

Overview of Day (Varies With Each Clinic)

1. COACHES PICK UP TRAINING MANUAL
2. INTRODUCTIONS:
3. OVERVIEW OF DAY
4. POSITIVE CHARACTERISTICS OF A COACH
5. EVALUATING PLAYERS / PRACTICE PREPARATION
6. PROPER HITTING TECHNIQUES /DRILLS
7. PROPER THROWING / PLAYING CATCH/ DRILLS
8. INFIELD TECHNIQUES/ DRILLS
9. OUTFIELD TECHNIQUES/ DRILLS
10. CATCHING TECHNIQUES/ DRILLS
11. PITCHING TECHNIQUES
12. COACHES PARTICIPATION ON THE FIELD:
 - * Warm Up
 - * Hitting Drills (Tees, Screen, Cable Drills)
 - * Proper Throwing
 - * Play Catch
 - * Infield / Outfield Drills
 - * Conditioning Drills
13. CLOSE

POSITIVE CHARACTERISTICS

1. LOOK LIKE A COACH

A. Appearance

1. Clothes
2. Grooming
3. Mannerisms
4. Positive Attitude

2. USE GOOD JUDGMENT AND ALWAYS HAVE A POSITIVE ATTITUDE

1. Be an Optimist, not a Pessimist.
2. Have to be up when everyone is down.
3. Keep emotions under control, keep a clear head.
4. Think of mistakes as learning process.
5. Don't be a pointer and blame one person.

3. BE A GOOD LEADER, LEAD BY EXAMPLE

1. Determine your capabilities/ qualities, and what type of coach you are.
2. Determine your organizational capabilities and leadership qualities.
3. Determine how you are going to gain the respect of the team.
4. Set goals and objectives after reviewing team personnel.

4. MAKE THE GAME FUN

1. You are there for the kids, not visa-versa.
2. Always come with a plan, don't be a "wing it coach."
3. Each practice should have specialty time as a group.
4. Try to gain parental support as assistant coaches.
5. "Bring a rake."

5. BE CONSISTENT!!!

1. Rules apply to everyone.
2. Coaches should always be early, not just on time.

CHARACTERISTICS OF A GOOD COACH

- ◆ Knowing every aspect of the game is not as important as knowing how to communicate with your individual players.
- ◆ Convey a sense of dedication, commitment, and a love for the game.
- ◆ Continue to be upbeat and positive when "things aren't going right."
- ◆ Respect one's fellow players, as well as competing teams.
- ◆ It is important to evaluate, and examine your style of coaching. Is your approach working? Is it having a positive or negative effect on the team?
- ◆ Understand the difference between Physical and Mental errors. Know how to take corrective action in a positive manner.
- ◆ Take on responsibility for your team's performance, evaluate corrective action, and positively convey what is required to become a stronger team.
- ◆ Continue to learn more about the game from others by observing, and listening, so that you are able to teach the game more effectively.

COACHING TIPS

- 1. Be on time.** Try to arrive at the field before your players. After the game/practice, do not leave until all of the players have left. “first to arrive, last to leave.”
- 2. Have a parent/ coaches meeting.** By setting aside 1 hour at the beginning of the season, you will be able to answer many of the questions that all parents have. You will be able to relate your coaching experiences, coaching philosophy, the importance of their participation, and the importance of picking up their child after each game or practice.
- 3. Play it safe.** The safety and concern for all participants, on your team or not, is to be put before everything else. Please do not allow your players, or players from the other teams, to participate in activities which can put them at risk for injury.
- 4. Team Rules.** establish your team rules and the penalties for violations of those rules. Some practical rules you may want to include are:
 - * Be on time to practice and games.
 - * Dress appropriately. Which also includes the manager and coach.
 - * Good attitude and acceptable behavior.
 - * No foul or abusive language.
 - * Good attendance.
 - * Hustle and encourage others.
- 5. Be enthusiastic!** If the coach is always down or being negative, it is guaranteed that he team will be down and negative. So remember that you are a role model and if you are enthusiastic about the team, they will be enthusiastic also.
- 6. Participation.** As a youth baseball coach you are being asked to do a very important job, and that is to help mold your players into better human beings and citizens. Baseball is merely a tool used to assist you in meeting this objective.
- 7. Winning isn't everything.** Of course everyone wants to win their games, but that is not the #1 goal in youth baseball. Winning will be the result of preparation, hard work, discipline, and luck. Always remind your players to do their best. If they do their best, everyone can be proud in winning and losing.
- 8. Fun. You should be a fun coach to play for.** From practices to games, the kids should look forward to every opportunity they will get to play baseball for you. Practices should be challenging, but enjoyable for all of your players.

9. **Sportsmanship.** Kids are always reminded to be good sports when they lose, but that needs to happen when they win, also. Strongly discourage any type of behavior which is unsportsmanlike, win or lose. Taunting, abusive language, name calling or any other acts of misconduct towards another player, coach, team spectator, or officials, has no place in sports. Despite what everyone sees on Television, or individuals they come in contact with you should be their role model.
10. **Set Goals.** As the coach you will get to observe each child and determine what areas that child need to improve upon. Set in your mind and write down goals for each child, whether it be a certain skill, effort in practice, games, attitude, or sportsmanship. Inform the child and then set out to achieve these goals.

Managers and coaches need to realize their off hand remarks and gestures are evoking an emotion in the player, either negative or positive, which can have serious effect on morale.

Remember, kids sign up to have fun, to learn and develop skills and to establish and identify themselves within their peer group. However, while playing for fun, the young people are learning how to handle their emotions and to make decisions that may well affect their attitudes for the rest of their lives.

On a hot summer day when they would rather be swimming, but instead go to practice, they will begin to develop such attributes as **self-discipline**. When they can not play the position they want to because the manager has decided they can be of more help to the team at another spot, they will be learning about **team work and self-sacrifice**. When they have worked long and hard to win a particular game and lose it on a lucky play by the opposition, or a bad call by the umpire and still have the guts to go out and shake their opponents hand, they have learned more about **emotional stability** than they could with a year's work in the classroom.

When they leave the ballpark after such an experience and begin thinking about how they can improve their performance so that another lucky play, bad break, or a bad call will not cost them the game, instead of simply moaning about their bad luck, they have come a long way toward becoming a better person.

EVALUATIONS

Players Name _____

Age _____

Position(s) _____

SPECIFIC SKILL LEVELS

HITTING: Rating _____

Comments

BUNTING: Rating _____

Comments

RUNNING: Rating _____

Comments

THROWING: Rating _____

Comments

FIELD POSITION: Rating _____

Comments

RANGE : Rating _____

Comments

ATTITUDE: Rating _____

Comments

Players are graded on a One to Five point system. Evaluation Number 3 is considered average with his/her age group. Below three indicates additional attention is required.

Attitude is considered one of the most important grades related to teaming and other issues which may detract or enhance the total person.

EVALUATIONS

Players Name _____

Age _____

PITCHING SKILL LEVEL

BODY MECHANICS: Rating _____

Comments

CONTROL: Rating _____

Comments

VELOCITY: Rating _____

Comments

FIELD POSITION: Rating _____

Comments

Players are graded on a One to Five point system. Evaluation Number 3 is considered average with his/her age group. Below three indicates additional attention is required.

Attitude is considered one of the most important grades related to teaming and other issues may detract or enhance the total person.

FIELDING GROUND BALLS	RATING	COMMENTS	NOTES
Anticipates ball direction	0,1,2,3,4,5	Anticipates hit based upon pitch	
Lateral Movement	0,1,2,3,4,5	Left to Right	
Gets in front of ball	0,1,2,3,4,5	Squares shoulders, doesn't avoid	
Charges ball	0,1,2,3,4,5	Moves toward ball	
Keeps head down/ forward	0,1,2,3,4,5	Sees ball	
Bends knees	0,1,2,3,4,5	Bends toward ball	
Hands in front of knees	0,1,2,3,4,5	Catches in front	
Glove Open	0,1,2,3,4,5	Glove is open, then closes	
Glove turned down	0,1,2,3,4,5	Glove down for ground ball	
Catches ball in front- reaches	0,1,2,3,4,5	Catches in front	
Uses two hands	0,1,2,3,4,5	Uses both hands	
Soft hands	0,1,2,3,4,5	Elbows soften catch	
Glove on the ground	0,1,2,3,4,5	Glove touches ground	
Blocks ball	0,1,2,3,4,5	Blocks bad hops with squared shoulders	
Fears ball	0,1,2,3,4,5	Avoids ball	
FLY BALLS			
Uses drop step	0,1,2,3,4,5	When ball is hit	
In\Out movement	0,1,2,3,4,5	Moves forward/ back	
lateral movement	0,1,2,3,4,5	Moves side to side	
Speed to ball	0,1,2,3,4,5	Quick feet	
Gets in front of ball	0,1,2,3,4,5	Squares up to ball	
Turns glove fingers up for fly	0,1,2,3,4,5	Glove turned up	
Uses two hands	0,1,2,3,4,5	Uses both hands	
Catches ball on throwing side	0,1,2,3,4,5	Catches ball in good position to throw ball	
THROWING			
Exchange from glove to throw	0,1,2,3,4,5	Movement to throwing hand	
Brings ball to chest	0,1,2,3,4,5	Hands in front for balance prior to break	
Rotates shoulders	0,1,2,3,4,5	Violent shoulder exchange	
Extension with rotation	0,1,2,3,4,5	Giant bites apple, Arm turns to letter "L"	
Uses rifle site, sideways to	0,1,2,3,4,5	Counter balances glove hand	
Rotates hips	0,1,2,3,4,5	Turns hips, heel to the sky	
Steps	0,1,2,3,4,5	Step to throw	
Exchanges arms	0,1,2,3,4,5	Arms exchange places	
Snaps wrist	0,1,2,3,4,5	Wrist snaps forward	
Follows through	0,1,2,3,4,5	Throwing arm ends on opposite side of body	
HITTING			
Distance from Plate	0,1,2,3,4,5	Measure Off	
Hands together	0,1,2,3,4,5	Middle row of knuckles lined up	
Feet balanced	0,1,2,3,4,5	Pigeon toed or Parallel	
Feet spread	0,1,2,3,4,5	Feet spread wider than shoulders	
Knees flexed	0,1,2,3,4,5	Athletic position	
Hips Aligned	0,1,2,3,4,5	Feet with hips, hips with shoulders	
Bat location	0,1,2,3,4,5	Bat held at 45 degrees, no bat wrapping	
Front Elbow	0,1,2,3,4,5	Points down at contact point	
Back elbow	0,1,2,3,4,5	Down, Never up	
Coil	0,1,2,3,4,5	shifts weight back	
Stride	0,1,2,3,4,5	Steps on ball of foot toward pitcher	
Pivot	0,1,2,3,4,5	"Squish the bug" without moving hands	
Contact point	0,1,2,3,4,5	Hands inside ball with extension	

RUNNING	RATING	COMMENTS	NOTES
Quick from Box	0,1,2,3,4,5	Gets out of box quickly	
Accelerates through run	0,1,2,3,4,5	Speed increases in first 5 steps	
Peeks and then finds base	0,1,2,3,4,5	Finds ball, then focuses on base	
Pumps Arms	0,1,2,3,4,5	Forward action, not side to side	
Lifts legs	0,1,2,3,4,5	Legs move like pistons, no dragging	
Steps on front of base	0,1,2,3,4,5	Leans into base, steps on front	
Runs through the base	0,1,2,3,4,5	Does not stop or slow down	
Breaks down	0,1,2,3,4,5	Lowers rear to stop and find overthrow	
Rounds the base	0,1,2,3,4,5	Banana turn on double	
Touches inside of bases	0,1,2,3,4,5	On extra bases.	
PITCHING			
Body Mechanics	0,1,2,3,4,5	Has good form, is not awkward	
Balance	0,1,2,3,4,5	In control of body from start to finish	
Release point	0,1,2,3,4,5	Arm in the "L" position	
Follow-through	0,1,2,3,4,5	Arm is on the other side of body	
Control	0,1,2,3,4,5	Is in or near strike zone	
Velocity	0,1,2,3,4,5	Speed	
Field Position	0,1,2,3,4,5	Is ready to field ball	
ATTITUDE			
Smiles	0,1,2,3,4,5		
Relaxed	0,1,2,3,4,5		
Confident	0,1,2,3,4,5		
Positive - no excuses	0,1,2,3,4,5		
Good Body Language	0,1,2,3,4,5		

BASEBALL PRACTICE PLAN
(Make copies for your own use)

**PRE-PRACTICE
ANNOUNCEMENTS**

GOALS

SCHEDULE FOR THE DAY

OFFENSE DRILLS

DEFENSE DRILLS

POST PRACTICE ANNOUNCEMENTS

PRACTICE FORMAT

COACH:

- * Never try to “Wing-it”
- * Plan practice with goals in mind, what is it that you want to accomplish?
- * Try to be to the field 15 to 20 minutes early.
- * Have the field prepared with your stations, and look for safety hazards.
- * Do not bore your players with too much talk, let’s get to it.

PRE-PRACTICE:

- * Call the players together and review the agenda for the day.
- * Let them know what “we need to work on.”
- * Don’t take more than five minutes --- you’ll lose your players attention.

STRETCHING:

- * Never start a practice without stretching.
- * Always have your players jog before stretching.
- * Stretching is important prior to any physical activity.
- * This activity should be organized, in a group and proper lines.

GROUP ACTIVITY:

- * Start Practice with an organized group activity in lines.
- * Coach leads the demonstration and freezes everyone in proper positions:
- * Activities include examples of demonstrations in various areas, i.e.:
 - Measure off, Check feet, Check hands.
 - Coil, Stride, Pivot.
 - Proper Contact Point, Follow-through.
 - Proper throwing techniques
 - Playing catch properly

STATIONS:

- * Try to have 3 or 4 “Assistant Coaches” to help you.
- * Stations should complement the group activity examples listed above.
- * Stations should have a trained Assistant at each station.
- * No more than 4 players to each station
- * Station examples could be:
 1. Hitting whiffle balls into a screen while keeping balance
 2. Working on Coil, Stride, Pivot.
 3. Contact Point and follow-through
 4. Throw and Catch... Break, Ready..Aim...Fire
 5. Proper Catching Techniques.

TEAM PRACTICE: (Examples)

- * Hitting with the coach throwing batting practice, kneeling behind screen.
- * Throw from approximately 35 feet.
- * Infield/ ground balls, Double Play, proper techniques
- * Outfield/ fly balls, ground balls, hitting the cutoff, proper techniques.

POST PRACTICE:

- * Quick Review of day.
- * When is the next practice or game
- * Question of the day.

