



# Majors

## Coaching Guide

Updated: Feb 2021





## **HISTORY AND PHILOSOPHY OF DAA**

Doylestown Athletic Association (DAA) has been organizing youth sports programs in our community since 1968 with the help of its sponsors and volunteer coaches, umpires and officials. The total enrollment in all of DAA's sports programs is more than 3,000 boys and girls; and this number has been growing by nearly 10% per year. Only 54% of DAA's membership comes from Doylestown Borough or Township. The rest of DAA's players and volunteers comes from communities throughout central Bucks County.

Currently, DAA's programs consist of boys' & girls' basketball (winter), boys' baseball and T-ball (spring), girls' softball (spring/summer), girls' field hockey (fall) and boys' and girls co-ed volleyball (fall, winter skills & drills and spring). Most of these programs are played at the recreational level; but DAA also features travel teams in boys' baseball and basketball, as well as girls' softball.

All sports are open to children ages 7 through 18 (and even younger in some sports); although each sport's leagues are restricted to players in specified age groups and/or school grade levels. DAA provides an equal opportunity for its members to enjoy sports participation in an environment that encourages, promotes and develops sportsmanship, citizenship and a sense of teamwork and pride in oneself. All players enrolled in the recreational programs will play at least a minimum period of time in each game, regardless of talent or experience. Financial assistance is provided when necessary to any player with a desire to participate. Please see individual sport director for a confidential discussion. All coaches, assistant coaches and board members must pass a confidential background check administered by an independent investigative agency.

For more information on DAA Baseball, our web site <http://daasports.org/boys-baseball-home/> provides a good overview of Junior and Senior leagues, travel, registration and scheduling information.



## **DAA Code of Conduct**

**AS A PLAYER**, I promise to always play with good sportsmanship and respect for my teammates and opponents. I will be courteous to all coaches, officials and other parent volunteers who are trying to help me become a better player. I will do my best in all practices and games, have patience with myself and remember that I am playing these games for fun. I will attend every practice and game I can, knowing that my team will depend on me to be there. I will play hard at every position that my coaches assign to me.

**AS A PARENT**, I promise to encourage good sportsmanship by showing support for all players, coaches and officials at every game. I will focus upon my child's efforts and performance rather than the overall outcome of the game. I will never ridicule or yell at any child, including my own, for making a mistake or losing a game. I will never use profanity or physically or verbally abuse any players, coaches, officials or spectators. I will participate in positive cheers that encourage all players and discourage any cheers that redirect that focus, including those that taunt and intimidate officials or opposing players and fans.

I will help my child enjoy the experience of playing on a team by doing whatever I can, including being a respectful fan and providing whatever help is needed by the team or league according to my skills and availability.

I will endeavor to learn, understand and respect the rules of the game, the officials who administer them and their decisions. I will remember that the coaches and league officers are all volunteers. I will not be critical unless I'm ready and willing to make the necessary effort to correct the object of my criticism; and I will bring any perceived problems to the attention of my child's coach IN PRIVATE.

I will bring my child to practices and games on time and, if I do not stay, will make sure that my child is picked up promptly afterward. I will also give advance notice to my child's coach whenever my child will be absent from a practice or game. I will demand a sports environment for my child that is free from drugs and alcohol and will refrain from their use at all DAA-sponsored events.



**AS A COACH,** I will honor all of the above promises that generally apply to parents; and I will never forget the trust that parents place in me while coaching their children. I will do my best to develop the talents of every player on my team, to treat them with respect and fairness and to help the entire team learn the principles of sportsmanship. I will also honor the principles below:

1. I will support the vision of DAA – provide an opportunity for youth to play organized sports.
2. I will place the emotional and physical well-being of my players ahead of a personal desire to win
3. I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
4. I will do my best to provide a safe playing situation for my players.
5. I will promise to treat all injuries, minor and major, as serious and to take prompt action.
6. I will do my best to organize practices that are fun and challenging for all my players.
7. I will lead by example in demonstrating fair play and sportsmanship to all my players. By this I will set an example for the parents to conduct themselves in the same manner.
8. I will provide a sports environment for my team, in conjunction with league policies, that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
9. I will be knowledgeable in the rules of baseball, as established by the league, and I will teach these rules to my players and parents.
10. I will use those coaching techniques appropriate for each of the skills that I teach.
11. I will remember that I am a youth sports coach, and that the game is for children and NOT adults.



