



Berlin Youth Baseball - Off-Season Tips

Goal of this document: Provide coaches with things to suggest to your players before the season starts or after the season concludes. You don't want players falling into the habit of forgetting about baseball over the winter. Instead, encourage your players to stay active. Below are some tips and recommendations you can try during the off-season (Fall and Winter) in order to stay engaged in the sport and improve the chances of your Berlin Youth Baseball team having a successful season next year!

Off-season training ideas players can do individually (when no teammates are around):

- **Flyballs outside:** Throw a ball up in the air as high as possible, use your glove to catch it.
- **Groundball Walls:** Find a tennis ball and a wall (w/ parents approval), throw the ball off it and catch it.
- **Pitching Targets:** Find a tennis ball and a wall (w/parents approval), find a target and work on hitting it.
- **Base running:** Run around the block, or setup bases in your backyard. Time yourself.
- **Sliding on the Grass:** Practice proper sliding on your lawn, feet first, one leg tucked under.
- **Solo Swinging:** Go outside and swing your bat 100 times. Back elbow up, short compact swing. Repeating this process will help increase your muscle memory.
- **Swinging with a Weight:** If you have a bat weight/donut, do some swings with it. An alternative is to find a heavier adult bat, and do some practice swings with it. This will help improve your bat speed.
- **Solo Batting Cages:** Go down to the Berlin batting cages, throw a hardball up and hit it with your bat.

Off-season training ideas for when it's snowing/raining:

- **Watch previously recorded pro games** (MLB, College). YouTube has lots. Study the rules & techniques.
- **Watch position specific drill videos.** Example: Go onto YouTube and search "Baseball Pitching Drills"
- **Do an indoor workout** (push-ups, crunches, squats, steps, etc.). This can help your agility for fielding.

Things to do besides baseball:

- **Play an off-season sport** (Football, Swimming, Cross Country, Basketball, Indoor Soccer). Simply by staying active you're improving your chances of doing well next baseball season
- **Play Kickball.** Meet with your friends and play kickball as many of the rules are the same as baseball.

Training ideas outside of Berlin (Notice there would be costs for these):

- Google search, find, and register for a local baseball camp (Ripon, UW Oshkosh, Oshkosh 360u, etc.)
- Google search, find, and register for a National Baseball camp in WI such as U.S. Baseball Academy

Get your new baseball gear early, during the off-season:

- Waiting until spring to buy a glove, helmet, batting gloves, or bat will cost extra since it's in-demand.
- **Tip: Shop for baseball gear during the Fall/Winter** when baseball equipment is cheaper or on clearance. This also ensure your player doesn't waste the first few weeks of the baseball season trying to break-in their new glove or bat. Try watching Facebook Buy Sell Trade or Craigslist too for gear.
- One great investment is to consider getting a Tee & Net to practice safely hitting in your backyard.

Opportunities offered by Berlin Baseball:

- **Continue to watch Berlin Youth Baseball Facebook**, the Berlin Youth Baseball website, and your emails for off-season training opportunities in Berlin and nearby cities.

<https://www.facebook.com/berlinyouthbaseballsoftball/>

<https://berlinyouthsports.org/bybs-clinics>