

HUDSON BOOSTER CLUB



COACH PITCH 2 SKILLS LIST

MACHINE PITCH 2 SKILLS AND CONCEPTS

The skills and concepts listed are the minimum skills that a person coming out of each program should possess. This list is not meant to limit the amount of skills that can be taught and demonstrated, rather, it is meant to provide a base of instruction for coaches.

TEACHING SKILLS

When you introduce a new skill, you should practice the IDEA method.

I – Introduce the skill. Explain what you’re trying to accomplish

D – Demonstrate the skill.

E – Explain the mechanics of the skill.

A – Activate the drill that reinforces the skill.

HITTING SKILLS

- Bat selection
- Stance / Swing

BASE RUNNING SKILLS

- Base running rules
- Proper running techniques
- Sliding

FIELDING SKILLS

- General Information
- Set Position
- Fielding
- Catching
- Throwing
- Infield Skills
- Outfield Skills
- Catcher Position

HITTING SKILLS

• Bat selection

Most kids want to use a bat that is too heavy for them to swing properly. To determine if a bat is too big, have the player hold the bat with one hand, and lift it straight out to the side. If the player can hold it comfortably, the bat is the right size. If the player cannot hold the bat, it is too big.

• Stance:

Hand Position: Right hand above Left hand (RH hitter)
 Left hand above Right hand (LH hitter)
 Bat held about shoulder high

Feet Position: Both feet facing Home Plate
 Comfortable distance apart
 Away from Home plate so that the "fat" part of the bat will meet the ball

Body Position: Shoulders level
 Knees slightly bent

• Swing

Eyes on the ball
 Step towards the pitcher on the swing, drive with back leg.
 Keep both hands on the bat during the follow-through
 Level swing

BASE RUNNING SKILLS

• Base running rules

LISTEN TO THE COACH

After hitting the ball:

Locate ball half way to 1st base
 Overrun 1st base on a hit to the infield
 "Flaring out" on a base hit half way to 1st base
 Rounding the base on a base hit
 Touching the inside of the bases when going extra bases

BASE RUNNING SKILLS (Cont.)

On base:

- Breaking off the base when the pitch crosses home plate
- Know when you are and are not forced to run on a ground ball
- Do not let the ball hit you while on the base path
- Going half way on a fly ball
- Tagging up on a fly ball

- Sliding

- Slide to opposite side of the throw (Outside of base from catcher, Inside of base from outfield)
- Keep eyes on base when sliding
- Keep arms and hands raised when sliding

FIELDING SKILLS

- General

- All fielders should know the following information before each pitch:
 - Number of outs
 - If there are any base runners
 - Where to throw the ball BEFORE it comes to you

- Set Position

- Feet about shoulder distance apart with toes pointing slightly outward, knees bent slightly
- Hands hang down inside the legs, with the palm of the glove facing the batter
- On the pitch, should rock slightly forward

- Fielding

- Get directly in front of a bouncing ball (charge the ball if possible)
- Keep eyes on the ball
- Legs spread, buttocks low, and hands away from the body
- Look ball into glove, cover with bare hand
- Play the hop
 - Short hop - catch ball just as it comes off of the ground
 - High hop - catch ball at the peak of the hop

- Throwing

- Throw the ball about letter high. Always look where you are throwing
- Shuffle feet to get into the proper throwing position
- Use a snap throw, and follow through

FIELDING SKILLS (Cont.)

• Infield Skills

Covering a base on a throw from another player

Straddle the base

Lay the glove down in front of the base, the back side facing the runner

Let the base runner slide into the glove

Cutoff position

Covering the base:

Straddle the base

Direct the cut off player where to stand for the cut off in a loud voice

Direct the cut off player where to throw the ball

Receiving the cut-off throw from the outfielder:

Listen to the player covering the base for direction

Raise both hands in the air as a target for the throw

Spin in the direction of the glove when throwing to the base

RUN the ball into the infield if there is no throw to make

• Outfield Skills

Backing up the infield

All outfielders move on every play to back up either the infield or another outfielder

Throwing to the cutoff

ALWAYS throw to the cut off player in the infield.

