision the glove and foot attached together with a string
 - d. Step or move towards the ball with the glove and glove side foot
 - e. Glove side foot should hit the ground at the same time the ball hits the glove
 - f. Continue to walk toward the throw after the catch
 - i. This will remove the throwing side foot from the bag and minimize the chances of contact with the base runner



9. Get an out

- a. Hone the skills of getting the out at 1st base
- b. When player can consistently get the out at 1st base, teach getting the lead runner out with 0 or 1 out and the lead runner in a force out situation

10. Double play – 2nd to 1st base

- a. Catch, throw, catch, throw, catch
- b. 5 – 4 – 3
 - i. 3rd baseman
 1. Catch/field the ball
 2. Start momentum toward 2nd base
 3. Throw the ball at the 2nd baseman's chest – should be on 2nd base early
 - ii. 2nd baseman
 1. Get to the bag early
 2. Be a stationary target
 3. Square feet toward fielder
 4. Left foot on 2nd base
 5. Step toward the ball with the right foot as the ball arrives
 6. Catch the ball
 7. Pull left foot from 2nd base
 8. Throw the ball to 1st base

9. As always, follow the throw

10. Remember – left foot on the bag, right foot toward the ball

c. 6 – 4 – 3

i. Short stop

1. Catch/field the ball

2. Underhand toss the ball to the 2nd baseman

a. Start momentum toward 2nd base

b. Swing the arm

i. Straight/stiff arm

ii. Stiff wrist

c. Finish with the hand high – face level

d. Follow the ball toward 2nd



ii. 2nd baseman

1. Get to the bag early

2. Be a stationary target

3. Square feet toward fielder

4. Left foot on 2nd base

5. Step toward the ball with the right foot as the ball arrives

6. Catch the ball

7. Pull left foot from 2nd base

8. Throw the ball to 1st base
9. As always, follow the throw
10. Remember – left foot on the bag, right foot toward the ball

d. 4 – 6 – 3

i. 2nd baseman

1. Catch/field the ball
2. Underhand toss the ball to the short stop
 - a. Start momentum toward 2nd base
 - b. Keep the ball in front of the body
 - c. Bend the elbow
 - d. Palm up or palm down (counter) delivery ok
 - e. Finish with hand high – face level
 - f. Follow the ball toward 2nd base



ii. Short stop

1. Get to the bag early
2. Be a stationary target
3. Square feet toward fielder
4. Right foot on 2nd base
5. Step toward the ball with the left foot as the ball arrives
6. Catch the ball
7. Pull left foot from 2nd base

8. Throw the ball to 1st base
9. As always, follow the throw
10. Remember – right foot on the bag, left foot toward the ball

11. Tag at a base

- a. Straddle the bag with both feet
- b. Catch the ball
- c. Tag
 - i. Ball in glove
 - ii. Move the glove quickly and directly to the dirt in front of the base on the base runner side
 - iii. Upon glove contact with the base runner raise glove quickly

12. Defending on a steal

- a. Get to the bag early
 - i. Stationary target for the catcher
- b. Feet should straddle the bag corner to corner with hips toward the runner side of the bag
- c. Shoulders should be square toward catcher
- d. Ideal throw arrives waist high
- e. Allow the ball to travel as far as possible
 - i. Too many times the fielder steps forward to catch the ball
 - ii. The out is almost always lost if the fielder steps forward
- f. Catch the ball at/over the bag, not in front of the bag
- g. Tag directly down to the dirt on the runner side of the bag
- h. Pull the tag up and out after contact
- i. Throw off target
 - i. Move in front of the ball's path

- ii. Block the ball
 - iii. Hold the runner on the base
- j. Covering 2nd base
 - i. General rule
 - 1. Right handed batter, 2nd baseman takes the throw
 - 2. Left handed batter, 1st baseman takes the throw
 - ii. Rule does not necessarily apply in more advanced levels of baseball

