



# **COACHING CLINIC 2010**

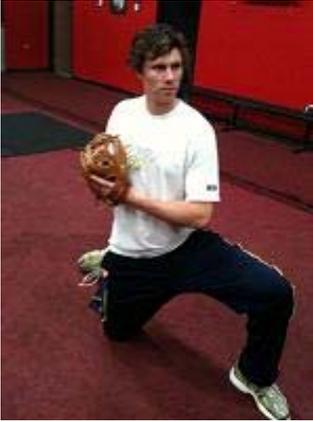
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# **THROWING**

*The key with teaching the kids about throwing is instilling the proper mechanics and then preaching repetition. The more they do it, the easier it will be for them to grasp the right way.*



**Step 1**

*Glove side knee is down on full the ground, shoulders are pointing to target and hands are together.*



**Step 2**

*Elbow is up with ball facing away from target and glove is pointing at target.*

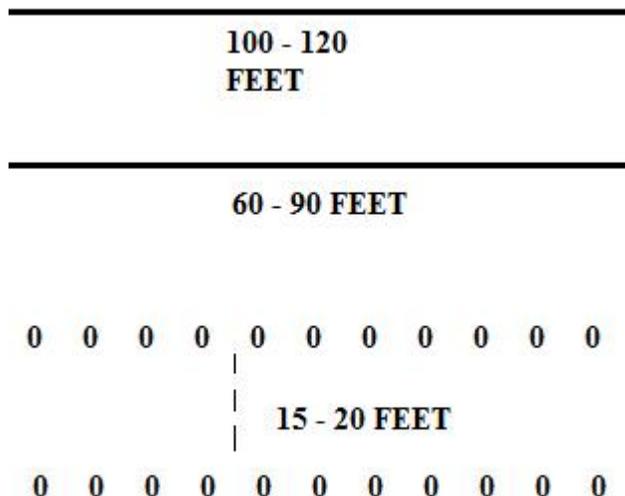


**Step 3**

*Back is fully extended and bent with a rotation along with the arm, the rotation should finish down by the foot or ankle.*

## **Throwing Program**

- Start the kids off with throwing on a knee for about 5 minutes and be sure to give them plenty of space.
- After the 5 minutes are up stand them up and have them back up and continue the to throw with their partner
- After 5-8 minutes back them up to about 100-120 feet to work on their long toss
- The key to long toss is to have them use their legs when throwing and to follow all the way thru.
- A good key is to have them work on “one-hopping” their partner.

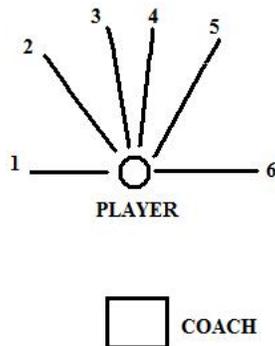


## **Catching**

- Every player is going to develop their hand-eye coordination at different times and rates, so really patience is going to be the key with coaching
- I suggest getting them in some lines or a group spread out where everyone can see the coach with ease.
- Grab a baseball and with this baseball the coach will hold it in 5 different directions. UP – DOWN – LEFT – RIGHT – CHEST
- This will develop the correct movements with the kids before the ball comes at them.
- For the late developers it's ok to start with a tennis ball, then to a squishy tee-ball, and in the end mix in a baseball.

## **Outfield**

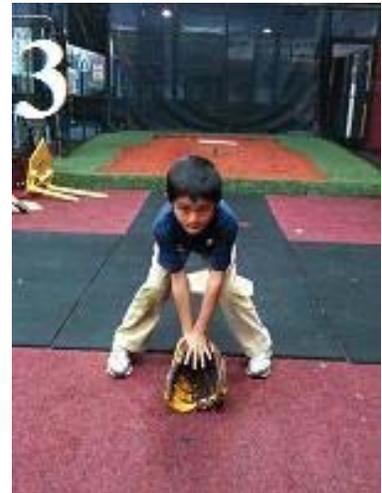
*Fly ball tree*



- Have the players line up in the single file line about 10 -15 feet away from the coach

