

2023 GVLL Coaches Clinic

- Agenda
 - Introduction and Preparation (10 min)
 - Baseball Practice Logistics
 - Stages of Talent Development
 - Teaching Skills, Drills and Games
 - ***Hitting***
 - Stance
 - Load
 - Objective
 - Finish
 - ***Throwing/Catch***
 - Grip
 - Stance
 - Finish
 - ***Pitching***
 - Mechanics
 - Sign, Set, Balance, Finish
 - Pitch grips
 - ***Fielding***
 - PFP
 - Ready Position
 - 1-2 Field
 - ***Catching***
 - Sign Position
 - Receiving Position
 - Blocking

Practice Preparation

PREPARATION

- Use written plan
- Share plan with coaches/players
- Teach in stations/small groups
- Set up stations prior to start of session

IMPORTANT TEACHING POINTS:

- Safety first – make sure all activities are safe
- Minimize time talking
- Keep players active
- Teach skills in a progression
- Provide plenty of quality repetitions

TOPICS TO BE COVERED IN 20-MINUTE SESSIONS:

(for younger players, 10-15-minute sessions may be more appropriate)

HITTING

Stance
Balance/Finish
Objective
Load
Bunting

THROWING

Grip
Throwing Stance
Finish
Shuffle Throw

FIELDING

PFP
Ready Position
1-2 Field
1-2 Throw

PITCHING

Sign Position
Set Position
Compact Balance Point
Finish

CATCHING

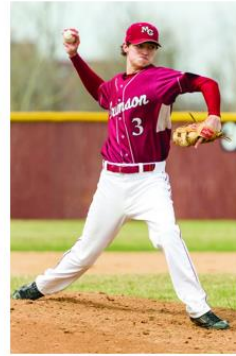
Receiving position
Catching Flyballs

BASE RUNNING

Sliding
Home to 1st
Rounding 1st
Advancing to Next Base

Stages of Talent Development

Stages of Talent Development



Romantic Stage – “this is fun!”

Technical Stage – doing it “right”

Mature Stage – high level



STAGES OF TALENT DEVELOPMENT

Take-aways:

- Beware of cutting the Romantic Stage too short
- Manage the transition from Stage 1 to Stage 2
 - avoid sacrificing fun!
- Talent is not obvious early
 - Bigger, Stronger, Faster