13. Back hand

- a. Wide base
- b. Butt down low
- c. Reach for the ball
- d. Two feet positions for fielding, either one is ok
 - i. Throwing side foot toward ball
 - 1. Allows a quicker throw
 - ii. Glove side foot toward the ball
 - 1. Allows greater reach



14. Run down

- a. Set up the out
 - i. With younger players, you may want to try to force the out at the previous base, not allowing the runner to advance if the out is not achieved
 - ii. May need to throw the ball back and forth to set up the out

- b. Make the runner run hard
 - i. The fielder must pursue the runner vigorously
 - ii. Run to the side of the runner, allowing a clear path of vision to the fielder preparing to receive the ball
- c. Hold the ball in the throwing hand, up in throwing position
 - i. Do not pump fake, this will fake out the fielder preparing to receive the ball
- d. The fielder preparing to receive the ball yells “NOW” when ready for the ball
- e. Catch the ball with momentum moving toward the runner
- f. Tag the runner using both hands securing the ball if possible

15. Fielding bunts

- a. Ball still rolling
 - i. Approach with ball on glove side of body
 - ii. Scoop the ball with glove while on the move
 - iii. Throw the ball



- b. Ball stationary
 - i. Approach the ball on the throwing side of body
 - ii. Step to the ball with the throwing side foot
 - iii. Pick the ball up with the throwing hand

- iv. Stay low and throw the ball



Base Running

1. Learn where all the bases are
2. Learn which direction to run
3. Learn when to run on a fly ball
4. Learn when to run on a ground ball
5. Sliding
 - a. Extend one foot forward, bend the other leg to create a triangle
 - b. Begin slide on the butt to avoid hitting the ground with the hip first and causing injury
 - c. Player may roll to side while in motion to facilitate getting up quickly on a passed ball
6. Base stealing
 - a. Start momentum toward the next base when the ball crosses home plate
 - b. Every pitch
7. Advancing on fly balls (less than 2 outs)
 - a. Avoid the double play
 - b. Lead off
 - i. Runner on 1st base

1. Fly ball hit to left field or center field
 - a. Lead off $\frac{3}{4}$ of the distance to 2nd base
 - i. Adjust lead off based on depth of fly ball
 - b. Ball caught, return to 1st base
 - c. Ball dropped advance to 2nd base
2. Fly ball hit to right field
 - a. Lead off $\frac{1}{2}$ of the distance to 2nd base
 - i. Adjust lead off based on depth of fly ball
 - b. Ball caught, return to 1st base
 - c. Ball dropped advance to 2nd base

ii. Runner on 2nd base

1. Fly ball hit to left field or center field
 - a. Lead off $\frac{1}{4} - \frac{1}{3}$ of the distance to 3rd base
 - i. Adjust lead off base on depth of fly ball
 - b. Ball caught, return to 2nd base
 - c. Ball dropped, advance to 3rd base
2. Fly ball hit to right field
 - a. Tag
 - b. As soon as the ball touches the player or the ground, advance to 3rd base

3. Runner on 3rd base

- a. Fly ball hit anywhere in the outfield
 - i. Tag
 - ii. As soon as the ball touches the player or the ground, advance to home plate

8. 1st base

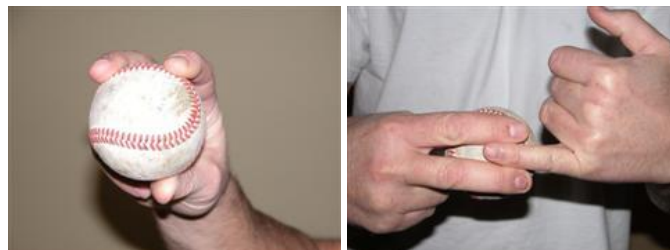
- a. Running though
 - b. Round and look
 - c. Round and advance
9. 2nd and 3rd base
- a. Round and look
 - b. Round and advance
 - c. Stay in foul territory when on 3rd base while a batter is up to bat
 - i. If a hit ball touches the base runner in foul territory, the ball is foul and the play is dead
 - ii. If a hit ball touches the base runner in fair territory, the base runner is out
10. Teach the infield fly rule
- a. Runners may advance at their own risk whether or not the ball is caught
 - b. Tag rule still applies if the ball is caught

