

Coaching Clinic Outline: Emphasis for younger divisions

- *Always find a positive
- *Keep kids moving (avoid lines for drills)
- *Make it FUN! Try to enjoy the mistakes if the attempt was good
- *Utilize the help of as many parents as possible (many parents are there anyways)

Tactical Coaching

- you need to teach the kids what to do and how to do it
 - EX- before each batter hits, tell your defense where the runners are and where you want them to try to make a play. Hopefully they will get to the point of when you ask them, they will be able to tell you those things...
- Your team will not learn to talk to each other unless you teach them how.
- Start early teaching your team the importance and purpose of "TEAM" Encourage each other, support each other, if someone makes a mistake, teammates should be saying "nice try, get the next one, you are ok..." A player on my team this season defined "team" with "I got your back, you got my back!" That starts with you treating the kids that was

Technical Coaching:

Defense

How to teach catching the Baseball

- ball above waist- "Fingers Up"
- ball below waist- "Fingers Down"
- Throwing hand behind/beside glove to catch with 2 hands when possible

Ground Balls

- Center your body (belly button) to baseball
- Bend at knees (Butt down) more than bend at waist (chest up)
- Balls of your feet with slight forward lean
- Glove hand out in front as far as you can reach with it touching the ground
- Throwing hand behind glove or “alligator”
- ADVANCED- “Right, Left, catch, Right Left Throw”

Fly Balls

- When the ball is hit- first step backward (if it is hit at you) – don’t want the ball over your head!
- Don’t run/track the ball with your glove in the air
- Catch the fly ball with fingers up, 2 hands!

Hitting

Every hitter is different, every stance and swing is different. Don’t try to make everyone the same.

Key coaching Mistakes

- - Back Elbow up- NO!
- - Line up big knuckles on the bat- NO!
- - Swing at anything close- NO! (teach kids the correct strike zone...)

Balance

- Start in a balanced stance (test by being comfortable to stay there a while)
- Finish swing balanced and under control

Comfortable and Smooth

- Straight to ball- not just rotating body to hit ball

Head

- Minimize movement
- I like to teach "Chin touching front shoulder to start swing, back shoulder touching chin to finish swing.

Hands/arms

- the shape of elbow to hands to other elbow is an upside down "V"
- The angle will vary from hitter to hitter, but not back elbow up...

Throwing

- Body Positioning key points
- - Body should be sideways (front shoulder, front hip, front foot) pointed towards the target
- - I like to have kids non throwing elbow point toward the target
- - Right hander has right foot back, left hander has left foot back
- - teach kids to follow their throw 1 or 2 steps toward the target
- - follow through with arm and hand should be to outside of opposite hip