



# DYBA Stallion Coaches Sheet



## Expectations

1. Players: Have Fun, Expand Love for the Game, Model Sportsmanship, and Enjoy Competition!
  - a. Master skills from Stallion
2. Coaches: Prioritize Fun & Sportsmanship, Emphasize baseball skill mastery, Expand Situational Baseball, and Foster Competitive Spirit

## Fundamentals Skills for the Age Group

1. Throwing & Catching:
  - a. Skills to Develop:
    - i. Master longer and accurate throws
    - ii. Shuffle when making throws to be moving into proper throwing position
    - iii. Introduce and develop Catcher skills with proper technique and safety
    - iv. Pitching mechanics with simple delivery from stretch and 4-seam fastballs
  - b. Challenges:
    - i. Complex, inconsistent pitching motions
    - ii. Pitchers overthrowing pitches, prioritizing throwing hard versus getting it to catcher
    - iii. Catchers on knees and throwing hands exposed, risking injury
  - c. Coaching Techniques:
    - i. Introduce and utilize bullpen session to engrain repetition in pitching delivery
    - ii. Utilizing pitching mats/mound markings for longer strides through delivery
    - iii. Practice team "balancing" on plant foot for 3 seconds, then stride to support proper mechanics
2. Infield
  - a. Skills to Develop:
    - i. Masters base coverage and initiating proper plays across the infield
    - ii. Understanding and proper execution of force-outs vs tag-outs
    - iii. Masters 2nd base coverage between based on which side of infield ball is hit
    - iv. Execute cut-off with SS or 2nd baseman creating cut-off to proper base
    - v. Catcher defensive responsibilities after ball put into play
  - b. Challenges:
    - i. Gaps in understanding when force-out vs tag-out is in play
    - ii. Incorrect players or no players, set-up cut-off and not executed to proper base
  - c. Coaching Techniques:
    - i. Emphasize Prep-Step, to have players in ready position moving towards home plate
    - ii. Have players call-out force-out plays before pitch
3. Outfield
  - a. Skills to Develop:
    - i. Master outfield positioning, ball tracking and catching of fly-balls
    - ii. Master returning batted balls into second base or cut-off man
  - b. Challenges:
    - i. Players not use proper technique for fielding & catching fly-balls
    - ii. Players attempt to throw to base vs hitting cut-off man
  - c. Coaching Techniques:
    - i. Utilize Zooka / Batted balls for fly-ball practice with deeper & higher hit balls
    - ii. Utilize "survivor challenge" for infield & outfield drills for fun & competition
    - iii. Add baserunners for cut-off drills to set-up plays at all bases
    - iv. Turn relay drills into speed competition to work on quick release for cut-off



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4. Hitting
  - a. Skills to Develop:
    - i. Understanding the strike zone
    - ii. Protecting plate with 2 strikes
  - b. Challenges:
    - i. Passive batter who watches more pitches than they swings at; or
    - ii. Overly aggressive batter who swings at everything
    - iii. Players become scared of ball, if hit by kid-pitch
  - c. Coaching Techniques:
    - i. Soft toss into fence to work all quadrants of the strike zone
    - ii. Use low flight (orange) balls, to pitch inside and coach turning front shoulder in
  
5. Baserunning:
  - a. Skills to Develop:
    - i. Master running through 1st base and turn into foul territory
    - ii. Find 1st base coach out of the batter's box to make the turn on balls hit to outfield
    - iii. Master the "tag-up" rule and listen to base coaches to advance or stay
    - iv. Mastering situational baserunning differences with less than 2 outs and with 2 outs
  - b. Challenges:
    - i. Players run through 1st base and turn into fair territory
    - ii. Baserunners do not know how many outs exist and/or situation
    - iii. Baserunners do not look for base coaches for direction
  - c. Coaching Techniques:
    - i. Implement baserunning games in practice with coaches hitting to create unique scenarios
    - ii. Have base coaches ask baserunners game situation and tell coach what they think they should do when the ball is put in play, correct & coach anything wrong
  
6. Baseball IQ
  - a. Skills to Develop:
    - i. Execute defensive plays getting lead runner out at bases other than 1st
    - ii. Masters different situations where force-out vs tag-out is necessary
    - iii. Situational and aggressive baserunning, with tag-up or returning to previous base if running into an out
    - iv. Defensive rotation for covering bases when ball put in play on the infield
    - v. Outfield rotation to back-up balls hit on the infield or to the outfield
  - b. Rules:
    - i. Ball is dead and runners hold once ball returns to infield, base runners return to previous base if not more than half-way between
    - ii. Outfielders at defined distance from infielders and remain in outfield