• Catcher Position

Stance

Rise up somewhat from a squat position, and be as close to the batter as possible.

Feet spread apart with the right foot slightly behind the left foot

Throwing hand hidden behind the right leg

Throwing

Take 1 step only when throwing

Snap throw

General

Can block home plate only if you have the ball

On a pop fly, hold onto the mask with the bare hand until you know where the ball will land, then throw the mask the opposite way

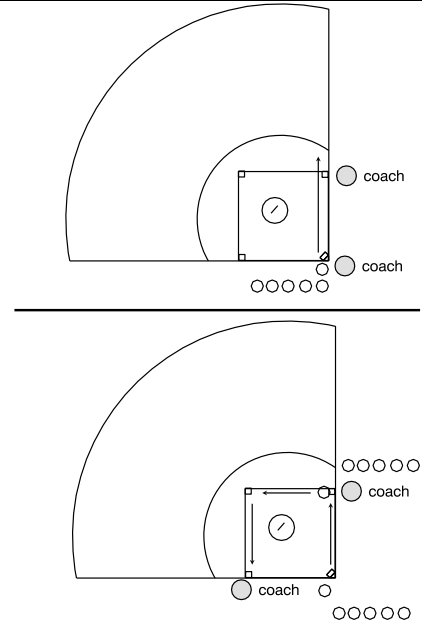


COACH PITCH 2
DRILLS

BASE RUNNING

BASE RUNNING

1. Line players up at Home plate. Have them run to and past 1st base.
2. Same as #1, but the runner then goes back to the base, and runs to 2nd base when the next runner goes to 1st base. Runners then advance to the next base when the following runners go to 1st base.
3. Same as 1, but have the coach tell them to run to 2nd base (No overrunning). After a couple of series, mix up directions. Have some run to 2nd, some stay at 1st.
4. Have 2 lines of players, one at Home and one at 2nd. On coaches signal, runners at Home run to 2nd base, and runners at 2nd base run to home.



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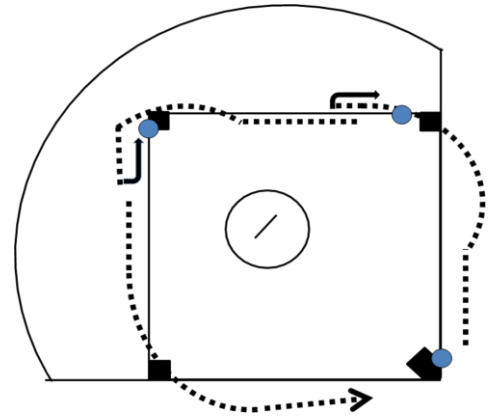
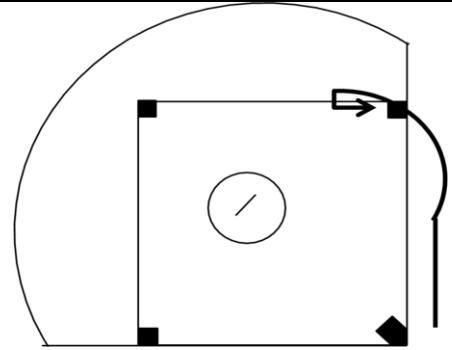
BASE RUNNING

ROUND (FLARE) ON BASE HIT

Before beginning this drill, coach needs to explain and demonstrate a runner “flaring out” on the way to 1st base after a base hit.

1. Line players up at Home plate. On signal from coach, players run to and PAST 1st base.
2. After 2 or 3 times going to first, players “flare” ½ way down the line, goes about ¼ way towards 2nd base, and return to 1st base.
3. Place a coach in 1st base coaching box. If coach yells “HIT”, the runner flares in foul territory to round the base. If coach yells “THROW”, the runner goes to and past 1st base.

VARIATION: Round the base (flare) and return. Runners at Home, 1st base, and 2nd base. On coach’s signal, runner from Home rounds 1st base to about ¼ of the way to 2nd, then hustles back to 1st. Runner on 1st base does the same at 2nd base. Runner at 2nd base rounds 3rd base and runs to Home plate.