A SYSTEMATIC APPROACH TO HITTING

(Each Area Will Be Discussed)

1. Bat selection
2. Depth and distance at the plate
3. Stance and Balance
4. Grip on the bat
5. Box and Angle
6. Inward turn (Coil)
7. Stride
8. Pivot (Swing)
 - a) Focus the *eyes*: Focus on the eyes of the pitcher, and then focus on the area of the release point.
 - b) *Squish the bug*: Pivot the back foot and thrust the hips. Hip speed predicates bat speed.
 - c) *Slap the hands down*: Swing the bat in a slightly downward plane, through the ball.
 - c) *Ike to Mike*: Keep the head down.
9. Contact Point
- 10 Follow Through

PROPER HITTING TECHNIQUES

1. READY POSITION

- * Measure Off - From the plate for complete bat coverage
- * Check your Feet - Feet should be slightly toed in for balance, and slightly wider than shoulders.
- * Check your Hands Rows of middle knuckles should be lined up, Elbows are pointing down. (**Keep the back elbow down**).
Hands should be near the top of the strike zone.
Bat should in the fingers, not pushed into the back of the hands.
- * Rest, Ready, Relax - Body, and Hand should be in a relaxed position.
Rigid Arms, White Knuckles, or Stiff Body creates tension and wastes energy.
- * Choking the Bat - Increases Bat Control.

2. STANCE

- * Closed
- * Open
- * Straight - Away

Key Points to Remember:

- * Feet should be shoulder width apart.
- * Knees should be slightly bent.
- * Toes should be Pointed Inward.
- * Arms and Hands should be relaxed.
- * Head and Eyes should be focused on the pitcher.
- * **The Back Elbow Stays Down!!!!**

3. COIL

- * Slight Weight Shift Backward.
- * Hands should be back and at the top of the strike zone.
- * Keep the Front Shoulder Down.
- * Hands stay slightly up and away from the body.
- * Head and Eyes stay focused on the pitcher.
- * The **Back Elbow stays Down!!!!**

4. STRIDE

- * Front foot slides toward the pitcher. (Short, Soft, Same)
- * Keep weight on Ball of Front Foot, (Do not land on heel or flat).
- * Heel is slightly raised.
- * Keep the weight back side, Hands remain back and up.
- * Keep front shoulder down.
- * Keep feet “pigeon toed”.
- * Head barely moves.
- * **The Back Elbow Stays Down!!!!**

5. PIVOT

- * Back Foot “Squishes the Bug.”
- * Back Knee, Belly Button, Back Hip all face the pitcher.
- * Front shoulder **Stays Level**, NOT UP.
- * Hands, Knob of Bat start to track the ball into the strike zone.
- * Very Important to Understand -- Bat Speed is predicated on Hip Speed!!!!
- * Front Side is FIRM.
- * Back Side is BENT.

6. CONTACT POINT

- * Contact Point is in front of the Plate.
- * At the Contact Point, the body is in balance.
- * The swing is Short, Karate, Downward, and Compact.
- * The front side is straight and firm.
- * Belly Button and Back Toes face the pitcher.
- * Both feet form the letter “T” at the Point of Contact.
- * The Back Elbow is 2 inches from the ribs.
- * The back foot does not “Drag”, at the Point of Contact
- * The eyes focus at the Point of Contact.

7. FOLLOW THROUGH

- * Finish the Swing, do not stop short.
- * The top hand rolls over the bottom hand.
- * Head stays down.
- * The chin goes from “Ike” to “Mike”.
- * Hands end up over the front shoulder.
- * Bat head finishes on back side of body.

EIGHT TWO'S OF CONTACT POINT:

1. Two Palms, one up one down.
- 2, Two things point to the pitcher, the belly button and the back toes.
3. Two things straight, left arm, and left leg.
4. Two vision points for the eyes, release point and contact point.
5. Two feet make the letter 'T', at the point of contact.
6. Two things greatly bent, right arm and the right leg.
7. The elbow is two inches from the ribs.
8. Two things that are the same angle from the waist down, the bat and shoulders.

"THREES"--IMPORTANT POINTS IN HITTING

*** THREE "Ls" -- LOOK, LISTEN, LEARN.**

No one ever learned anything while they were talking.

*** THREE ROWS OF KNUCKLES**

- Line up the middle row of knuckles
- Lining up the middle row of knuckles causes the elbows to point down.
- Hitters should never start the swing with the back elbow up, as it causes back shoulder to drop.

*** THREE "Rs"**

- * Rest
- * Ready
- * Relax

Prior to the pitcher taking the sign. The bat should be resting on the shoulder, and flat so that a glass of water would balance on it.

THREE CHECKS

- * Measure off -- From the plate for complete bat coverage.
- * Check your feet -- Feet should be slightly toed in for balance
- * Check your hands -- Knuckles lined up, relaxed, and hands should be at top of the strike zone.

THREE STEPS IN HITTING

- Coil -- Hands should be back and up at the top of the strike zone, this helps to keep the front shoulder down.
- Stride -- Head does not move, keep the weight back, don't break the egg.
Short, Soft, Same. Six inches or less. Firm front side.
Stride is done when the pitcher is at the release point.
- Pivot -- Belly button and the back five toes face the pitcher. Bat speed is predicated by hip speed. Hips are the most important part of the pivot. (Hip Pop). Break the letter "A". Firm front side.

CONTACT POINT

The last part of the body that moves are the hands. (Keep your hands back)!
For the right handed hitter: (Reverse for the left handed hitter)

- Left hand is the power hand. Use a karate chop, short swing.
- Right hand goes along for a ride until contact.
- The swing is short to the contact point and long after contact.
- An excellent swing is downward and then levels out at 6 to 8 inches behind the ball.
- Firm front side.

EYE FLICK

Eyes are soft focused on the pitchers cap prior to the pitchers release point.
Eyes are fine focused at the contact point. (After the stride is completed).

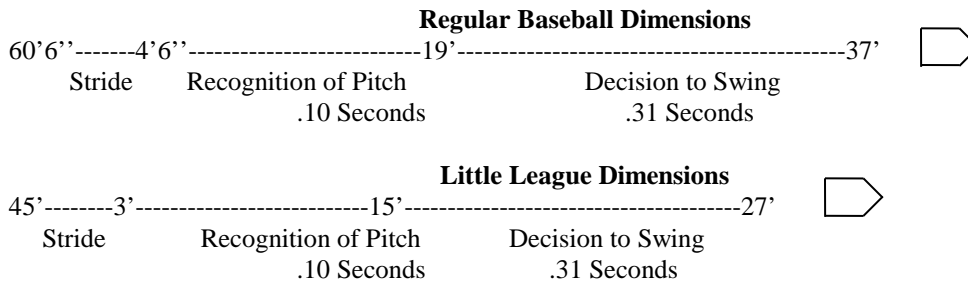
TWO STRIKE PHILOSOPHY:

- Choke up on the bat
- Spread the stance
- Look for the fastball
- Move closer to the plate
- Look out to in for pitch location
- Let the ball get deeper in the strike zone (stay back)

VISUALIZATION IN HITTING

Ted Williams states: “The toughest act in all sports is to hit a baseball.” Why?: If you start your stroke 3/1000 of a second too early or too late, it will result in not making good contact, or missing the ball entirely.

Ted Williams on Concentration: “I know when you consciously concentrate on getting a hit instead of the ball, you will not see the ball as effectively; yet when you and the ball become one, you will see and hit the ball more consistently”.



*** Every action or reaction a hitter makes consist of three main factors:**

1. Visual Judgment from release point to contact point. (Speed, Movement, location of ball)
2. Muscle Memory (Coil, Stride, Pivot, Contact Point, Follow-through)
3. Experience is the storage of information, recall, immediate response.

*** Visual Judgment and Acuity set off the process of properly hitting a baseball:**

1. Vision is the dominant factor in one’s physical and mental preparedness.
2. Quick Recognition from visual impulses determines better results.
3. 90% of hitting problems result from slow recognition or poor visual judgment.

*** Visual Input:**

1. 85% of information transmitted to the brain is initiated from what a person sees.
2. Improper Vision Input causes most of the problems in hitting.
3. We react to What We Think We See!
4. Visual Input separates the poor and average hitters to the great hitters of baseball.

*** Vision Information and Knowledge come from three critical areas:**

1. Types of Focus:
 - “Soft Focus” at the pitchers release point.
 - “Fine Focus” at the contact point.
 - “Tracking” is following the ball from the pitchers release point to the contact point.
2. When to Focus:
 - Look at the Big Picture centered around the pitchers face prior to the release point. This helps with depth perception at 60’6’’ (45’)
 - “Eye Flick” is when the hitter’s eyes move from the Big Picture to the pitcher’s release point. (Soft Focus)
 - “Track” the ball from Pitcher’s release point to contact point. (Fine Focus)

3. Where to Focus:
 - Big Picture -- Pitcher's Head or Hat.
 - Soft Focus -- Pitcher's Release Point
 - Fine Focus -- Tracking and Contact Point.

4. Consequences of improper focusing and tracking techniques:
 - a. If a hitter looks **too early** at the pitcher's release point;
 - Focus turns into a stare.
 - Loss of time in tracking the ball to the contact point.
 - Hitters will tend to overstride, lunge at ball, or commit too early.

 - b. If a hitter looks **too late** at the pitcher's release point;
 - Focus will be blurred, always trying to catch up.
 - Creates a hurried stride.
 - See the ball too late.
 - Cannot track the ball properly, contact point too deep in hitting zone.

 - c. The **position of the head** is very important in hitting;
 - 20% of all visual information sent to the brain is used for balance.
 - The head must be upright and in balance while tracking and at the contact point.
 - If the head is at a bad angle, the hitter will not see the ball properly.
 - If the head moves prior to contact, the hitter is at a great disadvantage.

5. Picking up the Release Point:
 - Use "Eye Flick" technique to pick up the release point. (Big Picture to Soft focus)
 - Hand behind the ball, lot of white = Fastball.
 - Hand outside of ball, less white = breaking ball.
 - Track ball to the contact point, keep head in balance.
 - If pitch is a ball, continue the tracking process to the catcher's glove.

*** Approach to Each Pitch:**

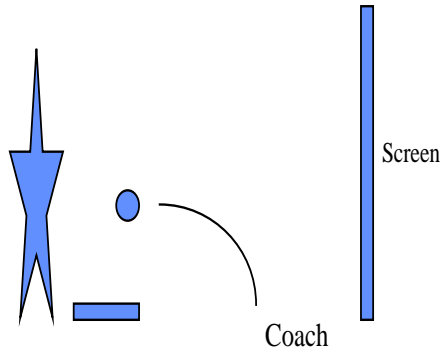
1. The hitter must think that each pitch is hittable.
2. The hitter must want to hit every pitch.
3. Imperative that the hitter must establish an anticipated hitting zone on each pitch.
4. (3 and 1), (2-0) counts, Hitter's pitches, more aggression.
5. (0 and 2), (1 and 2) counts, choke bat, widen strike zone, less aggression.

*** Hitting Drills, (Refer to the following):**

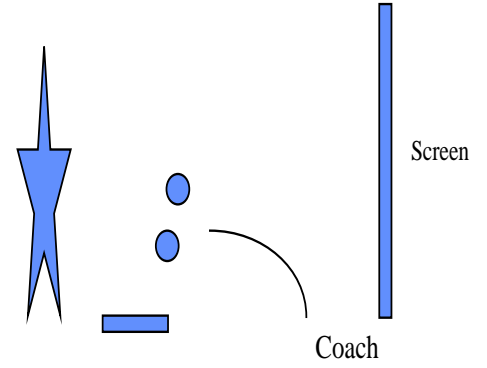
1. A Systematic Approach to Hitting
2. Helpful Hints For Hitting
3. Hitting Problems and Solutions
4. The Most Common Hitting Mistakes and How to Correct Them
5. Hitting Drills

HITTING DRILLS

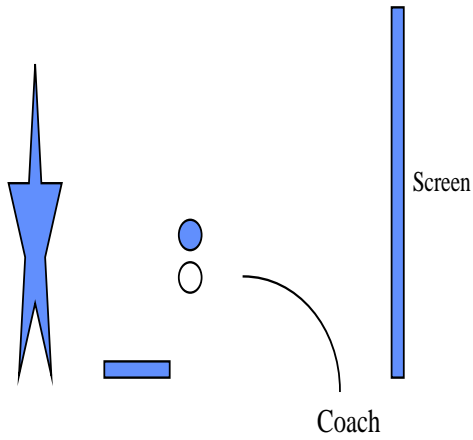
Soft Toss



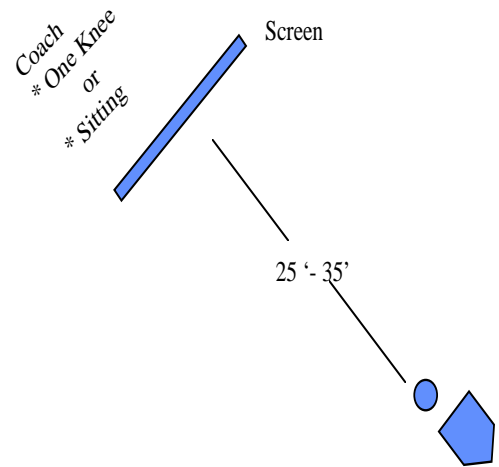
Top / Bottom



Colors



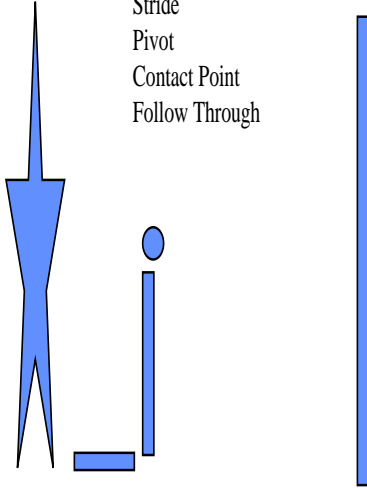
Darts



HITTING DRILLS

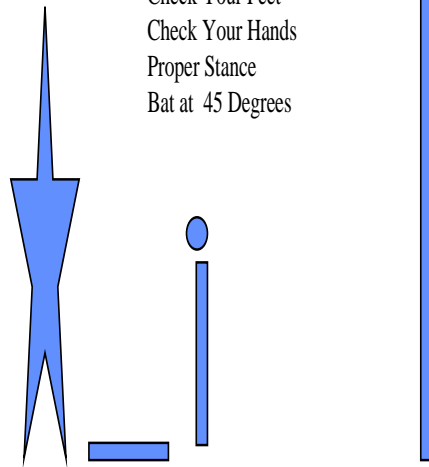
Tee Drill

- Coil
- Stride
- Pivot
- Contact Point
- Follow Through



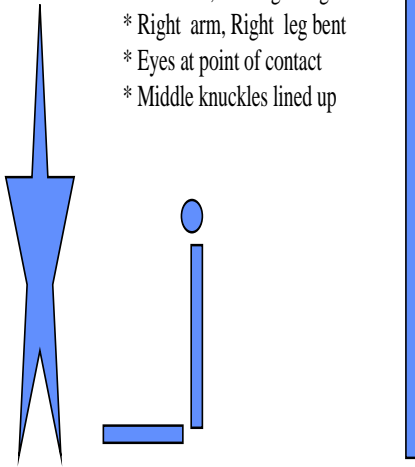
Tee Drill

- Measure Off
- Check Your Feet
- Check Your Hands
- Proper Stance
- Bat at 45 Degrees