## Coaching Responsibilities

### Enjoyment

This should be obvious – but coaches should remember they have the most impact on determining if a player has a positive experience throughout the season – and wants to return the next season. Plan your practices to keep all kids active (in smaller groups if needed). Motivate and teach with a positive attitude! Remember -- the tone you set as a coach will really impact the experience of all the kids.

### Education

The following pages of this guide provide a few tips for teaching proper baseball techniques. Our goal should be ensuring each boy learns some fundamental skills appropriate to his age group. Coaches should also search for advice on details for which they may not be experts. Improving our own coaching acumen should be a goal of each of us each season!

### Field Care

Before each game (HOME team is responsible)

- Show up 45 minutes before any game. Field prep will take 15 minutes, and we want to allow time for infield practices to start 30 minutes prior to game time.
- The coaches may need to make a game-time call on a rainout (see below too). If there is standing water on much of the infield that cannot be removed by raking or 1-2 bags of STAY DRY, the game may need to be cancelled. Never use more than 2 bags of STAY DRY, and never use for practices (just games).
- If the field is not in proper condition from previous usage, contact the league director. We need to follow up on coaches not doing proper after-game/practice cleanup.
- Line the fields using the bags of lime in the field bin. If you need to replace lime from the shed, use the golf cart and re-supply with several bags for the coming weeks.

After each game or practice (AWAY team is responsible if game)

- **Home Plate Area / Batters Boxes:** Hand rake these areas back to level. If you can get the cart to drag or sweep that area great, but be sure not to run over home plate. Keep in mind that with the rakes we're trying to smooth out the field, not dig up the dirt.
- **Pitchers Mound:** Hand rake areas back to level - especially focusing on the landing areas and the shelf in front of the pitchers rubber. Smooth out the mound.
- **Base Paths:** Hand rake up and down along the path. Do not rake across the path as it encourages dirt to build up on the edges. Some base paths might be wide enough to have the cart drag; however, be sure to stay 6 inches away from the grass to prevent lips from building up. Again, we're trying to smooth out the field with the rake, not dig up the dirt.
- **Infield Area:** Use the carts to drag or sweep the infield areas. Be sure to stay 6 inches away from the grass to prevent lips from building up. We will have (maybe not today, but soon) infield drag mats that can be used to hand drag at Turk 5 and 6 and at Maplewood 1 and 2.
- **Trash:** Dispose of trash in and around the field and bench areas



## Equipment Care

In order to add some longevity to the equipment we purchase, PLEASE clean out your black equipment bag at the end of the season before returning it. Empty it inside out, rid it of trash and dirt, and give the muddy items (especially helmets and catcher's gear) a quick washing of mud. Maybe we'll survive a winter with no mice nests!

## Safety

Pitch Counts – See "League Rules" below (section 13b)

### Child Abuse Clearance

Effective 8/1/2015, Pennsylvania has a new background check policy in place. All volunteer coaches must have been cleared through the DAA background Check process, summarized at <http://daasports.org/background-check>. The background check process is summarized at that web site is sufficiently confusing that we've included below a simple summary to help coaches navigate that process:

Once you read and understand the info below (and get your copies of docs #1,2,3 below ready if you have them), proceed to [https://ssci2000.secure-screening.net/escreeing/OApp\\_LoginEntrance.asp?mode=direct&code=32240s](https://ssci2000.secure-screening.net/escreeing/OApp_LoginEntrance.asp?mode=direct&code=32240s) to initiate the DAA background check process. If the volunteer has any questions they should submit them to both [Sales@ssci2000.com](mailto:Sales@ssci2000.com) and [DoyAA153@gmail.com](mailto:DoyAA153@gmail.com).