Warming up and stretching

1. Establish a ritual for warming up and stretching
2. Be consistent and insist on beginning practice with warm ups and stretches
3. This is the signal to the players that baseball starts now

Pitching

1. Babe Ruth official rules prohibit any pitcher from pitching off of the end of the pitching plate(rubber) – see Official Baseball Rules 8.01 (a-b)
2. 4 seam grip
 - a. Index and middle finger a pinky width apart



- b. Gap between ball and the saddle of the hand



- c. Thumb on bottom at release point

3. Develop the fastball

- a. The 4 seam fastball is the most important pitch and is the foundation of pitching
- b. Once the 4 seam fastball has been mastered, a pitchers skills can be expanded using the 4 seam fastball as a foundation to build upon
- c. Teach the 2 seam grip
 - i. Place the index finger and the middle finger on the strings of the ball where the strings are the closest



- ii. Look for movement
- iii. Teach the pitcher to throw to the middle or inside of the plate so that if the 2 seam fastball misses, it misses inside

4. Make the 1st pitch a strike

- a. Accuracy first, the velocity

5. Pitching from the stretch position

- a. This will help prevent players from rocking off balance and developing extreme motions within their windup; and because of this, the league recommends teaching new pitchers to start their delivery from the stretch position

- b. Place the throwing side foot parallel to the pitching rubber on the home plate side with the outside of the foot in contact with the rubber



- c. Place the glove side foot parallel to the pitching rubber at a comfortable distance from the throwing side foot in the direction toward home plate
- d. Bring hands together and pause



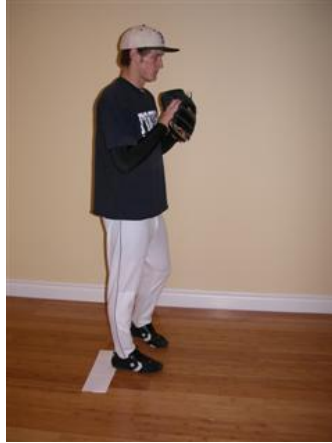
- e. Break the hands and begin the throwing motion as described in the throwing section of this document



6. Pitching from the windup

- a. The 5 links of pitching – a chain is only as strong as the weakest link. For this age group, you may need simplify the terminology of the 5 links of pitching by calling them baby step back, turn foot, lift leg and throw the ball
 - i. Feet

1. Start with throwing side heel on the rubber, toes on the dirt pointed toward home plate, the other foot should be at a comfortable distance toward the 1st or 3rd base (depending on whether the pitcher is right handed or left handed respectively) with toes pointed toward home plate



2. Begin the windup with a **short and quiet step** of the glove foot toward the gap between the bases on the glove side of the pitcher, about a 45 degree angle with respect to the pitching rubber (between 1st and 2nd for right handed pitchers, between 2nd and 3rd for left handed pitchers)



3. Pivot the throwing side foot into a position parallel to the mound with the outside edge of the foot remaining in contact with the pitching rubber

ii. Balance

1. Lift the lead leg off the ground and rotate the body so that the shoulders point toward home plate

2. Control of the lead leg is a must in order to sustain leg lift during the rotation of the body
3. Hips should be slightly closed when body rotation completes
4. Should be a slight bend in the back leg
5. Eyes should be focused on the target
6. Hands should be together and held high
 - a. Above the waist
 - b. Below the brim of the players hat
7. Load up by having weight toward 2nd base