Tee Drill

- Contact Point:
- * Two Palms, One Up, One Down
 - * Belly Button faces pitcher
 - * Left arm, Left leg straight
 - * Right arm, Right leg bent
 - * Eyes at point of contact
 - * Middle knuckles lined up

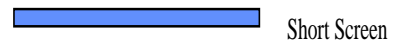


Vision Drill



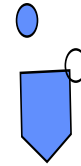
Coach shows fastball
or curveball to hitter

Fastball = Inside Tee
Curveball = Outside Tee



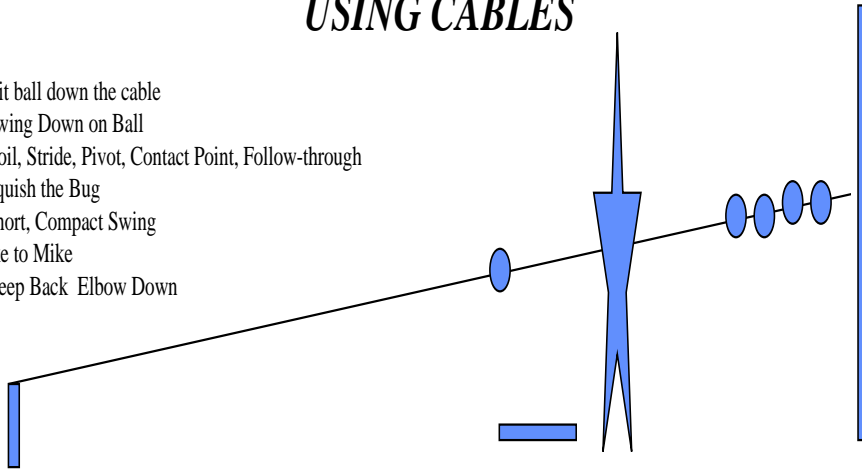
Short Screen

Balls sit on
Double Tee

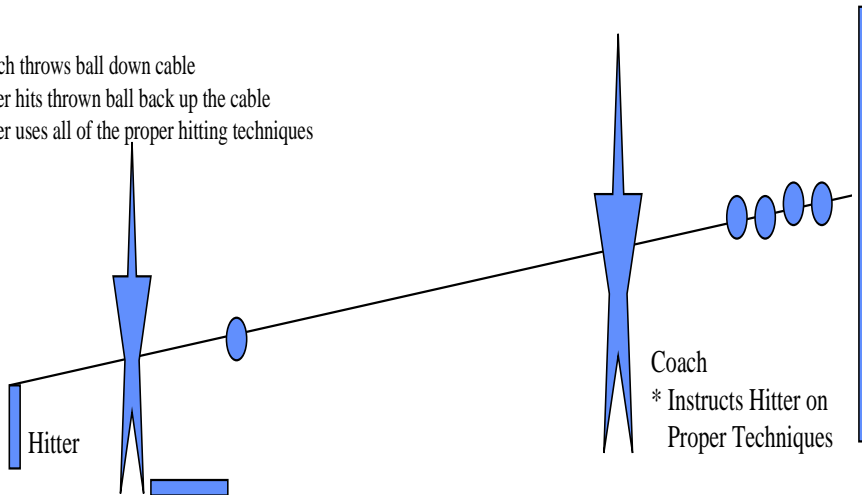


HITTING DRILLS USING CABLES

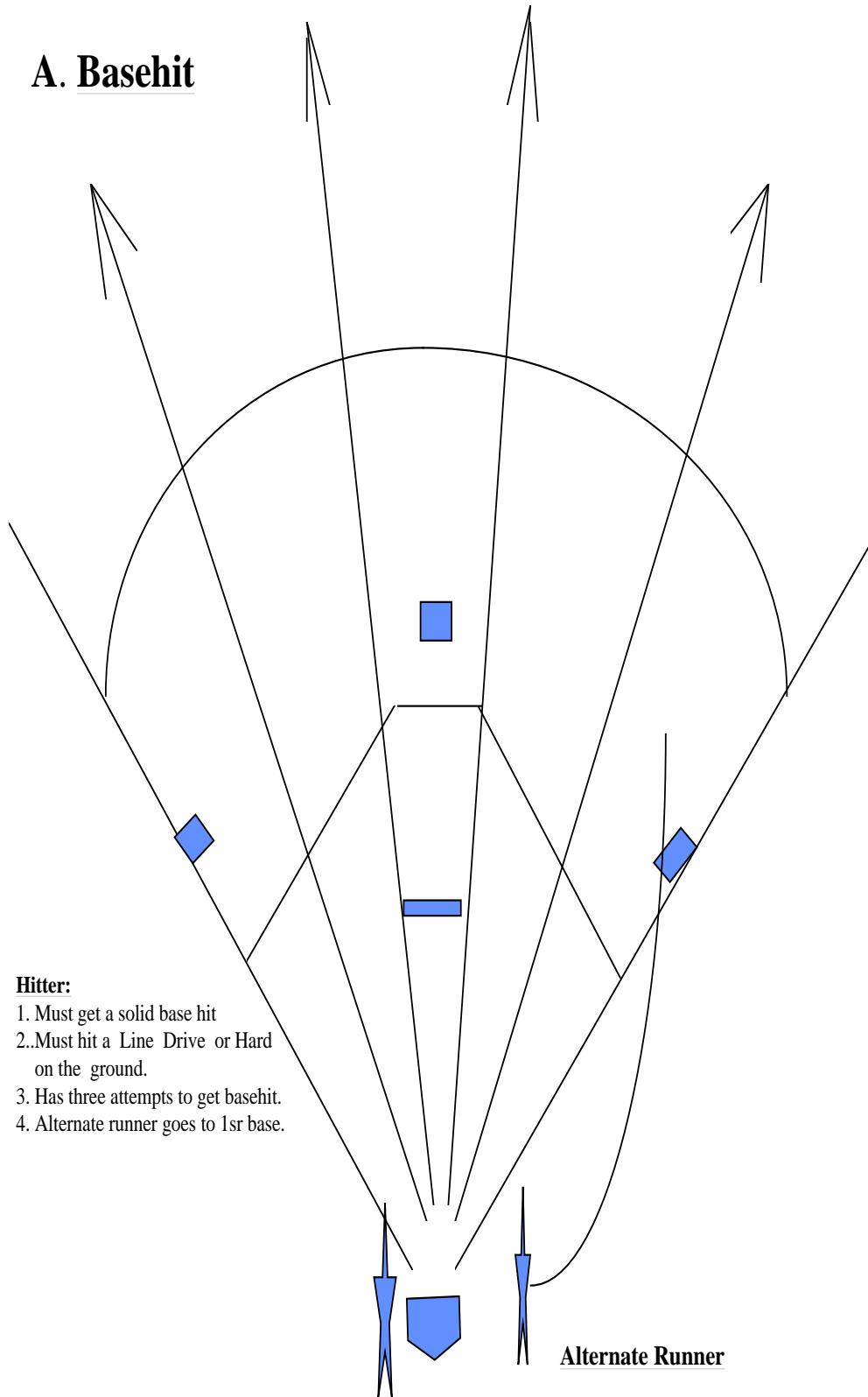
- * Hit ball down the cable
- * Swing Down on Ball
- * Coil, Stride, Pivot, Contact Point, Follow-through
- * Squish the Bug
- * Short, Compact Swing
- * Ike to Mike
- * Keep Back Elbow Down



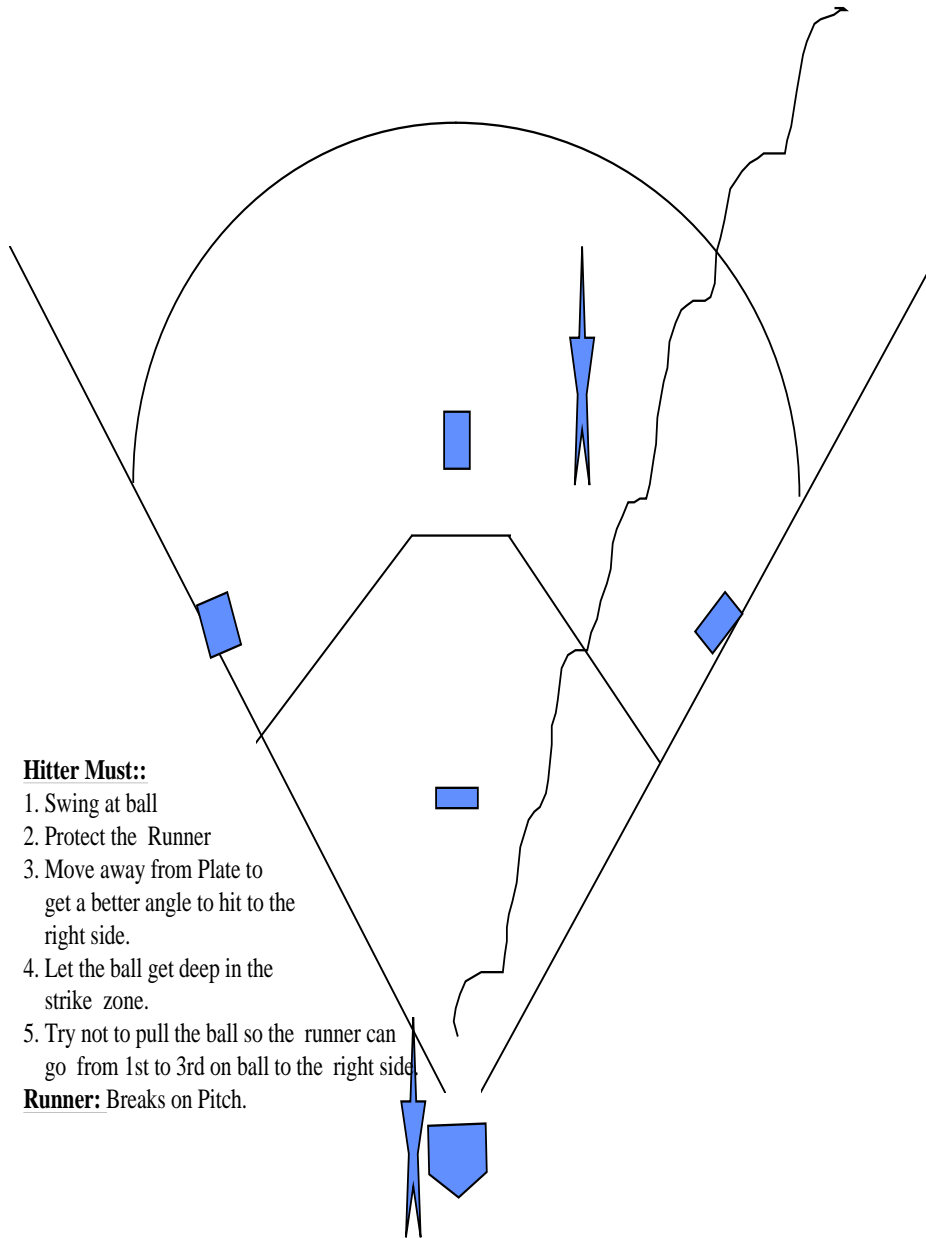
- * Coach throws ball down cable
- * Hitter hits thrown ball back up the cable
- * Hitter uses all of the proper hitting techniques