Hitting Stance

Keys to Hitting

- Balance
- Bat Speed
- Limited Head Movement
- Rotation Inward and Outward

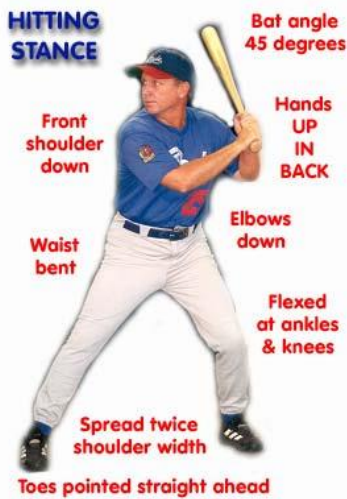
Toes * Straight ahead toward plate

Spread * Twice width of shoulders

Flex * Knees and ankles

Grip *Door knocking knuckles

Bat Angle * 45 degrees



Objective

Front Foot Closed

* Front foot remains closed

Back Foot Pivot

* Hips rotate back foot, shoelaces at pitcher

Belly Button to Pitcher

* Rotate hips until belly button points to pitcher

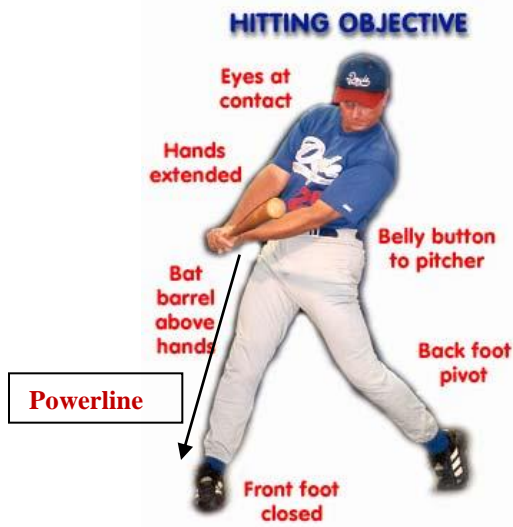
Hands Extended

* Hands over front foot, slight bend in elbows

Eyes to Contact

* Head is down with eyes at contact

Firm Front Side



Finish

Front Foot Closed

* Front foot remains closed

Back Foot Pivot

* Hips rotate back foot, shoelaces at pitcher

Shoulders Full Turn

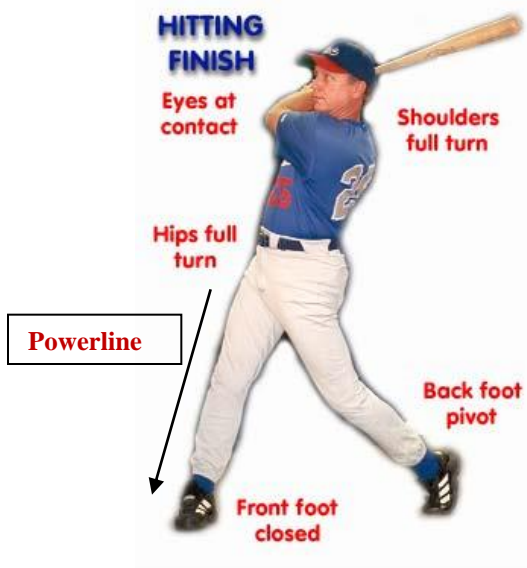
* Back shoulder replaces front shoulder

Eyes to Contact

* Head is down eyes at point of contact

Firm Front Side

* Powerline



Throwing

Grip

* 4-seam, fingers across horseshoe seams



Stance

* Athletic (Power position)



Toe to Instep
Front Foot

* Throwing hand foot toe to instep of glove hand foot
* 45 degrees

Spread

* Feet twice the width of shoulders

Flex

* Knees and ankles

Throwing Hand

* Back/Up/Palms away

Finish

Pitching

(SIGN)

FEET - shoulder width apart, parallel, throwing foot toe to instep.

KNEES (relaxed) - slight bend at knees.

FRONT SHOULDER DOWN - slightly down and at the target.

ARMS – relaxed at sides.

(SET)

FEET - shoulder width apart, throwing foot toe to instep.

FLEX - legs flexed.

WEIGHT - loaded up on back foot.

HANDS - together set between letters and belt. Elbows relaxed

FRONT SHOULDER DOWN - slightly down and at the target.

POSTURE - waist slightly bent same as hitting.

HEAD - over instep and just inside of throwing foot.

EYES - level to target.

(Compact Balance Point) Align nose, belly button and pivot foot



A side view of a pitcher creating dynamic balance and effectively loading his hips in the delivery.

POST FOOT - supports all body weight on ball and instep of foot.

BACK LEG - slightly bent and relaxed.

FRONT LEG - Bent with thigh tapping against front forearm, foot under knee.

HANDS - together in front of chest.

FRONT SHOULDER DOWN - slightly down and at the plate.

HEAD - over instep and just inside of pivot foot.

EYES - level to target

(LAND) - From Compact Balance

FRONT FOOT - lands on toe, little toe to target.

FEET - throwing foot toe to instep.

(FINISH)

STANCE - body in throwing stance.

TORSO - center of gravity starts forward to target, front side stays closed.

HIPS - rotates as center of gravity gets over front knee.

CHEST - shows to target as late as possible.

THROWING ARM - torso delivers to launch position, elbow shoulder height.

POSTURE - stays the same throughout throwing motion.

(Finish)

WEIGHT - after release, all momentum should be moving toward target.

BODY - will catch itself naturally.

Pitchers Success Formula

- Best pitch in baseball.
 - Strike one (1)

- Need three (3) pitches
 - Hard (fastball, location, 4-seam) 60%
 - Soft (change-up, get it over) 25%
 - Movement (2-seam, Curveball) 15%

- If key to hitting is balance
 - Throw in and off early
 - Adjust to hitter's bat speed
 - Adjust to hitter's stance
 - Stands tall likes pitches low
 - Stands low likes pitches up

- Men on 1st, bunt situation
 - Hold runner on (throw over)
 - Throw strike
 - Field position (3rd base side)

PFP Perfect Fielding Position

6 Qualities of Great Fielder

- Quick Feet
- Strong Legs
- Quick Hands
- Soft Hands
- Glide
- Quick Mind

Stance

* Athletic position

Glove foot forward

Toe to Heel

* Throwing hand foot to heel of glove hand foot

Twice the Width

* Feet twice the width of shoulders

Elbow to Knees

* Place elbows on knees, bottom stays down

Slip

* Slip elbows off knees, back must be flat

Slide

* Slide glove and throwing hand on ground in front



Fielding Ready Position

Stance

* Shoulder width

Flex

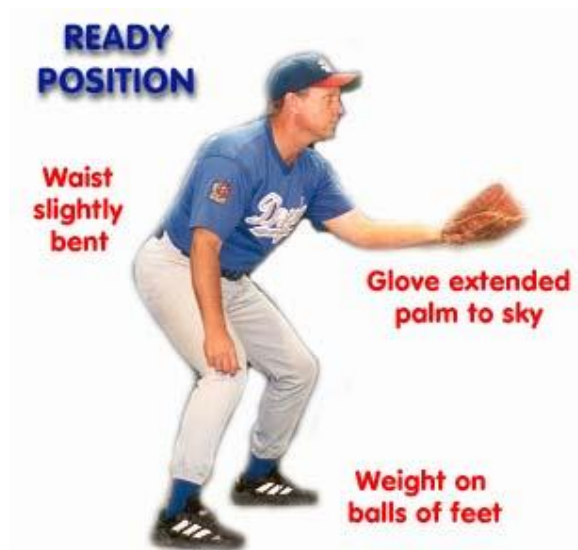
* Knees and Ankles

Glove Out

*Glove out front b/w chest and belt

Rock

*Side to side



Catching Fundamentals



This photo shows the approximate distance a catcher should be from the batter. The catcher should adjust to the hitter's placement in the batter's box.