There are 3 documents needed for the child abuse clearance:

1. Pennsylvania State Police Background Check (Act 34) clearance.
  - a. If you have a valid clearance document, email it to [Sales@ssci2000.com](mailto:Sales@ssci2000.com) and [DoyAA153@gmail.com](mailto:DoyAA153@gmail.com). You must email that clearance to both email addresses THE SAME DAY YOU AGREE TO THE POLICY and enter the portal at [SSCI-LINK](#).
  - b. If you do not have currently valid clearance, DAA will provide it for you upon your proper submission of information at the web portal at [SSCI-LINK](#). But the volunteer will need to follow up to an email from SSCI within a few days of registering in the web portal – so be on the look out for that email (check Spam/Junk folders too).
2. Pennsylvania Dept of Human Services Child Abuse Clearance (Act 151).
  - a. If you have a valid clearance document, email it to [Sales@ssci2000.com](mailto:Sales@ssci2000.com) and [DoyAA153@gmail.com](mailto:DoyAA153@gmail.com). You must email that clearance to both email addresses THE SAME DAY YOU AGREE TO THE POLICY and enter the portal at [SSCI-LINK](#).
  - b. If you do not have currently valid clearance, DAA will provide it for you upon your proper submission of information at the web portal at [SSCI-LINK](#). But the volunteer will need to follow up to an email from SSCI within a few days of registering in the web portal – so be on the look out for that email (check Spam/Junk folders too).
3. FBI Criminal Background Clearance. For DAA volunteers and for any employee or independent contractor age 14-17 (e.g., junior referees and umpires) the process is as follows:
  - a. If you have continuously resided in Pennsylvania for the past 10 years, you need only print and sign this document (with a witness): <http://daasports.org/wp-content/uploads/2015/08/Disclosure-Statement.pdf> . Once you do that email it to both [Sales@ssci2000.com](mailto:Sales@ssci2000.com) and [DoyAA153@gmail.com](mailto:DoyAA153@gmail.com).
  - b. If you have NOT continuously resided in Pennsylvania for the past 10 years, then you are required





to obtain a **Federal Criminal Background check**, and must do so by registering with Cogent at [www.pa.cogentid.com//index\\_dpw.htm](http://www.pa.cogentid.com//index_dpw.htm) and follow those instructions. The volunteer will have to pay some fee in this case (\$27.50 at this time).

### Accidents / injuries

Each coach has received registration information for each player that includes emergency contacts and other relevant medical info (eg, allergies) pertinent in case an ambulance needs to be called. Make sure you have the spreadsheet with all that information available at any game or practice.

If a player is injured to the extent an insurance claim might want to later be made, the coach must report the event to the league director. DAA carries insurance for such cases, but the insurance claim can be at risk if the event is not reported promptly.

### Rain Outs

All coaches **MUST** sign up for text alerts of field closings and game cancellations. Simply text DOYLESTOWNBASEBALL to 84483 to receive alerts from DAA Baseball.

Rain-out Policy (also posted at <http://daasports.org/boys-baseball-home/schedules>):

- Both Coaches have to agree that the field is unplayable. If there is a disagreement, the Home Team's Coach or a Paid League Umpire (Majors, AAA, & AA) makes the final call.
- If it is questionable prior to game time, have the players go to the field and decide at the game site. Weather can be isolated, so please check your field before making your final decision. Rain-outs will not be rescheduled.
- If there is inclement weather in the area for most of the day, please check the DAA website (either Home or Schedules pages) to inquire if the fields are open or closed. When there is severe weather, DAA Baseball may close all the fields.
- IF there is time, an email will be sent out stating that the fields are closed.
- Majors, AAA, & AA Managers: As soon as you cancel your game, contact Ed Borkowski (215-534-4663) so she can inform the umpires that the game is canceled.
- If a game is in progress and a clap of thunder is heard in the area, please clear the field and take shelter immediately. The game will be suspended until 30 minutes have passed since the last clap of thunder was heard. If the game continues after a weather delay and is stopped again due to more thunder and lightning in the area, the game is canceled.

### Schedule updates

Your league director will convey schedule changes to you to share with your team. Also, the schedule is posted on our web site at <http://daasports.org/boys-baseball-home/schedules/>



## **Some Notes for Coach-Parent Meeting**

1. Introductions
  - a. introduce all coaches
  - b. all players introduce themselves
2. Philosophy
  - a. enjoyment, positive coaching, not win at all costs
  - b. education of the game / equal playtime for all
  - c. respect for coaches and each other
3. Information flow
  - a. Email – verify if any parent wants to keep their email private (BCC)
4. Rain out policy (parent may want to text DOYLESTOWNBASEBALL to 84483 to receive alerts)
5. Parents responsibilities
  - a. Code of Conduct
  - b. Zero Tolerance Policy
  - c. Proper practice equipment needed (long pants, hat, glove, no metal cleats)
  - d. Not baby sitter – parent or responsible adult should be present
  - e. Email the coach if will miss event
  - f. Arrive early for games as coach specifies
  - g. Younger leagues – snack policy (beware allergies if so)
6. Upcoming dates
  - a. Opening Day / Picture Day
  - b. Home Run Derby for age 7+