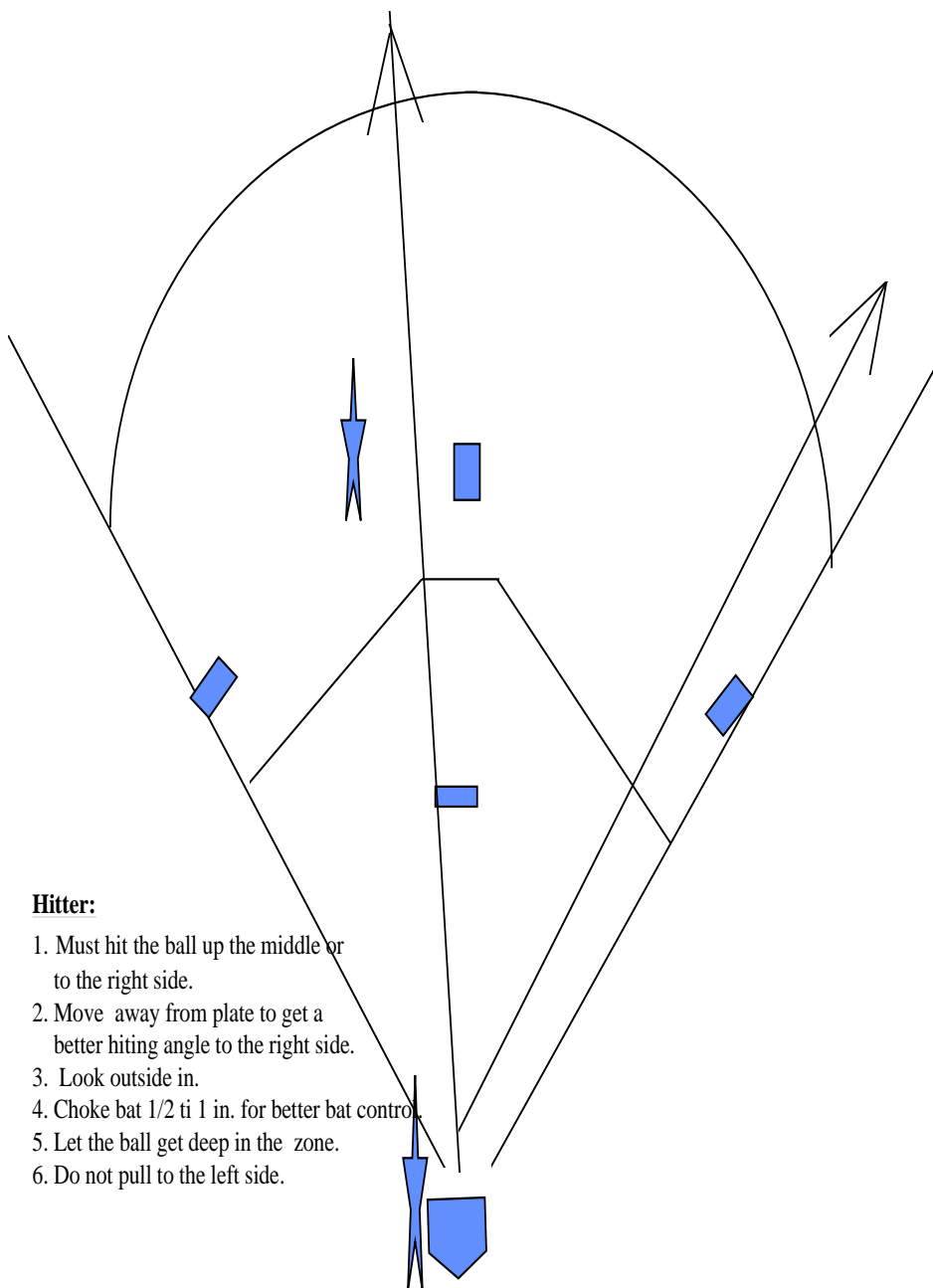
A. Basehit



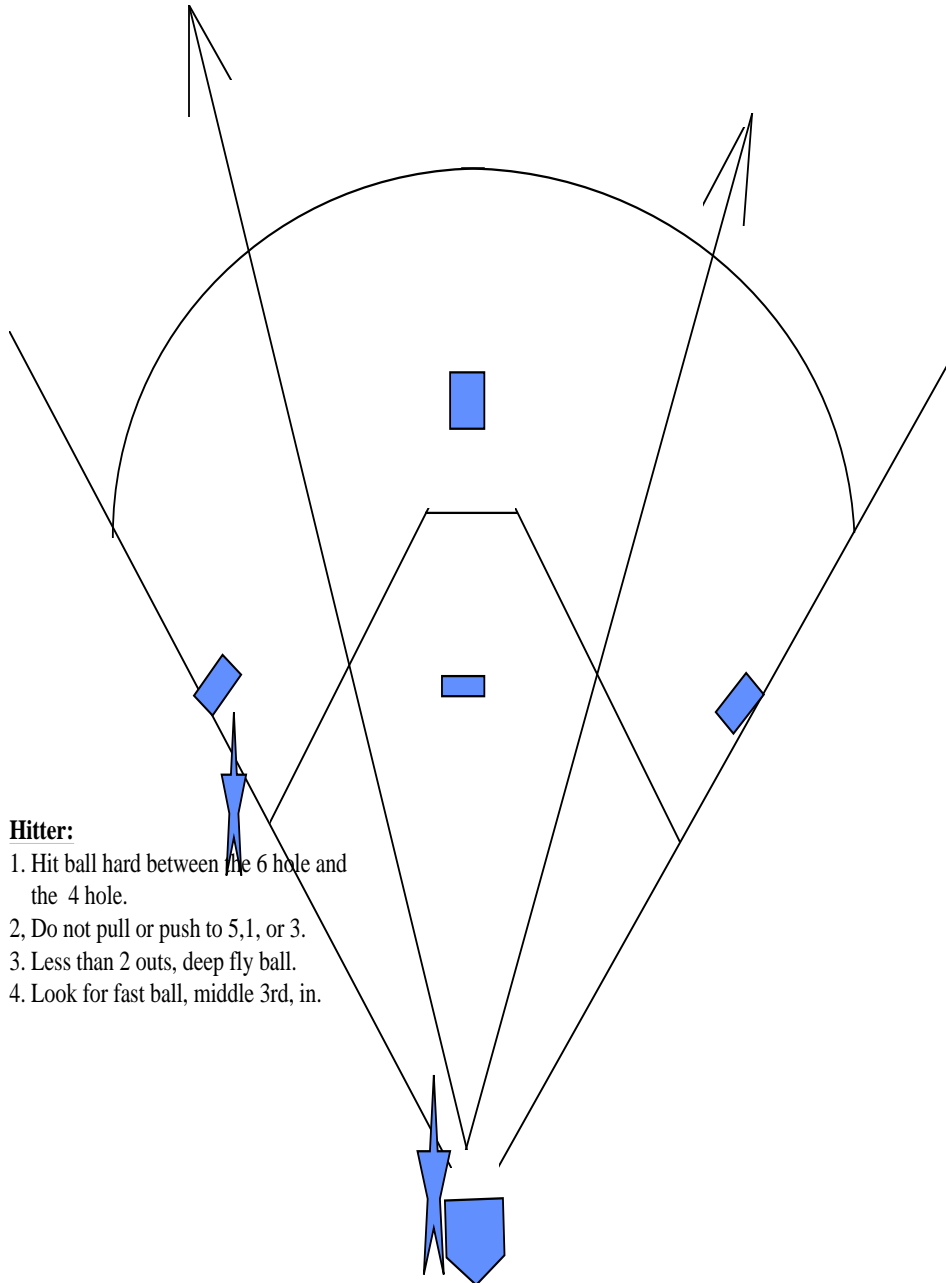
B. Hit & Run



C. Get'm Over



D. Get'm In



HITTING CHART

NAME: _____

BATS: R L S

IN BATING ORDER _____

STANDS IN BOX

FRONT
MIDDLE
BACK

STANCE

OPEN
EVEN
CLOSED

HANDS START

HIGH
CHEST LEVEL
LOW

STRIDES

OPEN
STRAIGHT
CLOSED

HANDS LOAD

UP
BACK
DOWN

HANDS

QUICK
SLOW

HIPS

FLY OPEN
STAY CLOSED



NOTES:

STRENGTHS:

KEYS:
1 = FB
2 = CB
3 = C-UP

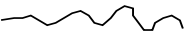
STRENGTHS: _____

IMPROVEMENT: _____

 LINE DRIVE

 FLYBALL

----- HARD GROUND BALL

 SOFT GROUND BALL

HITTING DRILLS

1. ONE-HAND DRILL: (Purpose - grip, and follow-through)

To carry out the one-hand drill, use a short screen to protect the pitcher and have the hitter use a lighter or shorter bat to protect against wrist or shoulder injury. The pitcher kneels down behind the screen, approximately 20 to 30 feet in distance from the hitter. The hitter can either stand or kneel down on his back knee. The hitter can use the top hand or the bottom hand to swing the bat. The loose hand is placed across the chest, which helps the hitter pull his hips through the swing. The hand holding the bat should be placed near the top of the tape nearest the barrel of the bat.

The purpose of the drill is to make good contact, hitting line drives or ground balls. The bottom hand is considered the "power hand". In a proper swing the bottom hand must be on course with the flight of the ball. The top hand hits through the ball and the bottom hand continues the follow-through.

2. 1-2-3-4 DRILL: (Purpose - Dead Stop Hitter)

The 1-2-3-4 Drill is designed for hitters who have difficulty attaining an inward turn, (COIL). They do not go back before going forward. The main problem with the dead stop hitter is that they only have one movement, forward.

Position the hitter in his stance and have him begin moving back and forth. All he needs to do is lift his heels off the ground one at a time, shifting his weight from one side to the other in a bit of a rhythm.

1. rocks toward the pitcher, then
2. toward the catcher, then
3. toward the pitcher, and then
4. toward the catcher (to coil and explode into the swing).

The motion is not an exaggerated one. The goal is to attain rhythm and movement

3. BAT BEHIND THE BACK: (Purpose - Back Foot Lockout)

The hitter gets into his regular stance and places the bat behind his back either right on the belt or on the belt line of his baseball pants. He then puts his hands on the back side of the bat so that he can pull hard while executing the drill.

The hitter strides, and pulls the bat around the back with the head of the bat toward the pitcher. At the same time, he rolls up on the back foot and squishes the bug.

This is an excellent drill for improving the hitter's hip quickness, for developing the habit of squishing the bug with every swing, and for quickening the swing, particularly on inside pitches.

4. SPIN HIT: (Purpose - Stance and Stride, Box, Back Foot Lockout, Bat Angle Front Shoulder Early Release/Quick Hip, Follow-Though)

This drill has many applications and can be used effectively for hitters who:

- * overstride,
- * have a tendency to step away from the pitch into the bucket,
- * tend to lunge at the pitch
- * have a problem hitting the ball to the opposite field,
- * make poor use of the back foot or hips,
- * drop their hands, or
- * keep their back elbow up.

Spin hit can be done while instructing with a hitter at the Tee, or while a coach is kneeling near the hitter (3 to 4 feet away from the hitting area), and under-handing the ball into the contact area. The coach says "SPIN," the hitter then takes a short stride, about 4 inches, at a 45-degree angle toward the plate, steps on the big toe, and "lands on thin ice."

The coach then feeds him the ball. All the hitter needs to do at this point is to worry about hitting the ball hard, rolling up the back foot, and thrusting the hips -- that is squishing the bug.

This drill is outstanding for instructing on all aspects of the fundamentals of hitting. The hitter is in a controlled environment and is not under pressure to do anything but feel balance and how good it feels to hit the ball hard. It is also a benefit to the coach who can better evaluate each hitter.

5. SHORT SCREEN DRILL: (Purpose - Stance and Stride, Box, Dead Stop Hitter, Bat Angle, Follow-Through, Tracking and Head Position).

This drill requires a screen that a coach can kneel down behind and throw pitches within 20 to 30 feet away from the hitter. Throw pitches overhand to the hitter at the desired location and at the desired speed. The coach will be able to "spot the location of the ball," in order to work on certain weaknesses with each hitter.

The short-screen drill accomplishes two goals:

1. It allows the hitter to get a lot of extra cuts that he normally could not get from the regulation distance.
2. It maximizes the hitter's practice efforts.

This drill also relieves many frustrations of youth league coaches who have trouble throwing strikes. When there is lack of control in pitching batting practice, two problems occur:

1. Because the hitter is constantly swinging at pitches out of the strike zone, he cannot work effectively.
2. The hitter spends most of his time trying to get out of the way of the pitch to avoid being hurt.

THE MOST COMMON HITTING MISTAKES AND HOW TO CORRECT THEM

1. Stance/ Stride

Stance- Most common flaw is angling the back foot outward. This makes it nearly impossible to thrust the hips and "squish the bug."

Correction: Position feet about shoulder width (closed, parallel, open), point the toes slightly in (pigeon-toed), knees slightly bent.

Stride - Common mistakes are overstriding, striding at the wrong time, or striding away from the plate (bailing out)

Correction: Stride should be 4 to 8 inches at a 45-degree angle toward the plate. The stride should be completed at the pitchers release point. Feet should remain pigeon-toed.

2. Grip - Young players tend to use the "CHOKER" grip. The term choke should not be confused with moving the hands up on the bat. The choke grip forces the back elbow up, reduces bat speed, and causes an upper-cut at the ball.

Correction: Use the "STANDARD" grip by aligning the middle knuckles of both hands and keep the bat in the fingers, not in the palms of the hands.

3. Box - The hands are too high or low and move back with the coil other than moving back with the body.

Correction: The proper box runs across the top of the shoulders, down the front arm, across the bottom forearm, and then up the back arm. Make sure the back elbow stays down, about two inches from the body.

4. Dead Stop Hitter - The hitter makes absolutely no movement backward before he moves forward to propel himself into the swing. The COIL does not exist which reduces bat speed.

Correction: The hitter must create a coil or inward turn, that is he must move backward before he moves forward. This will help the hitter in gathering strength, and provides the hitter with the ability to time pitches.

5. Back Foot Lockout - The hitter gets no rotation on the back foot and no hip thrust during execution of the swing. This forces a loop in the swing, reduces strength in the lower body, and the outside pitch is physically impossible to hit.

Correction: Bat behind the back drill. Have the hitter place the bat behind his back, resting it on his waistline. With his hands behind the bat in a firm grip, he then gets in his stance, takes his stride and stops. Once he has stopped, he takes his back hand and forcefully pulls the bat around his waist. The idea is to pull hard. When he does so, he will roll up on the back foot, and squish the bug.

6. Bat Angle - This is a common error with young players. Most players tend to hold their bats at a 90 degree angle. This angle makes it difficult to lay the bat down level in the strike zone and be at the same plane as the ball. Hitters also tend to wrap their bats in back of their heads which elongates the swing.

Correction: The recommendation to keep the bat at a 45 degree angle which allows the hitter to transfer the bat into the hitting area more easily. It should allow the hitter to make more consistent contact based on a shorter swing and more bat control.

7. Front Shoulder Early Release/ Quick Hip - Releasing the front hip and shoulder before the ball reaches the hitter is generally a compensation for a back foot that does not do its job. The hitter is only using his arms to hit the ball with less than 50% of his possible strength.

Correction: Utilize drills by having the hitter point his shoulder at the ball and hit to the opposite of the field. The idea is to keep his shoulder in as long as possible. The next step is to start including the back foot and hips. The "power explosion" must come from the back foot and the hips, not the front shoulder.

8. Follow-Through - Many younger players fail to continue the swing to its completion, with the bat around the hitters front shoulder. Many hitters with this difficulty lack aggressiveness in their swing, or use an incorrect grip. Usually the hitter will start slowing down the swing at the point of impact. These hitters tend to be insecure.

Correction: Keep emphasizing, "Follow-through, finish the swing." Make sure the hitter is using the standard grip, (middle knuckles lined up properly). In a good swing, the hitter starts the swing short, hits through the ball, and finishes long to avoid cutting off the swing.

9. Tracking and Head Position - When the hitter is not tracking the ball properly, he is not seeing the ball all the way from the release point of the pitcher to the hitting area in front of the plate. This makes the hitter swing late on fast balls and early on breaking pitches. A related mistake is not keeping the head down on the ball with the chin down on the chest at the point of contact. The swing is always more powerful when the hitter keeps his head down!

Correction: Suggest that the hitter choose a focal point on the pitcher -- perhaps the lettering on the cap or his eyes. As the pitcher brings his arm forward, the hitter then moves his eyes to the release point. The eyes then track the ball into the hitting area. The head stays down, with the chin close to the chest. Use both eyes, and do not tilt the head during the swing.

10. Fear of the Ball - This is a common problem with most young hitters. They are more concerned with avoiding a pitch rather than carrying out the proper fundamentals, primarily the ball from the release point to the contact point.

Correction: Work on tracking and head position to help eliminate fear of the ball. Equally important is to teach young hitters how to get out of the way of the ball in the proper manner. Coaches should teach the proper manner by turning the front shoulder and body inward toward the catcher. Fear of the ball can also be minimized by having players concentrate on watching the ball longer when playing catch with another player. Use tennis balls or whiffle balls to practice getting out of the way.

11. Taking your eye off the ball

Correction: Concentrate hard on keeping your head still and upright. Follow the ball with your eyes all the way to the point of contact, and by hitting in front of the plate.

12. Popping up or having difficulty making contact.

Correction: Shorten up about two inches on the bat. Try to just meet the ball, by hitting down on the ball.

13. Undercutting the ball.

Correction: The back shoulder is being dropped, forcing the bat into an upper cut. Try keeping shoulders level, or lower front shoulder slightly.

14. Trying to hit the ball too hard.

Correction: Try and make solid contact and consider waiting a little longer on the ball. Try to hit the ball to the opposite side. Do not overswing.

