

2015

DYBSA Coaching Clinic

Tiger Baseball

Delano Tiger Baseball

Philosophy of Coaching Youth Baseball

Objectives

- Have fun
- Respect the game
 - Teach players how to conduct themselves on and off the field
 - Win or lose with class
 - Hustle
- Be a positive influence on your team (applies to players and coaches)
- Stress team success over individual success

Philosophy

- Conducting practices with a plan in mind
- Realizing the importance of practice
- Rotating positions for each player (pitching/catching)
- Batting order

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Keys for Youth Baseball – Throwing Program

Throwing Program: Explain why we do this?

Run & Stretch

Throwing routine: always a 4 seam FB grip!

1. Wrist throws/45 degree – Throwing elbow in your mitt, throw with wrist to your partner, close distant: 5-10 reps.
 2. Extension & Release/45 degree – Throwing elbow on your mitt, throw with elbow & wrist snap to your partner: 5-10 reps
 3. Two knee/wrong way throws- Emphasize power position, close the door on target, rotate through throw, finish! Muscle memory: 5-10 reps
 4. Two knee/straight up throws -Emphasize power position, close the door on target, rotate through throw, finish: 5-10 reps
 5. Two knee/closed throws -Emphasize power position, close the door on target, rotate through throw, finish: 5-10 reps
 6. One knee throws stride foot out- pivot foot knee down. Emphasize power position, close the door on target, rotate through throw, finish: 5-10 reps
 7. Stand up/Legs spread as wide as you can- Emphasize power position, close the door on target, and rotate through throw, follow through low, back foot pivot finish the throw properly!
1. Standing up, play catch:
 1. 5-10 minutes—distance varies by age: close-up
 2. 5-10 minutes— distance varies by age: Long Toss Skip -focus on keeping front shoulder down, stay on top of the ball, and throw at a down angle to your partner. Throw long and hard to one hop your partner. Don't change throwing motion to throw farther!
 3. 5-10 minutes—distance varies by age: close-up

QUESTIONS?

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Keys for Youth Baseball – Pitching

Pitching Mechanics

- **Rocker-to-Balance** – Younger players throw out of **stretch** (9-11), and 12 & up, both **wind-up & stretch**.
- **Balance Position**: Consistent checkpoints must be achieved; slight flexion in back leg, head position over back knee, hands in middle of chest, buried. Avoid circling lead leg; avoid arching back.) Lead with butt into direction, keep front side closed.
 - Drills: **Flip Drills, Balance check open vs. closed front foot.**
- **Direction**: Power Position, front foot closed, (similar to hitting) Thumb down, fingers on top, loose grip. “Coaching tip – ‘thumb to thigh, hand to sky’ proper arm motion.”
 - Drills: **Coach Reach Drills**
- **Extension**: complete delivery out of front side show back of shoulder to target. Follow through, pick up grass.
 - Drills: **Chair Drills, Dry Reps Coach Call Drills: “Ready, Balance, Direction, Extension” Eyes Open, Eyes Closed. Balance!! Throw Spots with a catcher.**

Additional coaching point for Pitching out of the stretch: Slide Step

QUESTIONS?

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Keys for Youth Baseball – Hitting

Stance

- Grip, Plate coverage, feet, knees, hands, head, BALANCE!! See Demonstration
Drills: **Coach Call Drills “Ready, Stance”** step out of batter’s box, and repeat (progressive)

Stride/Load

- Soft and short, lead with heel, front side closed, back slightly with hands/upper body, BALANCE!! See Demonstration
Drills: **Coach Call Drills “Ready, Stance, load/stride”** step out of batter’s box, and repeat (progressive)

Pivot

- Back foot pivot (squash the bug), Front Foot closed, Firm Front Leg, hands follow pivot, BALANCE!!
Drills: **Coach Call Drills “Ready, Stance, load/stride, pivot”** step out of batter’s box, and repeat (progressive)

Swing/Release of bat

- Release bat, keep hands and bat inside of baseball, throw hands at the baseball, hit inside-top half of the baseball.
Drills: **Coach Call Drills #1 “Ready, Stance, load/stride, pivot swing!”** step out of batter’s box, and repeat (progressive) **#2 “Ready...Swing”** Dry reps and tee or toss, **pull everything together with rhythm**
#3 Tee work or Toss, Swing from pivot, isolate swing, hit ball of tee.

Bunting:

- Athletic, balanced stance when you square, Bat/Eye relationship, bat angle, up and down with legs. Bunt strikes, squeeze get bat on ball, get it down.
Drills: **partner or coach bunting drills, bunting before BP.**

QUESTIONS?

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Keys for Youth Baseball – Catching

Stance

- Flexibility is key. Players must stretch and be flexible in order to be an effective catcher.
 1. Relax Stance
 2. Signal Stance
 3. Nobody-on Stance
 4. Runners-on
- Drills: **Call-Out Drill**. See Demonstration

Throwing

1. Jump Step to 1st & 2nd (older players –advanced younger)
 2. Step to the ball and throw (younger players)
 3. 2 hands to ball – catch low, throw low in stance.
- Drills: **4 Square** clockwise and counter clockwise & **Throw to Base from feed**. See Demonstration

Framing/Receiving

1. Half-moon: see demonstration
 2. Strong Glove
- Drills: **Play Catch** with partner or coach, on knees or standing. See Demonstration

Blocking

1. Form/Stance & footwork: Straight (middle of plate), left, right
- Drills: **Close-up blocking** drills with soft baseball. See Demonstration

Pop-ups

1. Technique: back to infield, hold mask until catcher is under ball, then toss, two hand catch.
- Drills: **Wall Drills** or **Hand-Thrown** pop-ups

QUESTIONS?