## **Majors – League Rules**

Refer to the latest Cal Ripken Rule Book for all rules except the following:

1. Starting Times: Weeknights 6 p.m. If the opposing team does not show up a forfeit is declared at 6:15 p.m.
  - a. Home team has the dug-out on the 1<sup>st</sup> base side.
  - b. Home team supplies (2) game balls.
  - c. Visiting team has infield practice first (5:30 – 5:45), followed by the home team (5:45 – 6:00). 15 minutes per team if time permits.
2. Teams can play with a minimum of 7 players.
3. All players must be placed in the batting order.
4. Free substitution for all fielders.
5. All players must play the field a minimum of 3 innings, or one half of the game and not sit for more than 2 consecutive innings.
6. A pitcher removed from the game may not return as a pitcher.
7. Play at the plate -- catcher position rules:
  - A. If the catcher is waiting to receive a throw he must not be blocking the plate. He must give the runner clear access to the plate. If he does not, his position is considered illegal, the runner is safe.
  - B. If the catcher has caught the ball, he must provide the runner access to the plate. In the spirit of wanting to avoid contact, a catcher, even with the ball, should not be blocking any part of the plate. With ball in hand/glove, he should attempt a swipe-like tag and not use his body to block access to the plate.. If he does not, the runner is safe.
  - C. The catcher may move into the baseline temporarily to receive a throw, but must make an effort to move out of the baseline (to obey rule 2 above) if there is time before the runner arrives.
8. Play at the plate -- runner position rules:
  - A. The runner must make an effort to slide if there is a play at or near the plate and the catcher is not blocking the plate or in the baseline. A ball at 1B or 3B is not "near" the plate, but a throw to the plate that is off-line and some distance from the plate may be considered "near" the plate and require the runner to slide. Umpire must use common sense in this judgement call.
  - B. If the catcher is blocking the plate or in the baseline for any reason (ie, illegally, or legally due to a throw pulling the catcher into the runner's path) the runner must avoid contact. The runner can run out of the base path to do so.
    - If the catcher's presence is illegal, the runner will be called safe.
    - If the catcher's presence is legal, and the runner does not avoid contact, the runner will be called out.
    - If the catcher's presence is legal, and the runner acts appropriately to avoid contact, the runner will be called out or safe depending upon the tag.



9. Infield fly rule is in effect.
10. Maximum runs per inning in all innings except the last inning is 5. However, if during a play the 5<sup>th</sup> run scores on a hit, runners continue to run until the play is over. Therefore, if you had bases loaded with 4 runs across that inning and the player hits a triple, all 3 runs would count. If the “last inning” happens to be 5<sup>th</sup> because of darkness there is not maximum run rule (the last inning is not always the 6<sup>th</sup> inning).
11. Official game is 4 complete innings.
  - a. Weeknight games will be called when darkness causes it unsafe to play and the game will revert back to the last complete inning.
12. Mercy rule is in effect after 4 full innings and one team is ahead by 12 runs or more.
13. Pitching Rules
  - a. Balks will be called. Each pitcher will get 2 balk warnings.
  - b. No pitcher may pitch more than 3 innings per game. Additionally, listed below is a chart showing pitch count limits and required rest recommendations to be followed. Innings pitched in travel play must be included in assessing the “required days rest.”

League Age	Daily Max Pitches	Required Rest (Pitches)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7 – 8	50	1 – 20	21 – 35	36 – 50	N/A	N/A
9 – 10	75	1 – 20	21 – 35	36 – 50	51 – 65	65 +
11- 12	85	1 – 20	21 – 35	36 – 50	51 – 65	65 +

- c. Each team must designate a scorekeeper or official to track pitch counts as the official pitch count recorder.
- d. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire, as well as notify the umpire-in-chief when a pitcher has reached the pitch limit. The umpire-in--chief will then notify the pitcher's manager that the pitcher must be removed. However, the manager is responsible for knowing when his/her pitcher must be removed.
- e. Failure of the pitch count recorder to notify the umpire-in-chief, and/ or the failure of the umpire-in-chief to notify the manager does not relieve the manager of his/ her responsibility to remove the pitcher when that pitcher is no longer eligible to pitch.
- f. Violation of this rule may result in a protest of the game in which it occurs.
- g. Exception: If a pitcher reaches the limit while facing a batter, the pitcher may continue to pitch until any one of the following conditions occur:
  - i. That batter reaches base, or
  - ii. That batter is put out.
- h. A pitcher who delivers 41 or more pitches in a game is recommended not to play the position of catcher for the remainder of that day.
- i. 2 hit batters in an inning, pitcher must be removed.