Mental Approach Drills

There are four drills used for the Mental Approach workout. The intent is to have the player practice his mental discipline in his approach to hitting. Having the proper mental approach in your at-bat against a good to great pitcher can give you the edge needed to be successful. A good pitcher has a plan, the hitter just have a plan through a solid mental approach. Don't confuse thinking too much with having a great mental approach to your at-bat. In fact, you have to be very skilled in your mechanics and awful lucky to have scuds in this situation. Instead, plan your approach based on the type of pitcher you are facing, the situation you are in or the particular pitching patterns utilized by the opponent on you/or your teammates. The following four drills will encompass 90-95% of all your at bats. They are:

- PMA—Let the ball dictate
- Middle to away
- RBI Approach
- Two-Strike Approach

PMA – Let the ball dictate. Pull, Middle, & Away

In this drill the objective is to hit the ball where it is pitched. In a cage you set the pitch to be in the middle of the plate. Take your normal stance then move closer to the plate by 2". This will make the pitch be an inside pitch, one which you should Pull. On this type of pitch, recognition is important. You need to use your hips (full rotation) with your hands getting inside the ball. If you hit the ball on the barrel without hooking it, the contact will count. After success on Pull you back off the plate 2" and work on hitting the ball up the Middle. Obviously, you need to let the ball get deeper in the hitting zone than you would on pulling the ball. After successfully hitting the ball on the barrel up the middle you would then back off the plate an additional 2" to make the pitch be away. You need to let the ball get deep and hit it Away. You repeat the drill for 3 rounds. The best score is 9, the works score is stopping at 21. The average score is 15. The scoring portion of this drill is the mental part. After a lack of success in one of the PMA's the hitter has the tendency to think too much and try to aim the ball instead of maintaining the proper hitting mechanics necessary to be successful. The frustration is the same when a batter has one or two bad at-bats during a game. The hitter must re-group during the drill. Regaining focus and concentration as well as slowing the game down are most important. Too often the hitter thinks about failure of the last hit or thinks about the potential success of the next hit instead of **What's Important Now**. The WIN concept is vital to the players success. He needs to practice it to get better at it.

Middle to Away

You practice this drill for three reasons:

1. Situation Hitting; i.e.: Get 'em over & Get 'em in.
2. Versus an offspeed pitcher who pitched away most of the time.
3. When you are in a mental slump

In order for a player to be comfortable in their approach in the areas above they need to get the proper repetition. This drill has to become boring, so the player can easily take this approach into the game. All of the above can be predetermined prior to the player's at-bat if he is doing his job of recognition during the game. Again, it is important so that the player doesn't think in the batter box but instead uses the power of suggestion with himself to have a successful approach in his at-bat. The drill works as follows: In a batting cage, set the pitch in the middle of the plate. The player's goal is to hit the middle and/or away panel in the cage. It doesn't matter how hard he hit the ball. We are looking for a particular direction (middle to away). It may be an ugly weak hit but it would be effective. The player has 3 warm-up swings and then is scored on a best of 15. Scoring is gauged by direction as long as the ball is judged to be fair and not a pop-up. You can generally score it based on whether the player would have gotten the runner over or if he got the runner in. The biggest problem hitters have is pulling off the ball or as I refer to it as hitting through two balls to extension to your follow-through. The player should get 12 of 15 in the scoring. Anything above is outstanding.

RBI APPROACH

The intent of this drill is to have the player practice their mental discipline, as well as, practicing their ability to be able to focus in a pressure environment. The situation is as follows: runner on second, two outs, bottom of the seventh and your team is trailing by one run. Your teammates want you to – get a hit! Your coaches want you to – get a hit! Your parents want you to – get a hit! Therefore, all you can think of is – getting a HIT!!

Wrong approach! The player instead tries to focus on having a great at-bat. Getting a GREAT PITCH and taking a GREAT SWING (GP/GS). To be successful in this approach in a game or in this drill, the hitter must have a proper pre-pitch routine. He needs to focus on getting into a zone. Nothing will distract him toward his goal of GP/GS. The ball is set-up down the middle of the plate. I use different types of balls so that they are not grooved on every pitch. I don't want the hitter to be a "cage hitter" (one who swings at every pitch that comes out of the machine). Be aggressive but be disciplined. The hitter is scored on best of 15. If he hits it hard on the barrel (no hooking), in fair territory then he is able to score a point. 6 to 9 out of 15 is acceptable. Scoring needs to be tough to provide the proper pressure and competitiveness in the player.

TWO STRIKE APPROACH

For a player to be a great hitter they must be successful in their two-strike at-bats. There are certain physical & mental adjustments which need to be made to have a proper success rate. Physical adjustments are as follows:

- Choke-up on the bat
- Spread your stance

Mental adjustments are as follows:

- Look out to in
- Let the ball get deep & and go oppo.
- Expand your strike zone
- Swing it (Its not choke and poke!)

When a pitcher has you 0-2, he doesn't have to throw you a strike to get you to swing. Too often the player has improper weight transfer, whereby, a pitch that ends up in the dirt is swung at because the players weight is too far forward giving him the perception that the pitch is a good one. If a player is thinking "oppo" & letting the ball get deep he won't offer at that pitch but if its borderline he is able to 'spoil' he pitch by fouling it off.

Most 2-strike pitches way are pitches which cannot be driven. The pitcher wants the hitter to put the ball in play, weakly. Or, hook is on the ground. In this drill the hitter works on fouling off every pitch (spoil it). The ball is set on the black or a couple of inches off the plate. He must let the ball get deep, have quick hands and a short swing. If the hitter reaches for the ball the barrel will drop and he will have a long slow swing. Not only is tis drill good for a solid two strike approach, but it can also help teach the player to learn how to shorten his swing for the time he faces a plus-fastball type pitcher. It is scored on a best out of 15, with 12-15 being an acceptable score. Again, frustration at lack of success in this drill will teach the player that they need to re-group, get their focus, in order to be successful.

It is my belief that bad mechanics in a good player is the result of poor mental approach. These drills put pressure on the player to perform. It brings out their competitiveness or lack thereof. And most importantly it gives them the opportunity to practice their mental approach to the game of hitting. Something very few players do. You can't address poor mechanics during a game but you can address the lack of proper mental approach to hitting, if the hitter has practiced it enough before the game. If all of these drills become boring then the player can take these approaches into the game with them and be more successful. The mind is the best computer ever created. But with all of its complexities it can only think of one thing at a time. Hopefully the hitter is thinking of a proper mental approach not what happened in the past or in the future.

THROWING

Palm down facing the ground, half way round. The Giant bites the Apple. Turns into the letter 'L'. Elbow first, Palm second, Fingers last, Arm ends on the opposite side of your body.

Sideways to hit and Sideways to throw.

1. "4" Seam Grip.

- * Helps with accuracy.

- * Ball will carry farther

2. Rifle Site

- * Glove hand thumb faces the ground

- * Violent shoulder exchange occurs just before release of ball

3. Shoulder

- * Points in the direction of the target

- * Sideways to hit -- Sideways to throw

4. Elbow first, Palm second, Fingers last.

5. Follow Through, Pick up some grass.

- * Throwing arm should be on the opposite side of the body.

PLAYING CATCH DRILLS

The following drills can be used in developing skills in proper throwing and catching techniques:

1. BREAK AND THROW (With or Without Baseball)

Start each player in a sideways to throw position:

- * Hands are together.
- * Knees are flexed, feet are placed slightly wider than shoulders.
- * Posture is tension free.

Coach commands “Ready..... Break”

- * Each Player breaks hands and freezes at Goal Post position
- * Coach checks for:
Balance, 4 seam grip, Rifle Site, Giant Bites Apple, and throwing are in the “L” position.

Coach commands “Ready..... Aim -- Fire”

- * Each player throws ball accurately to his receiver.
- * Coach check for:
Full arm rotation and follow-through on other side of body, Heel to the sky, proper hip roll, good balance being ready to become the receiver.

2. RECEIVING THE BALL

Start each player in the ready to receive position:

- * Hands chest high, extended, with arms in a tension free position.
- * Glove should be facing the sky, and open.
- * Should be in a balanced athletic position, on balls of feet.
- * Feet should be heel to toe, knees are flexed for balance.
- * Throwing hand should be near glove.

As ball is thrown:

- * Player anticipates ball being thrown low to high, never high to low.
- * Move feet, step to the ball in an athletic position.
- * Do not reach for the ball, let the ball get to you.

Catching the ball:

- * Player catches the ball with an open glove, and moves to the break position in order to be able to throw the ball.
- * Move feet to the sideways to throw position as quickly as possible.

FIELDING

1. OVERVIEW:

- * Fielding is repetition and working on fundamentals.
- * Everyone works on hitting, few work hard at becoming better at defensive skills.
- * Too many players feel they have only one position.
- * Players need to work at more than one position, because they become more valuable to the team.
- * Players need to know how to play proper catch and throw.
- * Qualities of good defensive players.
 - Good baseball knowledge
 - Good equipment
 - Good fielding fundamentals
 - Excellent players have the above + Balance, Speed, Range, Strength.
 - Soft Hands
 - Fearless

2. STEPS IN FIELDING:

- a. Pitcher is the trigger -- Fielders move around, Groom area, Situations, Look for sign.
- b. At the release point -- Ready Position, Good balance, Good athletic position, glove down and open.
- c. At the contact point -- Move feet, never static, must have body movement, on the balls of feet.
- d. Ball hit to the player -- Cut off the angles, stay down on a ground ball, come around the ball.
- e. Field Ball -- Right/Left, Field, Right/Left, Throw. Alligator or Pinkie to Pinkie, Knees bent, butt down, field under and through the ball, funnel the ball, Bottom to Top. Crow Hop.

3. THROWING

- a. Always use the "four seam grip."
- b. Shoulder points at the target.
- c. Feet form an "L" for balance prior to release of ball.
- d. Elbow first, palm second, fingers last.
- e. Violent shoulder exchange.
- f. Sideways to hit ---SIDEWAYS TO THROW.

4. DOUBLE PLAY EXERCISES

- a. Shortstop and Second usually "pinch the middle" and move in 2 or 3 steps to play the percentages.
 - b. Read the signs from the catcher and position for fast ball or off speed pitch.
 - c. Know the speed of the hitter and the runner(s).
- * DARTS: (Ball hit away from second base)
 - Shortstop fields, pivots, drops right knee, throws to second.
 - Second base fields, pivots, drops left knee, throws to second.
 - No extra steps during this drill, do not stand up to throw, stay down.
 - * BOWLING: (Ball hit up the middle)
 - Field ball and "lay it on the table."
 - Show the ball with palm up as if bowling.
 - Keep momentum going during the follow-through.

5. FIELDING DRILLS (Used to develop quickness of hands and feet)

- * Short-Hop
- * 4-Square
- * Bull In the Ring
- * Relay Line
- * Drop Tag / Sweep Tag
- * "Pickle"
- * Quick Catch / Quick Feet (Using Stop Watch)

INFIELD PRACTICE

BASIC RULES

- * Play your proper position during batting practice, not in the holes.
- * If one player is fielding fungos, other infielders can be playing the ball off the bat.
- * Set up situations during batting practice, (no one on, men on base, # of outs)

GROUND BALLS

- * Take 30 to 50 ground balls every practice. Balls to left, right, directly at infielder with various speeds.
- * When fungi hitter tosses ball in air, infielder assumes the “ready position”:
- * Practice coming around the ball, or cutting off the angles with intention of throwing the ball to either First, Second, Third or Home.
- * Infielder should establish a game like situation with every ball hit to him.
- * Practice footwork with every ground ball, always come to the throwing position.
 - Infielders don’t need to throw on every ball, but they must go through the process of getting the ball to the release point.
 - Infielders should be on the balls of their feet, field the ball in front, and move to the ball.

DOUBLE PLAYS

- * Each infielder should start a double play 15 to 20 times each practice.
- * Middle infielders should practice “bowling and darts” each practice.
- * Each player should take fungos for the Double Play, and should also take balls off the bat during batting practice.
- * Practice proper footwork, staying down, moving to the ball, and getting the body in a position to make the proper throw.
- * Each player should receive balls to the left, right and directly at in order to practice coming around the ball.

POP-UPS

- * Take from each position
- * Communicate with “Ball, Ball, Ball”
- * Catch ball and look for the next play.
- * Practice “drop step” for balls in back of infield.
- * Practice balls in back of Third Base, First Base, Middle of Infield.

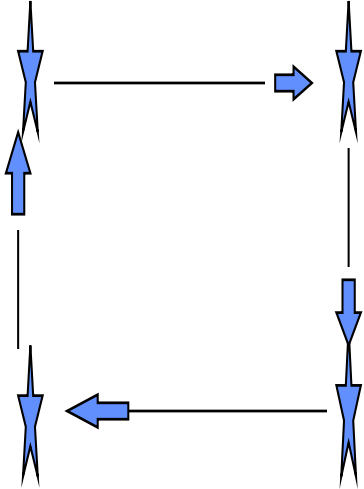
Fielding Drills

Four Square

Clockwise

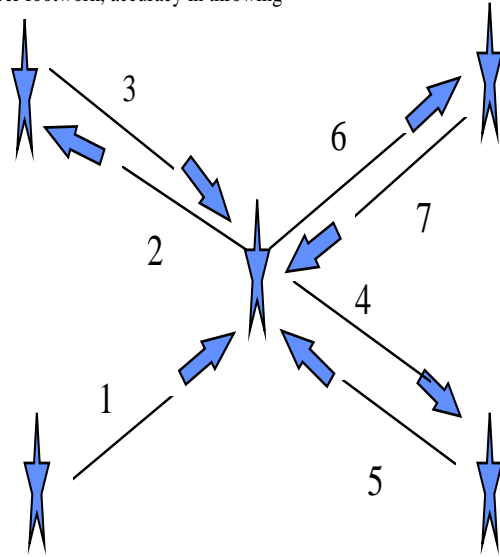
Counter-Clockwise

Proper catching, throwing, footwork



Bull In The Ring

Proper footwork, accuracy in throwing

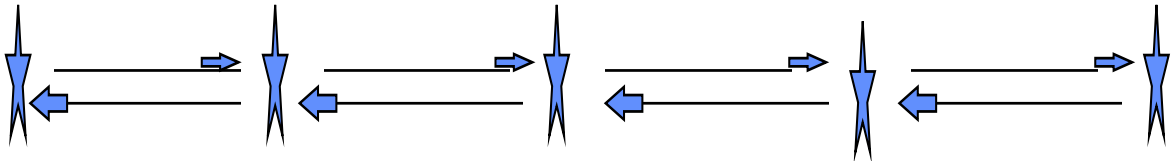


Relay

5-6 players in a line.

Middle players should move feet to ball, use drop step to prepare for next throw.

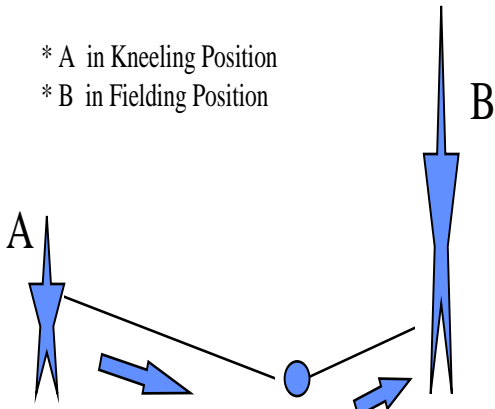
Ball should be thrown to the glove side.