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Keys for Youth Baseball – Infield

Mental Approach

- Know the situation; Communication
- Confidence – “Hit it to me and you’re out”;
- Respond well to mistakes
- Hustle; Backing up throws

Ready Position

- Athletic position – *ready to react*
- Glove out front/Elbow in
- Drills – **Ready Position Drill** (see demo). **BP Jumps** (explanation)

Fielding Approach (Approach to the Ball)

- “Get to it – Get through it”
- Be Aggressive
- Move feet and get in front

Fielding Position (Footwork and Glove-work)

- Footwork = R-L Field – R-L Throw
 **Be Smooth, Athletic, Relaxed, Fluid
- Move through the ball
- Stay Square to the ball
- Fielding Keys
 - Glove out; Field it out front; Elbow in; Alligator;
 Look it in; “Cradle” it; Glove Transfer
- Drills

Drills: **Partner Fielding Progression Drills** - Isolate different pieces of the overall skill:

- On knees (with and without glove)
- Standing (without footwork)
- Standing (with footwork)
- Standing (with footwork & throw)
- Batted Grounders

Drill – **Fungo Ground Balls**

Other Misc. Infield Keys

- Glove to Hand Transfer
- Flip Feeds
- Relay Technique
- Slow Roller Technique
- Drills: **Glove Transfer** (see demo); **Rapid Fire** (see demo); **Flip Drills** (see demo); **Relay Drill** (see demo); **Slow Roller Drill** (see demo)

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Keys for Youth Baseball – Outfield

Mental Approach

- Know the situation; Communication
- Positional Adjustments
- Hustle; Backing up throws

Ready Position

- Athletic position – *ready to react*
- Drills – **Ready Position Drill** (see demo). **BP Jumps** (explanation)

Throwing Footwork

- Crow-Hop Technique
 - Momentum to target; Efficiency
- Drills – Practice while playing catch. Incorporate during Fly-Ball and Groundball drills below.

Fly-Balls

- Aggressive to the Ball – Communicate “Ball Ball Ball”
- Get Behind the Ball and Move Forward to Catch
- Tracking Balls and Taking Proper Angles
- Drills – **Sac-Fly Drill** (see demo). **Drop-Step Drill** (see demo) **Fungo Fly Balls** (explanation). **Fly Ball Communication Drill** (see demo)

Groundball Techniques

- 1-Knee; Normal; Pro-Play
 - Situation dictates the technique
- Drills – **Ball-in-the Gap Drill** (see demo). **Fungo Ground balls** (explanation)

Other Misc. Outfield Keys

- Know where the ball needs to go
- Hit the Cutoff

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Keys for Youth Baseball – Team Info

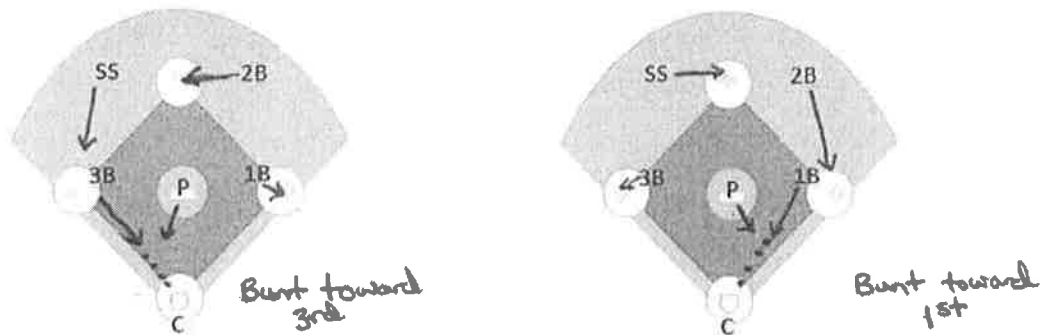
1. Bunt Plays (numbers indicate position in scorebook and who is active)
 1. Rotate
 2. 51
 3. 31
2. Cutoffs/relays
 1. Cut home from RF & CF
 2. Cut home from LF
3. Hit & Runs
 1. Offensive strategies
 1. Vs Righty Pitcher
 1. Runner-straight steal will look to home for ball angle and listen
 2. Batter **MUST** Swing. Batter is trying to hit the ball hard, preferably to the opposite field, on the ground.
 2. Vs lefty Pitcher
 1. Runner-Waits for pitcher to commit, steal will look to home for ball angle and listen.
 2. Batter **MUST** Swing. Batter is trying to hit the ball hard, preferably to the opposite field, on the ground.
 2. Defensive strategies
 1. Straight Stolen base coverage: 2nd cover for right handed batter, SS cover for left handed batter. Option: you may switch coverage depending on hitter and situation. 2nd and SS should try to hold as long as possible (don't leave early) but still have time to cover base. Opposite middle infielder back-up the base.

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Keys for Youth Baseball – Simple Bunt Defenses

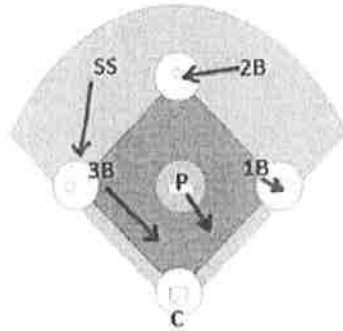
Rotation Play

- Default Play – this is on if nothing else is called.
- The infielders rotate to the ball, depending on which side the bunt is on



51 Play (3B and P are charging)

- This coverage is called when a runner is on 1st only, 2nd & 3rd, 3rd only, or Bases Loaded



31 Play (1B and P are charging)

- This coverage is called for runners on 2nd only or 1st and 2nd