- Each of them will have a baseball, when their turn comes they will toss the ball to the coach, get into the ready position and the coach will throw the ball to one of the 6 routes.
- 1 and 6 should simulate a line drive to each side
- 2 and 5 should have the player open up with a drop step and take a diagonal route with a fly ball
- 3 and 4 should have the player take a full rotation drop step and also drop their head for 3 steps and then look up to find the ball
- Work your way thru the tree twice and then go to outfield fungos

## **Infield**



## **6 – STEP INFIELD**

**Step 1** – *Player stands in a comfortable position*

**Step 2** – *Player gets into the ready position*

**Step 3** – *Player puts glove to the ground, with hand on top and head down*

**Step 4** – *Player tucks the glove into their stomach*

**Step 5** – *Player rotates feet to point to target and spreads arms into the throwing position*

**Step 6** – *Player completely rotates in follow thru*

*With the 6 – step infield drill get the players in 2-3 lines and go over the steps a few times so they know the proper mechanics step by step. I suggest making this part of your regular practice routine. As they are going thru the steps walk through the lines correcting the players if need be. Start the call outs slow and pick up the speed after the first couple of rounds until you end with a rapid call out to create a rhythmic work out for the player.*

## **SHORT HOP DRILL**

*Have the players 8-10 feet apart with no gloves, just bare hands. The players will roll the balls back and forth to each other to work on their soft hands with each other and to instill the proper mechanics. After a few minutes back the lines up to about 15-20 feet, the players will have their gloves now. Back and forth they will throw the balls trying to one hop them 4-5 feet in front every time. Repeat this process for an overall 10 minute drill.*

## **BOX DRILL**

*Start with preferably 6 players in the infield doubling up with SS and 2B. The rest of players will hit at home plate either off the tee or soft toss. The key is for the hitters to try and hit groundballs past the infield. This is a good way to simulate game like ground balls for the infield and to work on hand-eye coordination and bat control for the hitters. Rotate everyone so they get an opportunity to hit and field ground balls. Players who hit fly balls into the outfield will run and get them, you will see a player really work to hit ground balls after they have ran out to the outfield a few times.*



**Step 1-** Make sure feet are spread apart, shoulder width. Toes are pointing straight and hands are nice and relaxed. Player is in this position when the pitcher is waiting for the sign or coach waiting to put the ball in the machine.



**Step 2-** Hands come back, make sure to have separation between them and their head. Back elbow is up and front elbow is close to the body. Be sure to keep the shoulder in line and not to twist when loading the hands. There must be a transition of weight to their back side while keeping their front leg locked out. **-Most important position-**