Fielding Drills

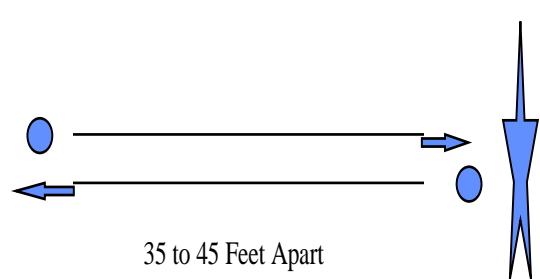
Short Hop Drill

- * A in Kneeling Position
- * B in Fielding Position

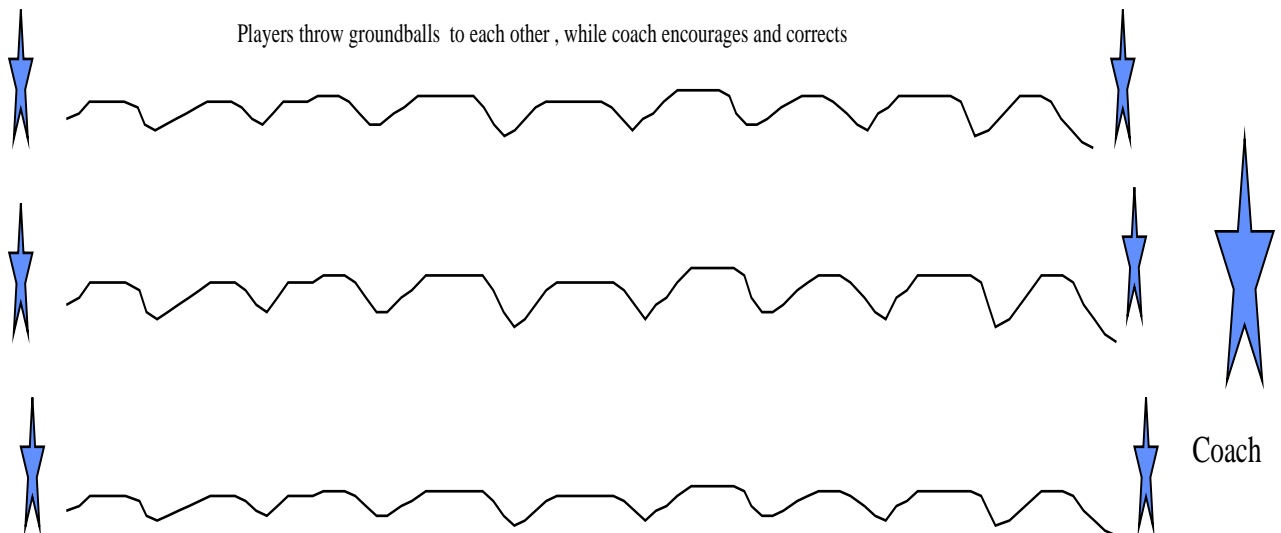


Quick Hands Drill

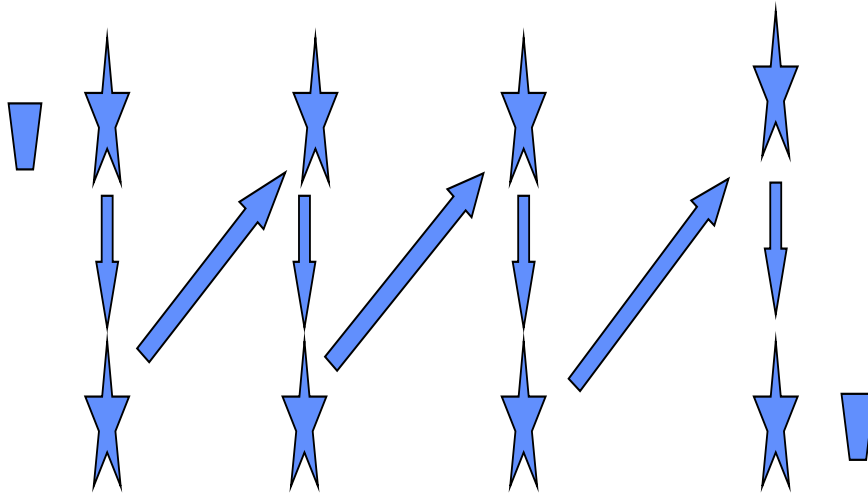
- * Catch and Return Ball as quickly as possible
- * Quick feet equals quick hands
- * Time for 20 to 30 Seconds



Group Instruction



Throwing Relay



Objective: To improve throwing and catching skills.

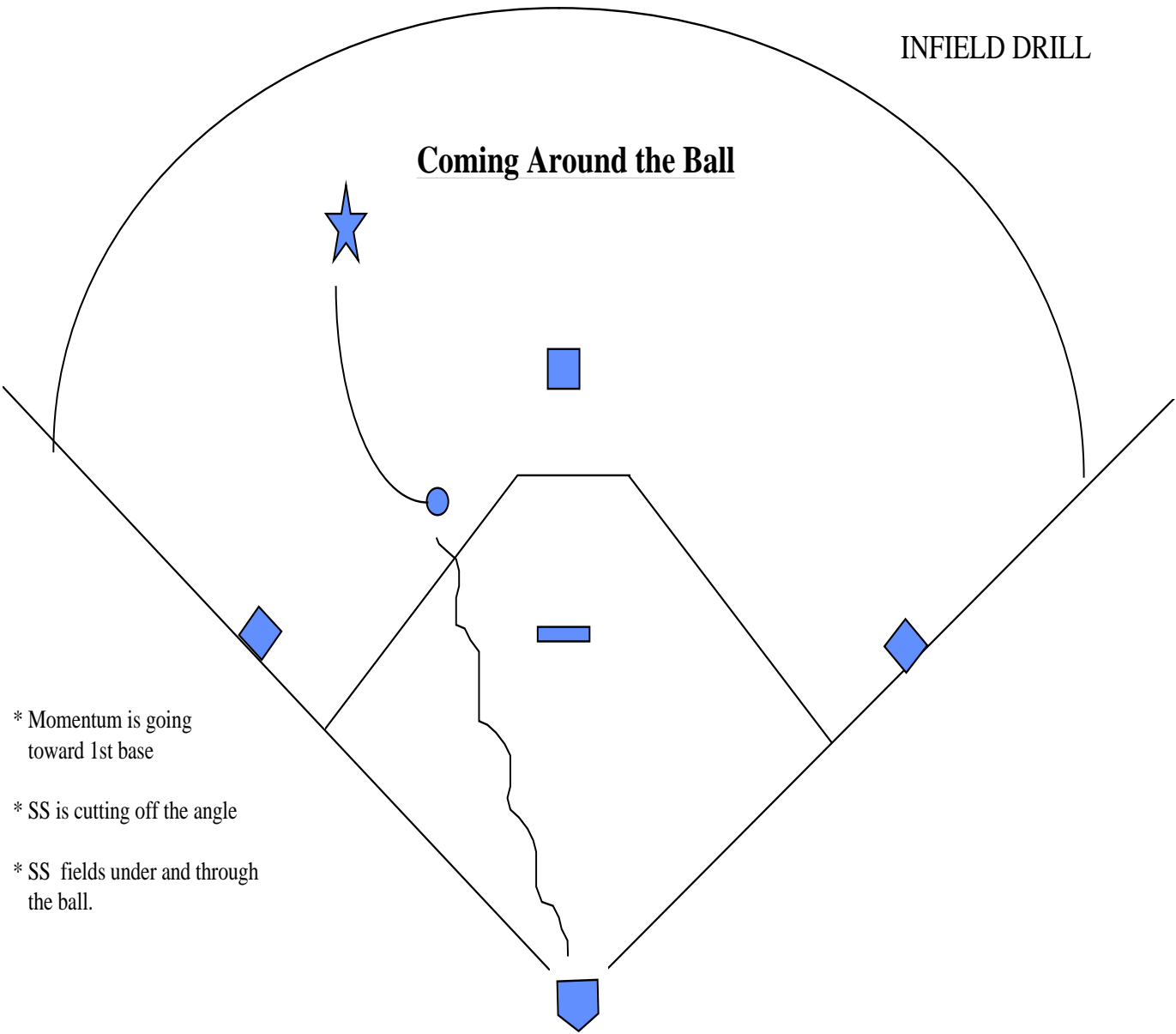
Set up Have players pair up throwing distance apart as shown by the diagram above. (Throwing distance will vary depending on your players ability)..

Directions: Player #1 takes a ball from the bucket. On the coaches signal he accurately throws the ball to player #2, who in turn throws the ball to player #3, and so on until the last player receives the ball and places it into the bucket at his end. Repeat the sequence above until the desired number of ball have been thrown, or the bucket is empty at one end. Repeat by having the players throw from the opposite end.

Suggestions: Use a stopwatch, Use only one ball at a time

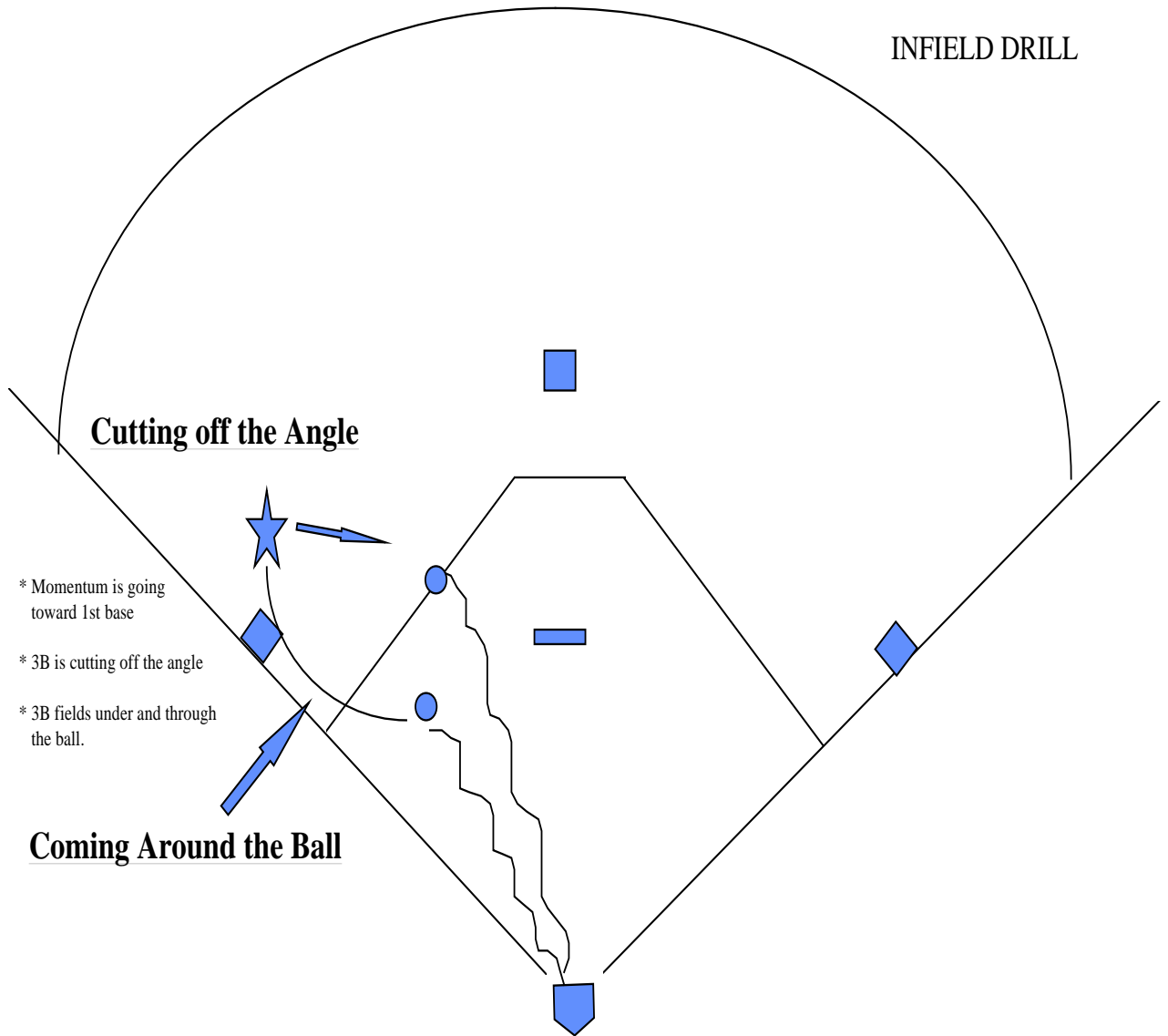
INFIELD DRILL

Coming Around the Ball



- * Momentum is going toward 1st base
- * SS is cutting off the angle
- * SS fields under and through the ball.

INFIELD DRILL



FIRST BASE PLAY

1. Ready position with no one on base.
2. Going to the bag after the ball is hit.
3. Straddling the bag.
4. Shifting for all types of throws.
5. Tagging the runner up the line after a bad throw.
6. Scooping low throws.
7. Fielding ground balls.
8. Going to the left, right, coming in.
9. Holding runners on first base, body and glove position.
10. Getting off the bag after pitch.
11. Tagging runners coming back to first.
12. Pop-ups.
13. Throwing to different bases after covering first base.
14. First base throwing to pitcher covering first.
15. Pick-off responsibilities (1st and 2nd, bases loaded).
16. Playing hitters (to pull, straight away).
17. Rundowns.
18. Cut-off responsibilities
19. Unassisted put-outs.
20. Bunt responsibilities and various play situations.
21. Position -- "Normal", "Halfway" and "In".
22. Making sure runners tag first on extra base hits and also on tag-up plays going from 1st to 2nd
23. Helping catcher and pitcher on steal plays and delayed double steals.
24. Covering other bases if necessary and backing up.
25. Giving target in foul territory for catcher and pitcher on plays near first base line.

OUTFIELD DRILLS

DAILY THROWING EXERCISES

- * Always stretch completely prior to throwing.
- * After warming up, Outfielders should never throw less than 70 feet (8-12 years) or less than 120 feet (older age groups) This helps to create a correct long arm action.
- * Outfielders should play “long hop toss”.
- * Depending on age group, select a distance for the outfielder to hit the cutoff.
- * Throws should be to the infielders chest on the glove side.

FLY BALLS

- * Player should attempt to catch the ball with his/her body position going towards the area where the ball is to be thrown.
- * Balls should be caught with two hands, with arms extended on the throwing side if possible.
- * Player should be in a position to catch and throw with balance and good footwork.

