



## BASE RUNNING

### Home to 1<sup>st</sup> base—

**Ground ball to the infield—**Go as hard as you can right from the 1<sup>st</sup> step. Try and hit the front ½ of the base with whatever foot lands naturally. After hitting the base, come to a complete stop within 15 feet of hitting the base looking over your right shoulder. Even if you think you are going to be out, you never know what might happen.

**For sure base hit—**Start the same way as the ground ball to the infield just in case the infielder makes a great play and you have to continue on a straight path to the base. Once the ball is 100% going to the outfield start a gradual arc on the way to 1<sup>st</sup> base. The goal is to hit the inside corner of the base with your right foot creating a 90 degree angle heading to 2<sup>nd</sup> base. Be progressively more aggressive on your turn depending on what part of the outfield the ball is hit to. Take a wider turn on a ball hit to left field as compared to a ball hit to right field.

**Once you get to 2<sup>nd</sup> base—**After you have got to 2<sup>nd</sup> base, you are in a position to score a run. Expect every ground ball that is hit to your left to go through and plan on going all the way to home plate. The only thing that is going to stop you is the 3<sup>rd</sup> base coach because you can't see the ball because it is behind you. On the ball hit on the ground in front of you, you must make sure the ball is going to go into the outfield before advancing to 3<sup>rd</sup> base. You must go back 1 step towards 2<sup>nd</sup> base if a line drive is hit until you are 100% sure the ball is going to the outfield. If the ball is hit in the air, the 3<sup>rd</sup> base coach will verbally tell you if you need to tag up or go ½ way to 3<sup>rd</sup> base waiting to see if the ball will be caught.

**Once you get to 3<sup>rd</sup> base—**After reaching 3<sup>rd</sup> base, you are very close to scoring a run. You must expect every pitch to be a passed ball allowing you to score a run. If you do not expect it, it will be too late to score. The same rules apply on line drives and fly balls.

**“Be aggressive and put pressure on the defense every play of every game”**



## THROWING MECHANICS

**GRIP**—Across any seams. 4 seams if preferable, but if the hands are too small, place 2 or 3 fingers across any seam.

**DIRECTION**—Create 1 line direction to our target. Use the “Headlight” philosophy (Back of watch, hip and outside ankle bone. We also have to control our head. We want all of the players to “smell the glove” of the player they are playing catch with.

**TIMING**—There are 2 important check points for the timing of proper mechanics:

- 1—When your front knee starts down, we must separate our hands.
- 2—When your front foot hits the ground, our throwing hand needs to be at the highest point with the hand facing away from the target.

**EXTENSION**—Direction is the most important part of extension. If our direction is good, there are 2 other things we need to do:

- 1—Take your chest to your glove, NOT pull the glove to your side.
- 2—Land on the inside of the ball of your foot.

**FINISH**—Maintain quality direction all the way through your entire throw. Allow your throwing hand to finish loosely by the opposite knee.

PLAYERS WILL NOT ENJOY PLAYING A BASEBALL GAME UNLESS WE TEACH THEM HOW TO PROPERLY THROW A BALL WITH ACCURACY. SPEND ATLEAST 25% OF YOUR PRACTICE LEARNING HOW TO THROW. IF COACHES DON'T MAKE IT IMPORTANT, PLAYERS WON'T EITHER.

# “AIM SMALL—MISS SMALL”



## HITTING MECHANICS

**GRIP**—Grips are individualized with a few absolutes. We should grip the bat comfortably while not “white knuckling” the bat. The 2 absolutes of the grip are:

- 1-Both “pointing fingers” need to be pointing the same direction.
- 2-The bat needs to be in the fingers, not in the palm.(The same way you would hold a hammer)

**STANCE**—All stances are somewhat individualized as well, but we would like everyone to be in an upright, balanced, athletic position with the bat resting on the shoulder. This is the most simple and repeatable place to start.

**STRIDE AND LOAD**—The most important thing to understand about the stride and load process is that your hands and feet must go in opposite directions before you start to swing the bat. Pretend that you are striding on raw eggs when you stride. The objective is to not break the eggs. Think of the load like you are pulling back a rubber band and going to shoot it at a target. If you pull it back fast or slow the same distance, the rubber band will go travel the same velocity. The difference is when you pull it back fast, you can’t control where it goes. CONTROL YOUR STRIDE AND LOAD AND YOU WILL CONTROL YOUR BARREL OF YOUR BAT.

**SWING**—Once you have a stride and load that are under control, all that has to take place is directing your barrel of the bat directly to the ball on a 1 line plane. I realize this sounds simple, but that is the goal. Make your swing simple, repeatable, and violent.

**FINISH**—The finish of the swing needs to happen naturally. Let the bat completely finish the entire swing ending up around the bicep of the opposite arm that the bat originally started.

**“If all else fails, swing hard in case you hit it”**



## GROUND BALLS AND FLY BALLS

**Ground Balls**—The most important thing in fielding ground balls is to try and make sure you create the best possible hop for yourself. The goal is to field either the long hop or the short hop. The only way to do this is to keep your feet moving until you are ready to field the ball. Once your feet have put your body in position to field the ball there are a few things to keep in mind:

- 1-Try to field the ball just inside of your glove side foot with your glove side foot slightly ahead of your other foot. This will allow you to create momentum when throwing the ball to 1<sup>st</sup> base.
- 2-Be aggressive with your glove in a small box. Have your glove moving towards the ball as you are fielding it in a controlled manner.
- 3-After securing the ball, be aggressive with your throwing side foot stepping in front of your glove side foot gaining ground toward 1<sup>st</sup> base. This will make the throw seem shorter and will give you the best chance of an accurate throw.

**Fly Balls**—The most important thing about fly balls is securing the ball. When going after the ball, there are a few things to think about:

- 1-Whenever possible, catch the ball in a small box around your head. Do not catch the ball directly in front of your face.
- 2-When running after a fly ball, run on the balls of your feet so the ball does not appear to be bouncing. Also, when running after a fly ball, keep your arms down at your side in a normal running position until you are ready to catch the ball.
- 3-After securing the ball, the most important job is to get the ball back in to the infield to stop the opposing team from moving around the bases.
- 4-If possible, use 2 hands to catch the routine fly ball.