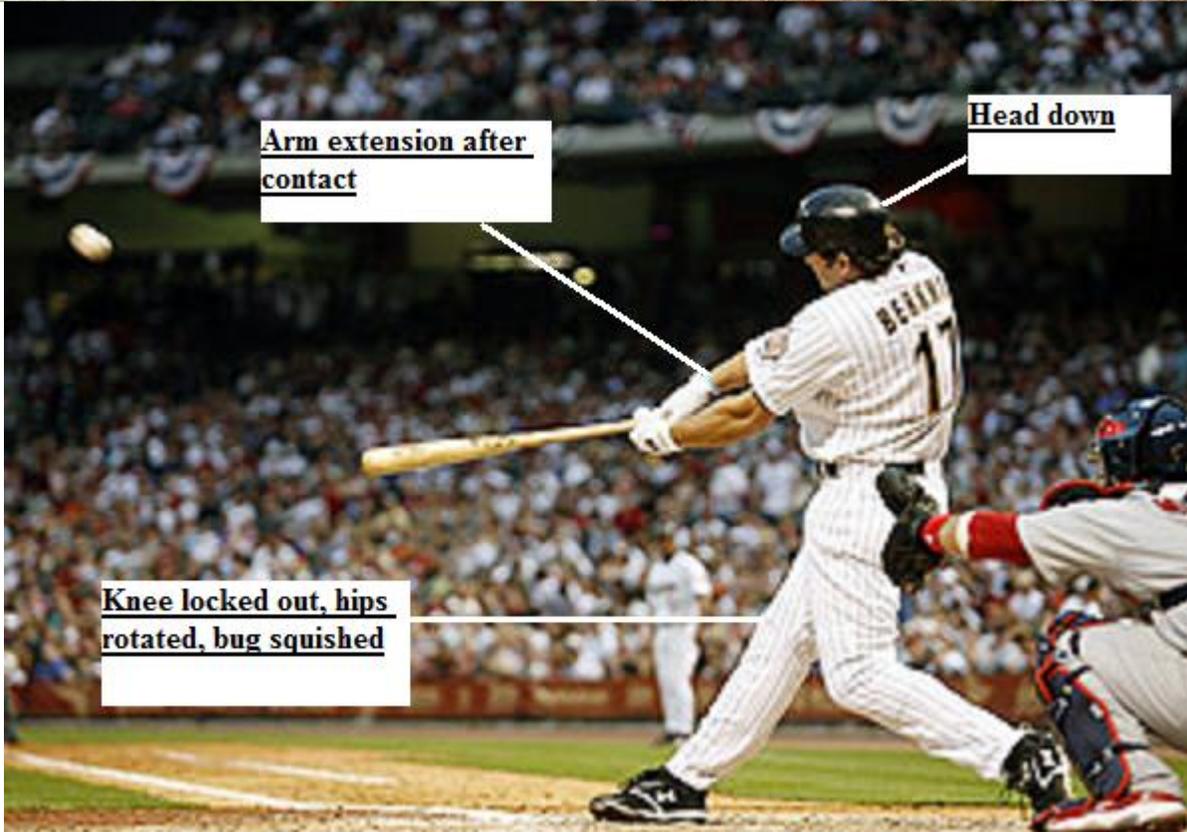
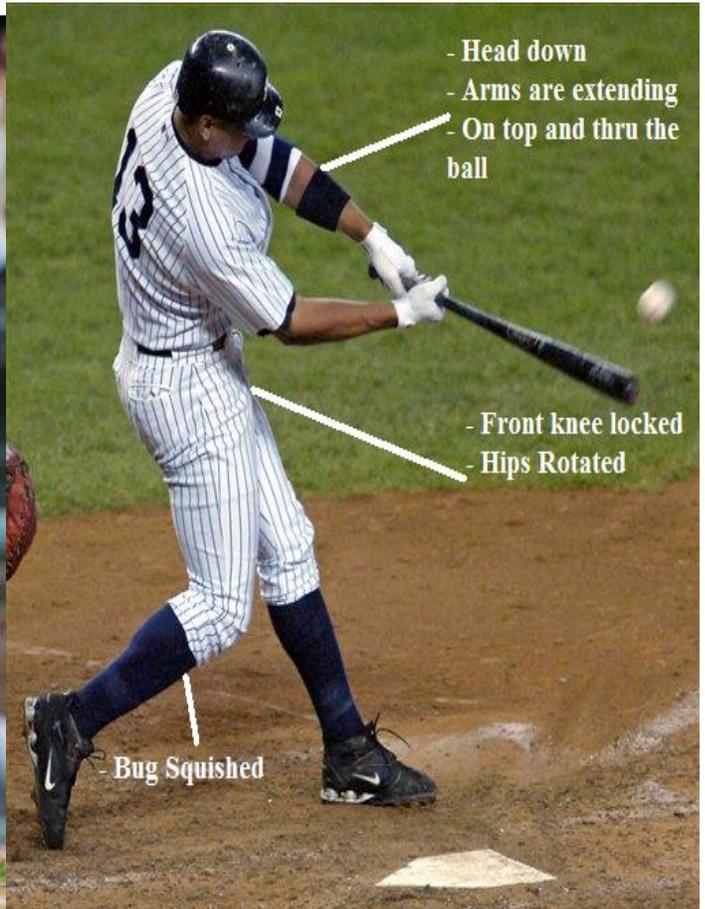
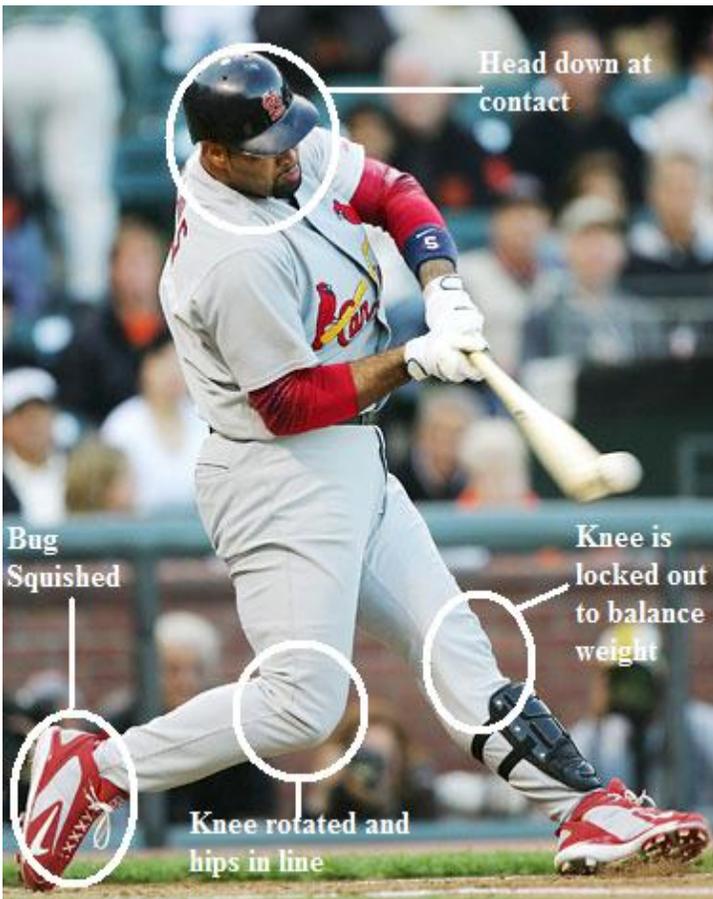
**Step 3-** Hands in the locked form come down in a straight line to the hitting zone with the head following the bat. While the bat is moving towards the zone the back foot is turning, “squishing the bug”. Weight is still back with the front leg locked out.