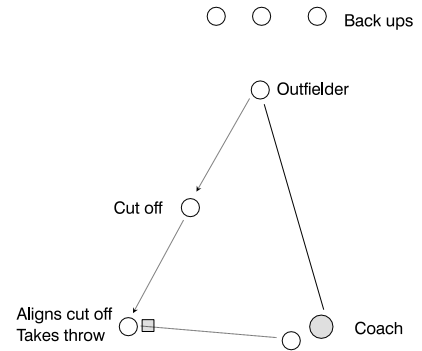


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FIELDING

CUT-OFF PLAY

1. Outfielder gets set to catch a ball (Fly or Ground ball). Rest of the outfielders are backing up the player.
2. Coach hits the ball, fielder catches the ball, and throws to the cut off player.
3. Cut off player pivots towards the side of the glove, and throws to the player straddling the base.
4. Infielder positions cut off player, and catches the ball.
5. Repeat process, and then have the players rotate positions.



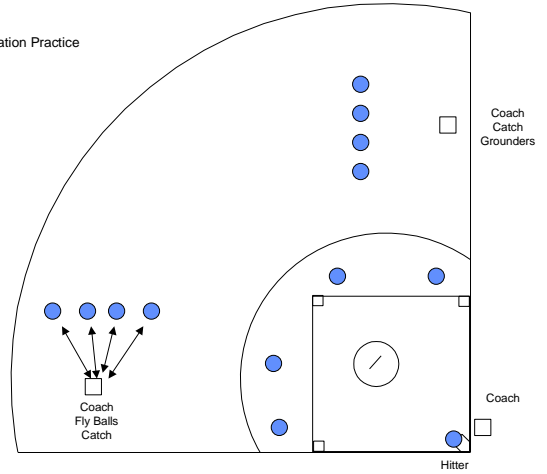
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3-STATION PRACTICE

It is better to have multiple stations rather than have players standing around during a practice. In this example, we have 3 stations: Hitting, grounders, and fly balls. Players should rotate from station to station as a group rather than leave a station individually.

1. **Hitting:** One player hits while the rest in the group fields the hits. You can position the players in the outfield rather than the infield for this drill. When all players have hit, rotate to the next station.
2. **Grounders/Catch:** Coach lines players up and throws grounders to each player. Coach concentrates on fielding form and throwing motion.
3. **Fly balls/Catch:** Coach lines players up and throws pop flies to the fielders. Concentrate on getting under the ball and using two hands to catch a fly ball.

Multiple Station Practice



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Practice is where the players learn the fundamentals of baseball/softball. It is the part of coaching that many find the most enjoyable. It's a time when you as coach become teacher and mentor.

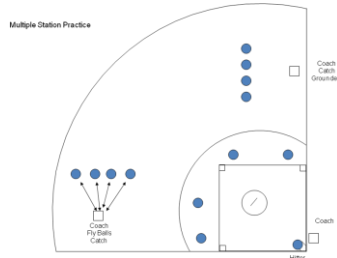
Over the years, we have found that the most successful coaches are the ones that are organized. They show up at practices with a practice schedule in hand, and show up at the games with an inning by inning schedule of what players will be in what positions.

Tips for conducting a successful practice

1. Keep practice **FUN** for the players.
2. Have an organized practice.
3. Get the parents to help. Most are willing to help when asked.
4. Use multiple stations during practice
5. At this level, stick to the fundamentals of the game

Sample practice plan that covers 1 ½ hours of practice.

- 5:30 – 5:35 Coach welcomes players
Ask parents to help out at practice
- 5:35 – 5:45 Running drills – whole team (this gets some of the energy out of them so they'll be more receptive to instruction)
- Home to 1st (overrun)
 - Runners stay on 1st and then advance to next base when next runner goes to 1st.
- 5:45 – 5:50 Divide team into 3 groups for station drills. This is where you need the parents to help out. The more the merrier.
- Station 1 – Infield area
 - Station 2 – Left field area
 - Station 3 – Right field area