FLY BALL EXERCISES

- * Angle of pursuit to sides (left and right angles).
- * Drop step (left, right, over the head)
- * Catch ball below the waist (line drive left, right, directly at player).
- * Ball in the sun.

GROUND BALL EXERCISES

- * Outfielders can drop to one knee on routine groundballs to make sure the ball is fielded.
- * Balls hit left, right and directly to the fielder.
- * Incorporate a throwing motion after fielding the ball. (Saves the arm and helps improve footwork).
- * Do or die to home plate. Make sure the player fields through the ball and does not stop momentum.

IMPROVEMENT DURING BATTING PRACTICE

- * Take appropriate position, do not stand in the alleys during batting practice.
- * Play the ball off the bat, set up a situation and make appropriate play without throwing the ball to the infield.
- * Take fungos between pitches (ground / fly balls/ communication skills)

CHARGING GROUND BALLS

* Directions -- The coach lines up between four to eight players about 90 - 120 feet directly in front of himself. The coach then rolls a ground ball so that the player has to charge the ball to field it. After fielding the grounder, the player throws the ball back to the coach and then jogs back to the end of the line.

*Variation -- The coach can throw the grounder to the right or left of the player so that the he/she can work on charging and rounding the ball to make the throw back to the coach.

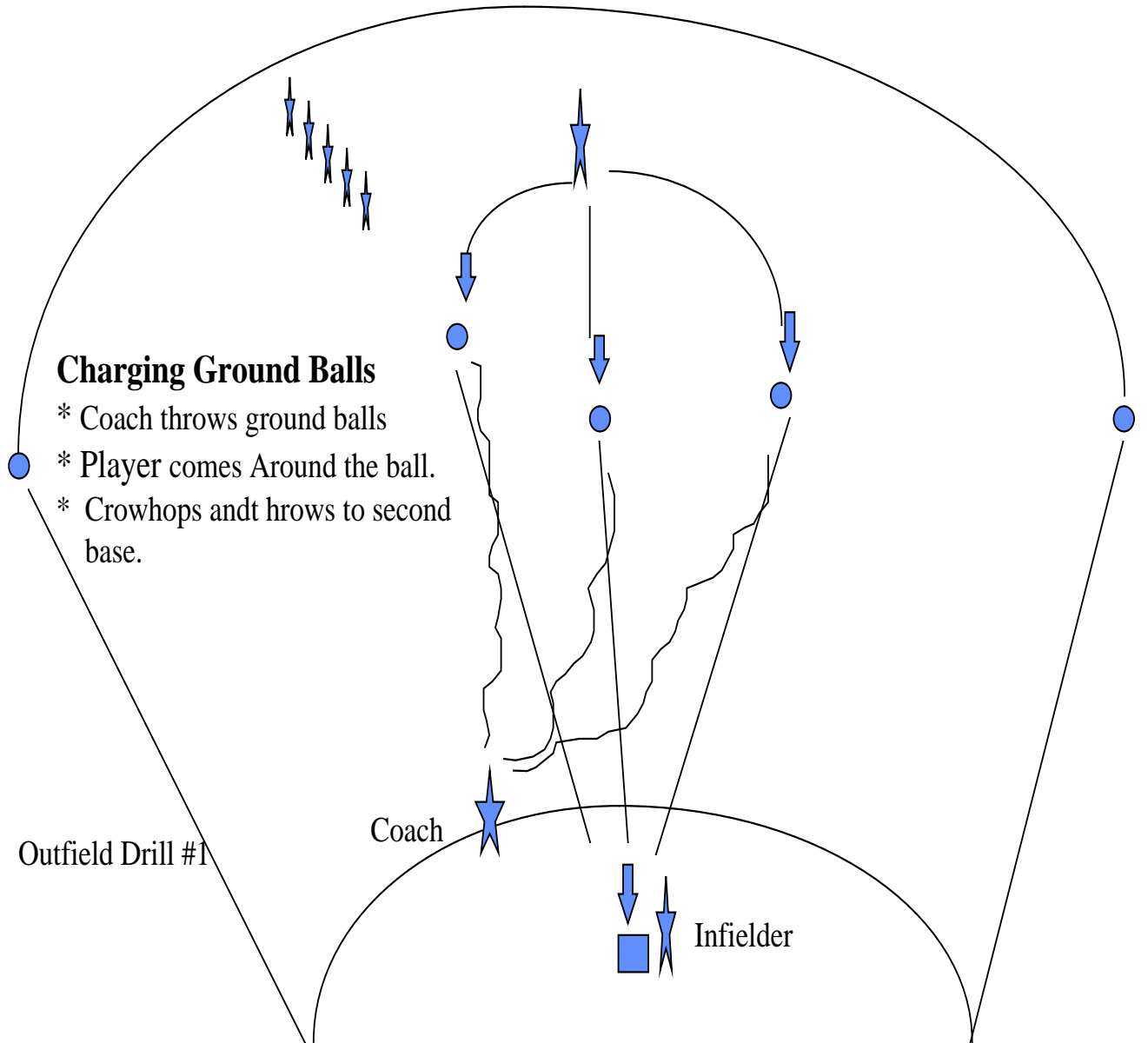
OVER THE SHOULDER CATCH

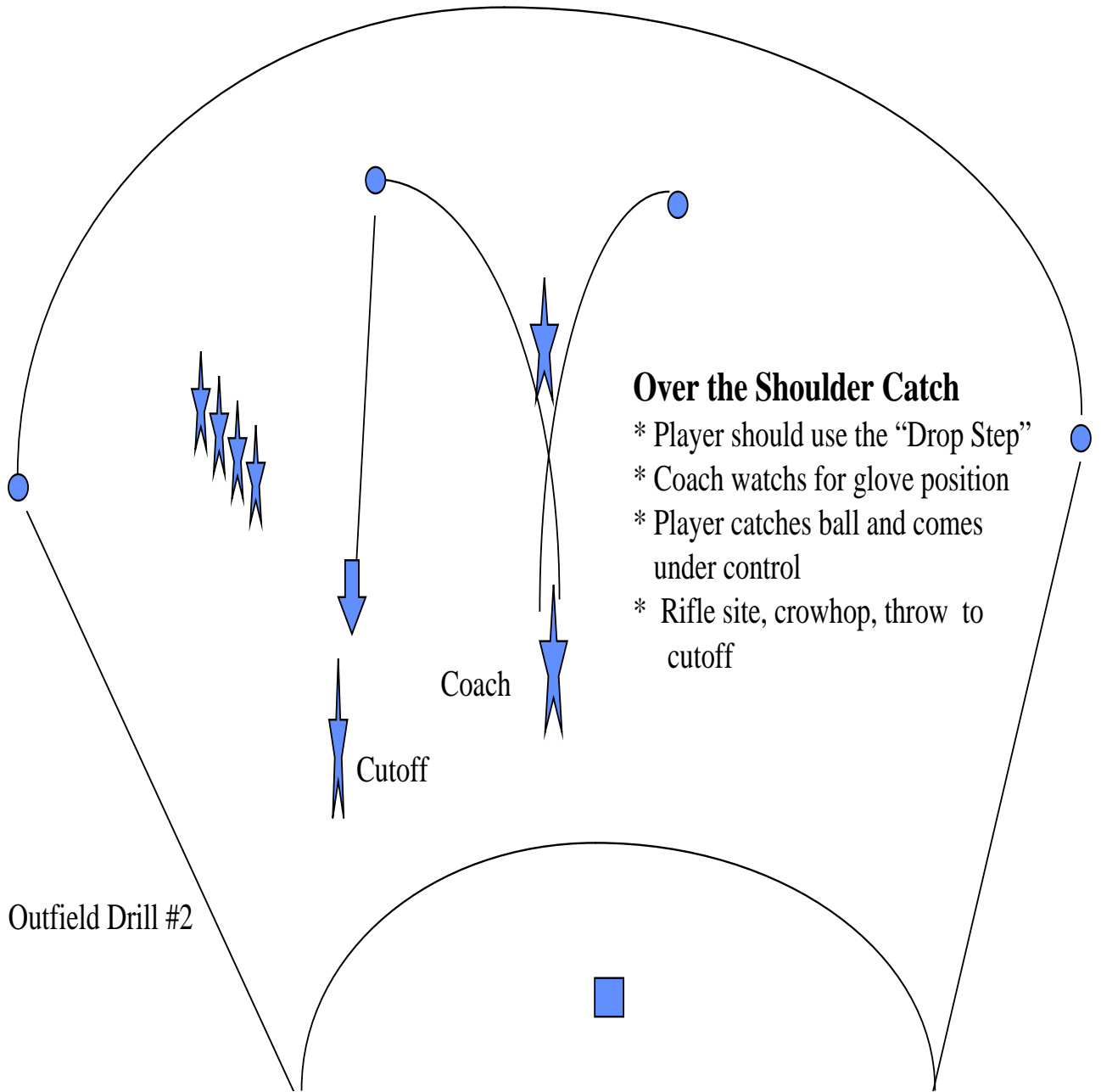
* Directions - The coach lines up, between four to eight players about 60 - 120 feet away. The first player in the line step out and away from the rest of the group. The coach then throws a looping fly ball just over the players head and far enough back so that he/she must turn and run to catch the ball over the left or right shoulder. The player then stops, turns his/her shoulder and makes an accurate throw back to the coach, and then returns to the group. The coach must observe the proper glove position with each catch.

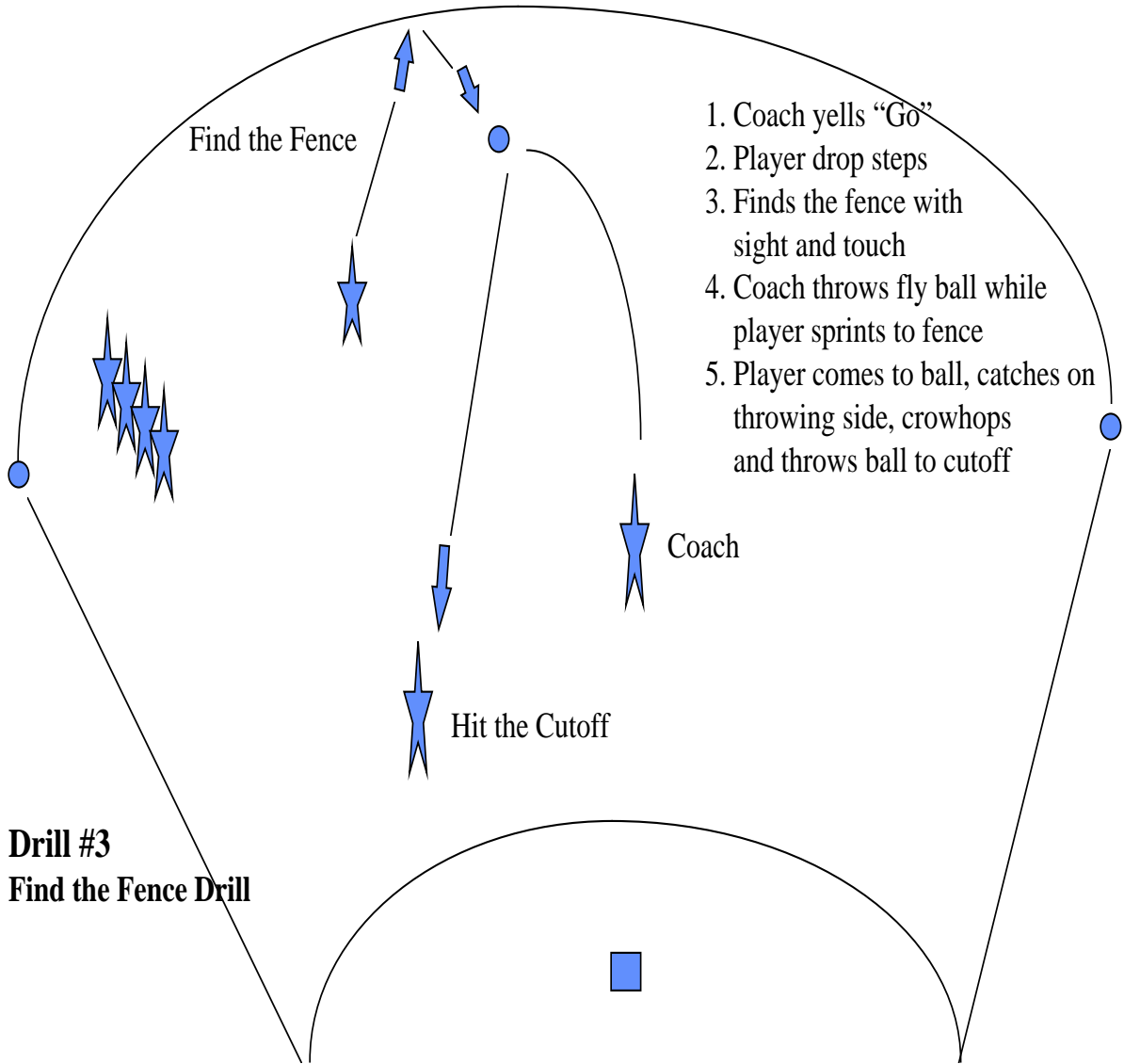
* Variation - The coach can throw the ball over the right or left shoulder, or directly over the head of the player. The player must react with the proper drop step, go to the ball, catch it properly, and make an accurate throw to the coach.

FIND THE FENCE DRILL

* Directions - The coach lines up between four and eight players about 40 to 60 feet away. The first player in the group steps out and away from the rest of the player. The coach then yells "go." The player will then drop step and sprint toward the fence, locating it by site and touch for Proper spacing. While the player is sprinting to the fence, the coach will throw a looping fly ball just short of the fence, causing the player to locate and catch the ball. After catching the ball the player "crow hops" and makes an accurate throw back to the coach and then returns to the group.







OUTFIELD PLAY

1. Ready Position.
2. Getting a jump on the ball. (Cross over step).
3. Fundamentals of catching fly balls and line drives.
4. Throwing from the Outfield.
5. How to play the hitters.
6. Charging ground balls (blocking and "do or die").
7. Use of sun-glasses
8. Know situations. Game, Score, Innings.
9. Throw through cut-off man.
10. Talking to the OF and IF. Centerfielder is the leader.
11. Backing-up others in the outfield
12. Covering and backing up bases.
13. Knowing sun and wind conditions, and checking them constantly.
14. Playing balls off the fences.
15. When to take chances and when to play it safe.
16. When not to catch foul flies.
17. Spin of balls hit down the line.
18. Going back and coming in for balls.

CATCHING POSITION

TAG PLAY DRILL:

OBJECTIVE: To improve the catcher's ability to receive throws from the outfield and make tag plays at home plate.

SET UP:

- * The catcher squares up at home plate.
- * Three to six outfielders are at the edge of the outfield grass.
- * Each outfielder has three balls in their possession.