**Step 4** – From step 3 the hands go straight out to the pitcher and the arms are fully extended. This is key for the player to stay thru the ball in their follow thru and not pull off of it.



**Step 5** – Finally the finish on their follow thru, be sure to end up high on the opposite shoulder, following thru and ending below the shoulder will cause the player to come around the ball and eventually create bad habits.



## **HITTING DRILLS**

*Simple pre-game drills can involve a few pieces of equipment and 2-3 stations for the players to get ready for the game.*

### **TEE**

*I'm a big believer in the batting tee, especially for the beginning ages, this can help them slow their swing down and work on their mechanics while building the confidence. First set the tee up down the middle and about thigh high to the player and have them go through their 1-2-3 steps. Involve 5-10 swings with keeping their eyes on the ball before and after contact so they don't get to see where the ball goes.*

*Then set the tee up above their waist to simulate a high pitch and have them focus on getting on top of the ball, this will help prevent any kind of loop or upper cut in their swing.*

*For advance tee work, find a home plate or something to resemble it and move the tee around it to simulate different pitch locations. Some tee's come equipped with a home plate and slots to where you can move the tee. The key is to watch the player because some of them will cheat and move their feet around to make it easier for them, try not to let them do this.*

### **SOFT TOSS**

*This is a good drill to build hand eye coordination, though it can be risky if you don't pay attention. Too much soft toss can develop bad habits with the players, they can begin to lunge at the ball, so make sure they get their weight back and keep their weight back with their swing. Also make sure they are lined straight up with home plate and the "pitcher" during soft toss, don't let them turn into the pitch, be sure to keep an eye on their shoulders to make sure they don't rotate them during the swing.*