iii. Power

1. Hands separate
 - a. Ball goes **Down, Back, and Up**
 - b. Hand is above the ball



2. Leg sweeps toward home plate
 - a. Foot travels in an arc, first starting in a downward motion and rounding out toward the target
 - b. Foot lands on ground with toes pointed at or in the direction of home plate
3. Hips are still closed and weight is still back toward 2nd base
 - a. Improper lead leg motion can lead to opening up the hips too soon
 - i. Opening up the hips too soon leads to a loss of power and velocity

iv. Rotation

1. Hips rotate and pull the throwing arm forward
 - a. Ball is pulled forward last **Over** the top
2. Elbow should be at or above shoulder height
3. Ball should travel past the head of the pitcher at $\frac{3}{4}$ height to full height, pitchers preference
4. Stay tall, good straight posture – straight back and shoulders high



v. Follow through

1. Throwing foot should leave the mound at or after the moment the ball is released
2. Pitcher should step over the lead foot with the throwing side foot and motion should continue toward home plate
 - a. If the pitcher has good control and velocity, don't be alarmed if the pitchers momentum carries the pitcher toward the base line of the glove hand



7. Try to focus the motion and energy with movements directed between 2nd base and home plate, i.e. the pitching plane
8. Teach pitchers to cover the home plate on a past ball
 - a. Stay in front of the plate (fair territory)
 - b. Provide a target for the catcher
 - i. 3rd base side of plate
 - ii. Waist high
 - c. Catch the ball with two hands

- d. Tag with two hands
 - i. Tag directly down to the dirt on the 3rd base side of home plate
- e. Lift the tag to minimize contact and chances of dropping the ball

9. Pitcher Defense

- a. Defending a pitch
 - i. Field the ball in the center of the body
 - 1. Pick up dropped or knocked down balls with the throwing hand
 - ii. Start momentum toward the target
 - iii. Step and throw
 - iv. Follow the ball
 - v. High five drill
 - 1. Have the pitcher throw a pitch
 - 2. Hit a ball (not the pitched ball) back to the pitcher or toward the gap between 1st and 2nd base
 - 3. Pitcher fields the ball
 - 4. Pitcher starts momentum toward 1st base
 - 5. Pitcher tosses the ball to the 1st baseman
 - 6. Finish with the hand high
 - 7. Pitcher runs through 1st base with hand high and high fives the 1st baseman
- b. Covering 1st base
 - i. Arc to 1st base
 - 1. Advance toward the 1st baseline
 - 2. Arc direction of travel toward 1st base
 - 3. Run through the bag while catching the ball
 - 4. Give the runner an outside lane to run through the bag

ii. Covering 1st base drill

1. Place a cone inside the 1st base path 3 to 4 feet from 1st base toward home plate
2. Have the pitcher throw a pitch
3. Hit the ball to the 1st baseman toward the gap
4. The pitcher should travel toward the 1st baseline arcing toward 1st between the cone and the baseline
5. Have the 1st baseman toss the ball to the pitcher as he crosses 1st base

10. Off speed pitches

- a. Pitcher **must** be able to throw 4 seam and 2 seam pitches consistently for strikes before teaching off speed pitches
- b. The fastball is the most important pitch and is the foundation of good pitching
- c. Use the **same** arm action as the fastball pitch
- d. Taking signs
 - i. From the catcher only
 1. Signs from anyone other than the catcher is illegal



- e. Change up
 - i. Hold the ball in the back of the fingers, not in the hand
 1. Pitcher will have control issues if the ball is in the hand



ii. Grips

1. Find one that the pitcher likes and has good control and movement
2. 2 finger



3. 3 finger



4. 4 finger



f. Curve ball

- i. **Know the proper technique before trying to teach it!!!**
- ii. **Parental consent only**