- j. 3 hit batters in the game, pitcher must be removed.

#### 14. Leads and Stealing

- a. Teams are permitted to lead off and steal.
- b. Delayed steals are permitted.
- c. Stealing home is permitted, but only on passed balls or wild pitches. For safety reasons, no "true" steals to home plate. A runner on 3<sup>rd</sup> base may not break for home until the ball reaches the plate.
- d. Safety squeeze bunts are permitted. Suicide squeeze bunts are not permitted because a runner on 3<sup>rd</sup> base may not take off for home until the ball reaches the plate.

#### 15. Sliding

- a. You must slide feet first into every base including home plate. Headfirst slides are not permitted when the runner is making forward base progress. However, head first slides are permitted when the runner is attempting to return to a base.

16. A batter that squares around as if to bunt and then swings at a pitch will be declared out. No runners may advance. This is a judgement call made by the home plate umpire.

17. CATCH AND CARRY: If a player catches a fly ball in fair territory and their momentum carries them out of play, the ball is dead, the batter is out and runners can't advance.

18. Play is dead when the ball is returned to the pitcher's mound.

19. Two (2) Jr. Umpires will be assigned to each game. If no umpire arrives, both coaches should agree on a volunteer umpire.

20. All play-off games will be complete games. If a play-off game is suspended before the completion of the game please notify the league director immediately. The rest of the game will be scheduled as soon as possible and will continue where the game was suspended. The mercy rule is still in effect during the play-offs.

#### 21. Early game termination:

- Time limit for in house games is 2 hours. The game beginning time should be noted by umpire and both coaches. At the 1 hour and 45 minute mark, no new inning should be started. However, if both coaches agree to continue play at this point, the umpire will make the coaches aware that the game must be stopped at the 2 hour time limit and that a full inning might **not** be completed. If a full inning is not completed at 2 hours, the score reverts back to the last full complete inning.
- If coaches or players from the team that is winning do anything that the umpire believes is to intentionally slow down the game, then only the team that is losing will get to bat for that final inning.
- Variation on this rule: Early in season, games will never last 2 hours due to



darkness. Therefore, the umpire should use their judgment if it is starting to get dark (and keep safety of kids in mind), and give coaches a warning that the next inning will be the final inning. If that final inning takes too long and it becomes too dark, the umpire should rule that the game is no longer safe, and revert back to the last full complete inning.

Have fun and let the kids have fun. Remember the Coach sets the tone for the team.

**DO NOT ARGUE WITH THE UMPIRES, THEY ARE HIGH SCHOOL KIDS AND WE NEED THEM TO PLAY THE GAME!!!!!!!!!!**

### **INFIELD FLY RULE**

If there are runners on first and second, or first, second and third with less than two out, there is an infield fly possibility.

If the batter then hits a fair fly ball (not a line drive or bunt) that COULD be caught by a defensive player stationed in the infield with ORDINARY EFFORT, an Infield Fly should be called. Keep in mind, "ordinary effort" can be very different between a 9-year-old and an 18-year-old. One way to think of it is, "Is the fielder comfortable under the ball?" If so, you've got ordinary effort.

The umpire must watch the ball and the fielders, and decide if the batted ball qualifies as an infield fly. If so, when the ball reaches the apex of its flight, in other words, its highest point, the umpire should point at the ball, and holler, "Infield fly, the batter's out!" If the ball is close to the foul line, say "Infield fly, if fair!" (Either/any umpire can call it.) The umpires have to watch the ball, watch the reaction of the fielders, back and forth until the ball is at the apex, then make a decision.

As soon as the umpire says "Infield fly", the batter is out AND THE FORCE IS REMOVED FROM THE RUNNERS. Of course, that's the purpose of the rule, to keep the defense from getting a cheap double play. THE RUNNERS DO NOT HAVE TO RUN if the umpire says "Infield fly, the batter's out!"