### **WIFFLE BALLS**

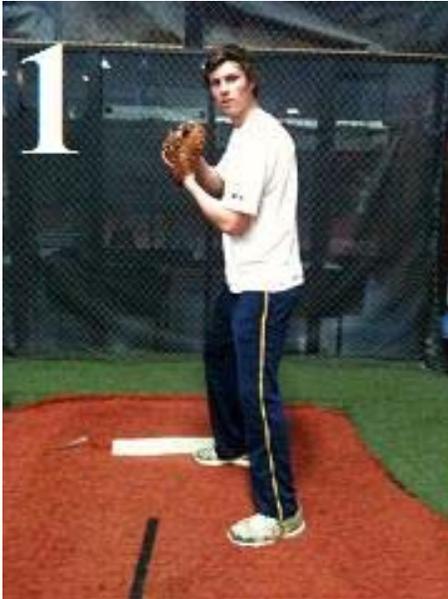
*With a couple dozen waffle balls from 15-20 feet away the players can get a game like simulation of batting practice without have to shag balls all over the field. Set up a home plate and have them hit in a rotation. You can have up to 4 hitters going at the same time pending the amount of coaches that can help, the rest of the players can shag the balls while waiting. For advance work in waffle balls, the golf ball size ones can make a lot tougher for them and build stronger hand-eye coordination.*

### **CAGE WORK**

*Repetition, the more and more they can get balls coming at them the more confidence they can build. Find ways to come up with creative games that can promote the right mechanics to keep them focused in the cage.*

# **PITCHING**

*With pitching at a young age I like to use simple mechanics that will lead to accurate pitchers, because generally the pitcher who can throw the most strikes is your best pitcher.*



**Step 1** – Feet lined up to home, they can be together or comfortably spread apart.



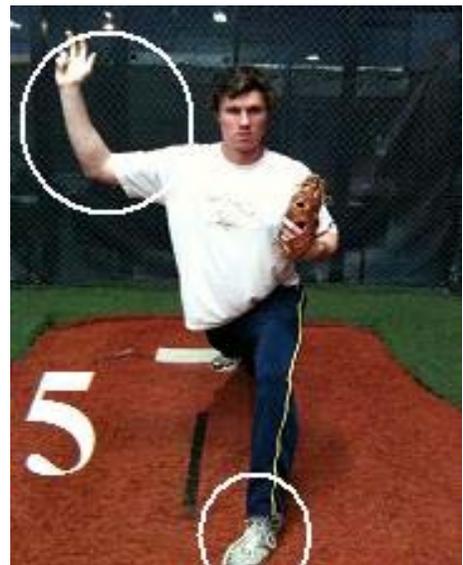
**Step 2** – Knee must come up to find the balance point.



**Step 3** – Base knee bends to create a push off reaction to drive them towards home plate.



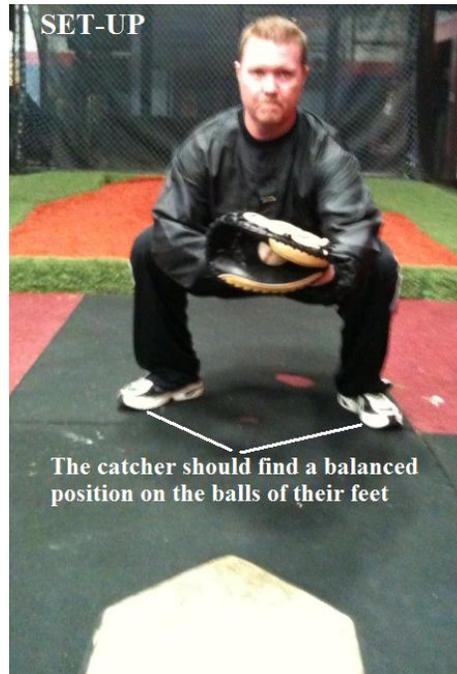
**Step 4** – Hands break as soon as knee begins to descend spreading them while getting the and back and pointing the glove to keep the shoulders in line.



**Step 5** – Front foot drives towards home and the glove tucks into the body while elbow up elbow remains at shoulder height and the target to follows all the way thru to the foot.

# **CATCHER**

*Early levels of baseball everyone who wants to play catcher should, but as they advance in the league your catcher is generally one of your top skilled and athletic players.*



# **BLOCKING DRILLS**