- 5:50 – 6: 40 Station Drills – 15 minutes per station and then rotate
(Review Skills list with coach at each station)
- Station 1 – Hitting (use parents as shaggers)
 - Station 2 – Fielding basics
 - Hands up – Hands down drill
 - Teach fundamentals of throwing
 - Station 3 – Fielding drills
 - Playing catch
 - Throwing pop fly balls
- 6:40 – 6:55 Bring team back together for infield drill – (2 coach infield drill)
- Players throw to parent catching for coach (or coach hits with glove on – and throw to coach)
- 6:55 – 7:00 Bring team back together to tell them
- Next practice/game
 - When/where
 - Encouragement

DEFENSIVE PRACTICE (5:30 – 7:00)**5:30 – 5:40** Stretching and warm-up exercises**5:40 – 6:10** Throwing Drills

5:40 – 5:45 Simple toss, 1 line on baseline, other line on grass

5:45 – 5:50 Quick hands

5:50 – 6:00 Long toss

6:00 – 6:10 Cut-off

6:10 – 6:15 Team meeting

Discuss goal of practice

Coach talk

6:15 – 6:35 Infield Drills

6:15 – 6:25 2-Line

6:25 – 6:35 Position

6:35 – 6:55 Outfield Drills (3 stations, 5 minutes each)

1. Catching fly balls in outfield

2. Cut Off play

3. Right-Left

6:55 – 7:00 Gather, Coach talk, and put equipment away**OFFENSIVE PRACTICE (5:30 – 7:00)****5:30 – 5:40** Stretching and warm up**5:40 – 5:50** Running Drills (2 Lines)1. Home to 1st (Overrun and key turn) and 1st - 3rd (jog back to home after stopping at 3rd)2. Home to 2nd (key turn) and 2nd to Home**5:50 – 6:00** Team meeting**6:00 – 6:55** Hitting Drills (4 stations – 12 minutes each)

1. Live hitting

2. Bunting

3. Soft Toss

4. Pepper or Tee work

5.

6:55: - 7:00 Gather, Coach talk, and put equipment away

The Hudson Boosters highly recommend filling out line-up sheets before every game and post it on the backstop by the bench so that everyone can see it.

A blank copy of this form can be downloaded from the “[Coaching – Baseball](#)” tab on the Hudson Booster web page. Format can be in either Excel (.xls-preferred) or in .pdf format.

Benefits of having a printed or written line-up sheet:

- Players know (or a parent can show) where a player will be playing each inning.
- Speeds up the game because coach doesn’t need to try to figure out where everyone is playing between innings.
- Helps insure that the coach abides by the playing rules
- Helps insure that the players will be rotated to different positions
- Allows parents to see where son/daughter has played or will be playing for the game.

| | INNING | | | | | | BATTING ORDER |
|--------------|---------|---------|----------|---------|---------|---------|---------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| Pitcher | PEYTON | PEYTON | LOU | LOU | AARON | GABE | 1 Zane B |
| Catcher | JACKSON | JACKSON | PETER | PETER | PEYTON | PETER | 2 Bennett S |
| 1st Base | LOU | GABE | GABE | BENNETT | LOU | LOU | 3 Lou S |
| 2nd Base | ZANE | PETER | ETHAN | NICK | CARL | NICK | 4 Nick F |
| Shortstop | GABE | BENNETT | JACKASON | PEYTON | GABE | AARON | 5 Peyton H |
| 3rd Base | JOE | Aaron | BENNETT | JOE | BENNETT | ZANE | 6 Carl T |
| Left field | CARL | ZANE | CARL | ZANE | NICK | JACK | 7 Gabe R |
| Center field | ETHAN | JOE | Aaron | JACK | JACKSON | ETHAN | 8 Ethan H |
| Right field | JACK | NICK | JACK | ETHAN | JOE | CARL | 9 Peter H |
| Sitting | Bennett | Lou | Zane | Carl | Zane | Bennett | 10 Jackson S |
| | Nick | Carl | Nick | Gabe | Ethan | Peyton | 11 Jack VH |
| | Peter H | Ehtan | Peyton | Jackson | Peter | Jackson | 12 Aaron Q |
| | Aaron | Jack | Joe | Aaron | Jack | Joe | 13 Joe B |