Now, the call of "Infield fly" only affects the batter-runner....the batter-runner is immediately out which removes the force, REGARDLESS of whether the ball is caught or not. The other runners are subject to the rules regarding tagging up just as if the ball had been hit into the outfield. If it's caught, they must tag up before they advance. But if it's not caught, they do not have to tag.

Don't think of the "Infield fly" call as a "catch" because it's not. The ball has just been ruled an Infield Fly which makes the batter-runner out instantly, but the ball may or may not be caught. Whether it's caught or not does NOT affect the Infield Fly call.

Also remember a few other things:

- The ball stays alive during an Infield Fly play. It's not dead, so runners off base may be



tagged, etc.

- An infield fly is a fair fly ball which CAN be caught by an infielder with ordinary effort. That doesn't mean it HAS to be caught by an infielder. Imagine a shortstop playing deep, backing up into the outfield grass to catch a fly with, in the ump's judgment, ordinary effort. The umpire points up and calls "Infield fly, the batter is out!" But the left fielder charges in, and calls him off and catches the ball.....or doesn't catch it, either way. That is STILL an infield fly, by definition.
- If the umpire calls "Infield fly, the batter's out!", or "Infield fly, if fair!" and the ball drops untouched and rolls foul; it is NOT an infield fly....just a foul ball. If it lands untouched foul, and rolls fair, it's an infield fly.



## **Majors – Coaching Objectives**

### **1. Develop basic fundamentals of pitching skills**

- a. Balance & Posture
  - i. Teach an athletic stance
  - ii. Chin over shoulder
- b. Leg Lift – remain balanced, no head movement
- c. Stride – move body forward, separate arms, elbow should be at or above shoulder.
- d. Hip Rotation with Delayed Shoulder Rotation
- e. Release point and glove position
- f. Stabilize to ready position
- g. Holding a runner on base

### **2. Pitching Grips**

- a. Four seam
- b. Two seam
- c. Cutter
- d. Change up

### **3. Fielding Grounders**

- a. Review ready position
- b. Receiving a grounder
- c. Mechanics of throwing with good footwork

### **4. Catching Fly Balls**

- a. Footwork, glove position, approach and throwing with crow-hop technique

### **5. Teach fundamentals of Hitting**

- a. Stance – rear foot toe toward pitcher
- b. Lay bat on shoulder
- c. Grip – knocking knuckles lined up
- d. Lift bat, don't wrap bat around head. Keep two eyes on the pitcher.
- e. Load – hands and bat back
- f. Stride – short soft stride
- g. "Pop" hips – turn hips toward pitcher
- h. Contact – palm position at impact
- i. Extension – Bat toward center field
- j. Follow through – remain balanced, swing through the ball, bat should touch back.
- k. Check stride – should be no longer than the bat

### **6. Bunt Techniques and Drills**

- a. Enabling base runners to advance
- b. Level bat, pointed into play
- c. Light grip on handle





**7. Bunt Teaching Drill**

- a. Batter puts glove on opposite hand
- b. Get into batting stance & catch the pitch
- c. With glove still on opposite hand, hold bat in bunt position and “catch the ball”

**8. Basics of Base Running**

- a. Sprinting - Teach basic mechanics of sprinting
- b. Running through first base
- c. Rounding first base
- d. Rounding second base and third base
- e. How to take a lead

**9. Regular Steal**

- a. Cross over step, Left arm up

**10. Sliding**

- a. Basic slide
  - i. Hands up
  - ii. 4 steps from bag
  - iii. Usually right knee up, right heel up landing on rear
  - iv. Pop-up after slide for advancing

**11. Teach Basic Defense and the Importance of Communication**

- a. Fundamentals of
  - i. Situations with runners on first
  - ii. Situations with runners on second
  - iii. Situations with runners on third
  - iv. Cutoff and Relaying Ball

**12. Teach Basics of Catching**

- a. Reinforce role of doing anything to help pitcher (adjusting target for strikes)
- b. Stance (shoulder width or slightly wider)
- c. Knee position (base runners & no base runners)
- d. Target (glove at knee height)
- e. Keep low pitches in front (drop one or both knees and block with chest)
- f. Throwing from stance to second - Quick pivot, short step and throw

**Remember to have FUN and be POSITIVE!!!**