(Sign Position)

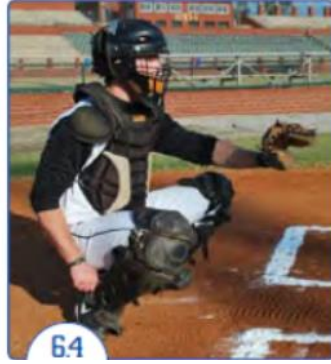
SPREAD - feet spread shoulder width apart

TOES - pointed straight ahead

BACK SIDE DOWN - down on haunches

WRIST - in crotch, fingers inside thigh

GLOVE - over knee, alongside shin



(Receiving Position - no one on base)

SPREAD - feet spread slightly wider than shoulders with toes pointed down baselines at 45-degree angle.

BACK SIDE DOWN - down on haunches

BACK 45 - back bent slightly forward at 45-degree angle, shoulders over knees

GLOVE - extended out front.

BARE HAND - behind right ankle or back.



(Receiving Position - with men on)

TOE TO HEEL - right foot staggered behind left foot - toe to heel.

SPREAD - feet spread one-and-one half shoulder width for strong, quick base. Weight is on balls of feet.

BACK SIDE - up, to make back semi-flat to the ground.

HEAD - does not rise from regular receiving position.

BARE HAND - In fist behind glove.



(Upper Body to Block)

GLOVE - blocks hole between legs.

BARE HAND - on right hip for protection.

ELBOWS - bent and will outline blocking surface. Never let arms get directly in front of chest.

WAIST BENT - bent forward slightly at waist.

SHOULDERS BOWED - shoulders "bowed" in.

EYES - follow ball to body with nose.

UPPER BODY - is relaxed, never tense.

(Lower Body to Block)

FEET - be quick with feet when getting to blocking position.

KNEES - both on ground and spread.

BODY - square to pitch.

Throwing and Catching Games

Line Relay

To simulate throwing under game conditions. Works on proper execution of throwing and catching mechanics

Divide the team into 2 groups of six. Place members of each group between 20 and 60 feet apart depending on age. Place first person of each group on the first base foul line and spread the balance of players towards left field. Player at the beginning of the line has the ball. On coaches command the players throw down and back a predetermined number of times. If an overthrow occurs or a ball is missed, the ball must return to the player who threw or did not catch the ball. First team to complete and get to one knee wins.

4 Square

Divide the team into 4 groups of four. Arrange each group in a square with players between 20 to 50 feet apart. Have 1 player begin by throw baseball to next player in a clockwise direction. Players continue throwing and catching in same direction working on accurate throws, catching with 2 hands, and quickly transferring ball form glove to throwing hand. Change directions and continue drill.

Horn Relay

Divide the team into 2 groups of six. Place team 1 in the infield at each of the 6 infield positions. Give baseball to the pitcher. On coaches' command players will throw baseball around the horn as quickly as possible in the following pattern. Pitcher to Catcher to 3B to SS to 2B to 1B to Catcher to Pitcher. All players sprint to Pitcher and take a knee. Coach uses stopwatch to time drill. Switch to team 2 and repeat.

Hitting Drills and Games

- ◆ Batting Tee
- ◆ Short Toss
- ◆ Bunting

Pull Hitting

To teach hitter to pull the inside pitch

Divide the team into 2 groups of six. Starting at 2B, place cones in centerfield dividing the field in two halves. Place 1 team in the field and 1 team prepared to hit. Each hitter must pull the ball to their power field. (Right hand hitters hit to left/left center and left-hand hitters hit to right/right center). Any ball hit to opposite field is an out. Defense will play on the pull side of the field. Play will be pitcher's hand. Any runner advancing to 2B will count as a run for the hitting team.

Opposite Field Hitting

To teach hitter to drive the outside pitch to the opposite field.

Same as above only players must hit ball to opposite field. Coach will need to throw pitches to the outside half of home plate to ensure ball can be hit to opposite field.

Red or Green

To develop eyes on ball at point of contact.

Color 2 baseballs green and 2 baseballs red. Throw short toss to the hitter using colored baseballs. Tell the hitter he must shout out the color of the baseball at the moment he makes contact.