- iii. Index finger on the long seam of the ball



- iv. Cut the ball in half with the grip

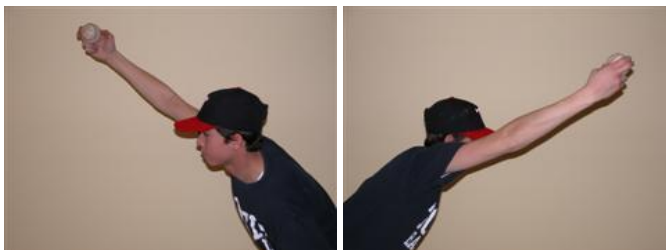


- v. Release the ball out in front, farther forward with respect to the fastball

- 1. Fingers and thumb pointing toward glove side of body



- 2. Release the ball between the index finger and the thumb



- 3. Forward rotation on the ball

- a. Strive for a vertical rotation

- i. Flat/horizontal rotation is not effective and stresses the throwing arm

- vi. The best place to miss is in the dirt

11. Pitching drills:

- a. Teaching balance and proper stride
 - i. Bring the catcher in front of the plate so that the pitcher only has to throw 75% of the normal pitching distance
 - ii. 4 seam grip
 - iii. Start from the stretch
 - iv. Come to the balance position in the windup
 - 1. Hands together and high
 - 2. Knee up
 - 3. Slight bend in back leg
 - v. 1, 2, 3
 - 1. (1) Lower knee – beginning of stride
 - a. Shoulders steady, nice-n-smooth
 - 2. Raise knee back to balance position
 - a. Shoulders steady, nice-n-smooth
 - 3. (2) Lower knee – beginning of stride
 - a. Shoulders steady, nice-n-smooth
 - 4. Raise knee back to balance position
 - a. Shoulders steady, nice-n-smooth
 - 5. (3) Lower knee – beginning of stride
 - a. Shoulders steady, nice-n-smooth
 - 6. Glide the foot forward
 - 7. Keep the hips closed until front foot contacts the ground
 - 8. Pitch the ball

- vi. Strengthens the pitchers back leg
- b. Increasing power
 - i. 4 seam grip
 - ii. Start from the stretch
 - 1. Extra wide stance
 - iii. Separate hands, no stride
 - iv. Rotate hips
 - v. Pitch the ball
 - vi. Back foot steps over and finishes pointing toward the target
 - vii. Finished balanced, no falling over

Catching

- 1. Stance
 - a. Raise butt off of heels when pitcher begins windup



- 2. Blocking pitches in the dirt

- a. Smother the ball



- 3. Covering home plate on a passed ball

- a. Pitcher at the plate – see pitcher section

- b. Stay low
 - i. Do not stand straight up and turn around looking for the ball
 - ii. Start low
 - iii. Stay low
 - iv. Finish low
 - c. Pick up ball with throwing hand
 - i. Step toward ball with the throwing side foot
 - ii. Glove side shoulder should point toward plate
 - d. Under hand toss the ball to the pitcher
 - i. Flat toss
 - ii. Waist high
 - iii. To the pitcher's glove
 - iv. Finish with hand high
4. Covering home plate with a runner advancing from 3rd base
- a. Avoiding collisions
 - b. Provide the runner a path to home plate
 - c. Proper feet positioning
5. Covering home plate with a runner advancing toward 3rd base
- a. Place heels of shoes on the foul line and move towards 3rd base about 3 to 5 feet
 - b. Face the direction the ball is being thrown from
 - c. Ball in glove with free hand on the ball for a proper tag
 - d. Babe Ruth Baseball Rule – There is no malicious contact allowed. See Rule 6.05 m in the notes
6. Calling pitches
- a. Receiving signs from the dugout

- b. Giving signs to the pitcher



Sportsmanship

1. No throwing equipment
2. Teach the players to respect one another as well as the opposing team players and coaches
3. Cheer for your team, not against the other team
4. Have a team cheer and shake the other teams hand after the game
5. Respect the umpires at all time
6. It is inappropriate to argue with game officials. See Official Baseball Rules 9.01d, 9.02 a – notes
 - a. YES, THIS APPLIES TO THE COACHES TOO