DIRECTIONS: Outfielder #1 starts by rolling a ball a few feet out in front, picking up the ball and making a strong throw to home plate. After catching the ball, the catcher simulates a tag at home plate. The drill continues in the same manner until all outfielders have thrown one ball each to the catcher. The catchers then rotate.

By using all of the outfielders in these different positions, the throws to home plate will vary giving the catcher all types of throws to handle.

This drill is also good to blocking balls and making the tag play.

FORCE PLAY AT HOME PLATE:

OBJECTIVE: To improve the catcher's ability to catch throws from the infield and make throws to first base.

SET UP:

- * The drill has one hitter, who is at home plate. (The coach serves as the hitter).
- * All infielders take their defensive positions.
- * A full bucket of balls are at home plate.
- * An empty bucket of balls are at first base.

DIRECTIONS: The coach hits a ball to the third baseman, who fields the ball and throws it to home plate. The catcher touches home plate for a forced play and throws the ball to first base for the second out. The drill continues in the same manner with the coach hitting a ball to each infielder. On balls hit to the first baseman, the second baseman will need to cover 1st base for the return throw from the catcher. In most cases the first baseman will not be able to get back to the bag for the return throw.

This drill is excellent for game situations and forces players to field the ball cleanly and make proper throws. You may incorporate runners in this drill.

LOOKING FOR BATTER WEAKNESS

“Batter Weakness”: Most batters can have one or more weaknesses. It is the primary responsibility of the coach, the pitcher, and the catcher to determine how they are going to pitch to each batter. There are some key indicators; some are historical, some are tendencies of each hitter, however, looking for batter’s weaknesses during each at bat will increase the chance of getting additional outs during each game.

Baseball statistics clearly indicate an advantage to the pitcher wince batters are out six to eight times every ten at bats. The catcher must be very observant during every game to keep mental notes on every batter. Knowing strengths and weaknesses of each batter, as well as the pitcher will make a catcher much more than just a good “physical receiver.”

Below are some of the key indicators about batters that should be observed by catchers as well as other players and coaches:

1. Bat Position --
 - a. Vertical -- strong on low and weak on high pitches.
 - b. parallel -- strong on high and weak on low pitches.
 - c. 45 degrees -- usually the stronger hitters.

2. Body position related to plate, CROWD vs. AWAY --
 - a. Crowding the plate -- strong on inside pitches.
 - b. Away from the plate -- weak on inside pitches.

3. Length of Arc, (Swing) --
 - a. Long Arc -- weak outside.
 - b. Short Arc -- weak outside.

4. Front foot position, (Stance) --
 - a. Open stance -- weak outside.
 - b. Closed stance -- weak inside.

5. Length of stride --
 - a. Short stride -- Usually good, controlled hitter.
 - b. Long stride -- Can be weak on inside pitches.

6. Position in the Batter’s Box --
 - a. Front of Box - Better on breaking pitches’ can be weak on fast balls.
 - b. Back of Box - Strong on fast balls’ can be weak on breaking pitches.

Always keep in mind that the above indicators are how you might go about pitching each hitter. Never take away from your pitcher’s strengths.

BLOCKING DRILL

Blocking Balls With Hands Behind The Back

This drill should be used when a catcher constantly tries to pick balls in the dirt or has a tendency to raise the glove as a ball hits the dirt. Usually a catcher who raises his glove from the "A Frame" ground, he is doing so because he is afraid of the ball hitting him and is using the glove as a shield.

This drill will teach your catcher that a glove is not needed to block dirt balls. A catcher doesn't catch dirt balls, he blocks them.

1. Take the glove from your catcher and have him place his hands behind his back. A glove is not needed to block balls.
2. Have the catcher block balls one after another without a glove, being sure your catcher uses hood blocking techniques, as described earlier.
3. After your catcher blocks the ball have him immediately bounce back to a receiving position to block the next ball.

The coach stands with a bucket of balls about 30-50 feet from the catcher. Throw one dirt ball after another (approximately 10-30 balls) until the bucket is empty. Do this drill periodically throughout the season as needed. A catcher who builds his confidence through this drill will be a much better defensive catcher.

POP-UPS

Have your catchers come to home plate one at a time. *Preferably in full gear. Have the catchers squat as if a pitch is about to be thrown from the pitcher.

The coach stands behind the catcher. The coach throws a ball in the air simulating a pop-up in foul territory and simultaneously yells "ball, ball". The catcher then reacts to catch the ball. The catcher should:

1. Find the ball.
2. Remove and discard the mask. *Discard the mask in an area away from where the ball is to caught.
3. Shield the sun with the hand or glove depending on where the sun is in relation to the ball.
4. Turn back or side to the infield in anticipation of the curve, the ball will take on its way down.
5. Judge where the ball is going to land and get there.
6. Extend glove and hand to catch the ball. *Do Not, catch the ball directly in front of the face. Catch the ball on the glove side of the body, whenever possible. This gives a catcher an angle on the ball which makes the catch easier.

7. Catch the ball with an open glove, on the glove side of the body. Cover the ball with the throwing hand.
8. If there are runners on base with less than 2 outs turn and check the runners.

Variation: If the coach is skilled enough, hit the pop-ups with a fungo. If a pitching machine is available, have the machine throw the pop-ups. To work on communication amongst your players hit pop-ups randomly between home plate and the infielders. Another variation that works quite well is have your catchers, without gloves, catch tennis balls or wiffle balls hit up in the air using a tennis racquet.

FIELDING A BUNT

A good catcher should anticipate the bunt. The catcher should stay down in case the batter misses the ball, so as not to block the view of the umpire. Upon seeing the ball successfully bunted.

1. Explode out of the receiving position simultaneously discarding the mask with the flip technique. (The flip technique is simply taking the right hand with the thumb extended push the chin portion of the mask up and over the head, letting the mask fall behind the catcher.) A quick catcher will actually run out from under the mask as it falls to the ground.
2. Find the ball and get to it.
3. Assuming the bunted ball is to the right of the infield. Approach the ball using the round off or banana route. (fig. 1)

Approach the ball and pick it up being sure to:

1. Keep knees bent.
2. Butt is down.
3. Chest is over the ball.
4. Arms are extended and slightly bent.
5. Shoulders are lined up in the direction the ball will be thrown.
6. Field the ball. The glove blocks forward motion of the ball while the throwing hand rakes the ground and sweeps the ball into the glove.
7. Make a proper throw to the bag for the out.

NINE POINTS OF PITCHING

1. Stand Proud -- Glove curled against chest with ball in looking for sign. This is a very proud position for the pitcher to be in.
2. Assertive Mannerism -- Touch bill of hat, adjust back of hat, and touch bill of hat one more time.
3. Ready Position -- Glove in front of you, throwing hand completely in glove on ball.
4. Step Sideways -- Step sideways slightly, head does not move hardly at all.
5. Tap and Turn -- Tap foot that is on rubber, and turn to make an "L" shape in preparation to push off the mound.
6. Table Top -- Turn sideways to the hitter, front foot pointed down, hand and glove in front of chest, head and eyes focused on the target.
7. Giant Bites Apple -- Step forward with weight still on the backside, throwing arm is in an "L" shape, the ball is facing outward so the giant can eat the apple, glove is pointing to the target with the thumb turned down, (rifle site), head and eyes focused on the target.
8. Pitcher's Photo -- Both feet are forward, chest is thrust out, bend your back, elbow as high as the shoulder, arm in an "L" position, elbow first, wrist second, fingers last.
9. Follow Through -- Switch shoulders violently, throwing arm should end up on the opposite site of the body, heel should lead in the air, do not drag your toe.

PITCHING

1. Fundamentals of pitching.
2. Mental attitude.
3. Backing up and covering unguarded bases.
4. Taking signs (with no one on and stretch situation).
5. Types of pitches (fundamentals of grip, finger pressure).
6. Pitching rules (balk, going to bases)
7. Covering first base (working with the first baseman).
8. Fielding position (bunts, ground balls, line drives, and pop-flies.
9. Stretch position. (Stepping off rubber).
10. Pick off moves. Holding runners close.
11. Pitching strategy (hitter, size of park, score, situations).
12. Learn hitter weaknesses. (Be a student of hitting).
13. Pitching out.
14. Giving directions, (pop-flies).
15. Sore arms, prevention and care.
16. Individual pitchers routine (day before game, day of game, day after game, preparing for next game.
17. Conditioning (arm and legs, pre-season).
18. Working with 1B and 3B on slow hit balls down the lines.
19. Infield fly rule.
20. Double steal defense.
21. Squeeze play defense.
22. Working with the catcher.
23. Umpire relations.
24. Double play throw.
25. Looking the runner back.
26. Sacrifice defense.

INDIVIDUAL SKILLS -- DEFENSE

CATCHERS:	Blocking Drill Pop-ups Throwing to 2nd Throws to 1st - Bunt, 3rd strike Fielding Bunts (stance) Communication Drills (Taking Charge!)
1st Baseman:	Receive all throws (with use of bag) Underhand throw to pitcher Short hop Drill Work with catcher on bunt and 3rd strike Throws to 2nd (inside and outside) Throws to third Pop-flys Short hop drill/ footwork
2nd Baseman:	Covering 1st on bunt Double play (Shortstop) - near bag, in hole Throws from 3rd Batted ball, right, left, charge (with throw) Short hop drill/ footwork
3rd Baseman:	Work with catcher on throws, tag play Ball in hole, down line Bunted ball -- charge Double play throws Slow roller Short hop drill/ footwork
Short Stop:	Throws from Catcher Pick-offs - Pitchers, throws from pitchers Double play with second baseman Balls in hole, left and right Cut off throws, work on footwork Short hop drill/ footwork
Outfielders:	One knee blocking drill Position on Fly ball, foot work Hit the cutoff Communication drills
Pitchers:	Move to 1st and 2nd (Pickoffs) Covering 1st base on ground ball Throws to 2nd base, (comebacker) Fielding bunts

BUNTING:

1. PIVOT, (OR SQUARE UP TO THE PITCHER).

- Move in front of the plate so ball will not hit plate, and stay in fair territory.
- Back toe faces the pitcher
- knees are bent for balance
- Front foot is closed.

2. SEE THE BAT, (EYES SHOULD SEE THE BAT WITHOUT LOOKING DOWN).

- Barrel of the bat should be at the top of the strike zone.
- Bat should be approximately at a 45 degree angle
- Bottom hand should move up on the bat handle
- Top hand should be a "one finger grip", not a "death grip."

3. ELEVATOR DOWN (BUNT BALL FROM TOP, DOWN)

- Use bent knees to bunt ball lower in the strike zone.
- Do not drop barrel of bat to bunt ball lower in the strike zone.
- Keep eyes level with the ball when bunting.

RUNNING TECHNIQUES

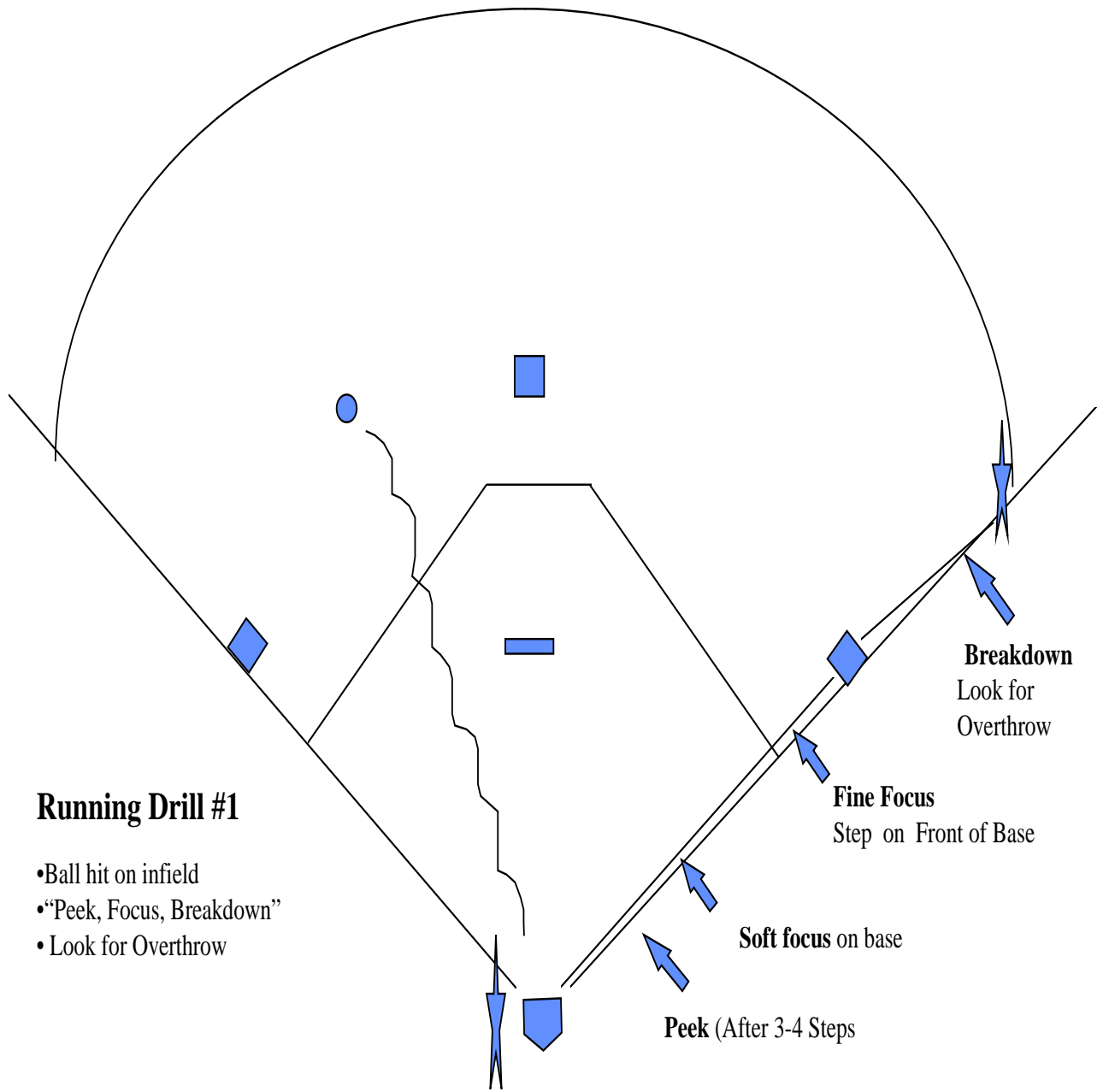
- * Run on the Balls of your feet, not flat-footed or on heels.
- * Toes should be pointed inward. (Pigeon-Toed)
- * Knees should be pumped high.
- * Arms should be pumped in a straight line, not across the body.
- * Body should be leaning forward for efficient leg drive.
- * Hands should be loose, not clenched tightly.
- * Feet should be pushing the body, not dragging it.
- * Arm swing should be opposite leg push.
- * Hands should never get higher than shoulders.
- * Head should be as still as possible.

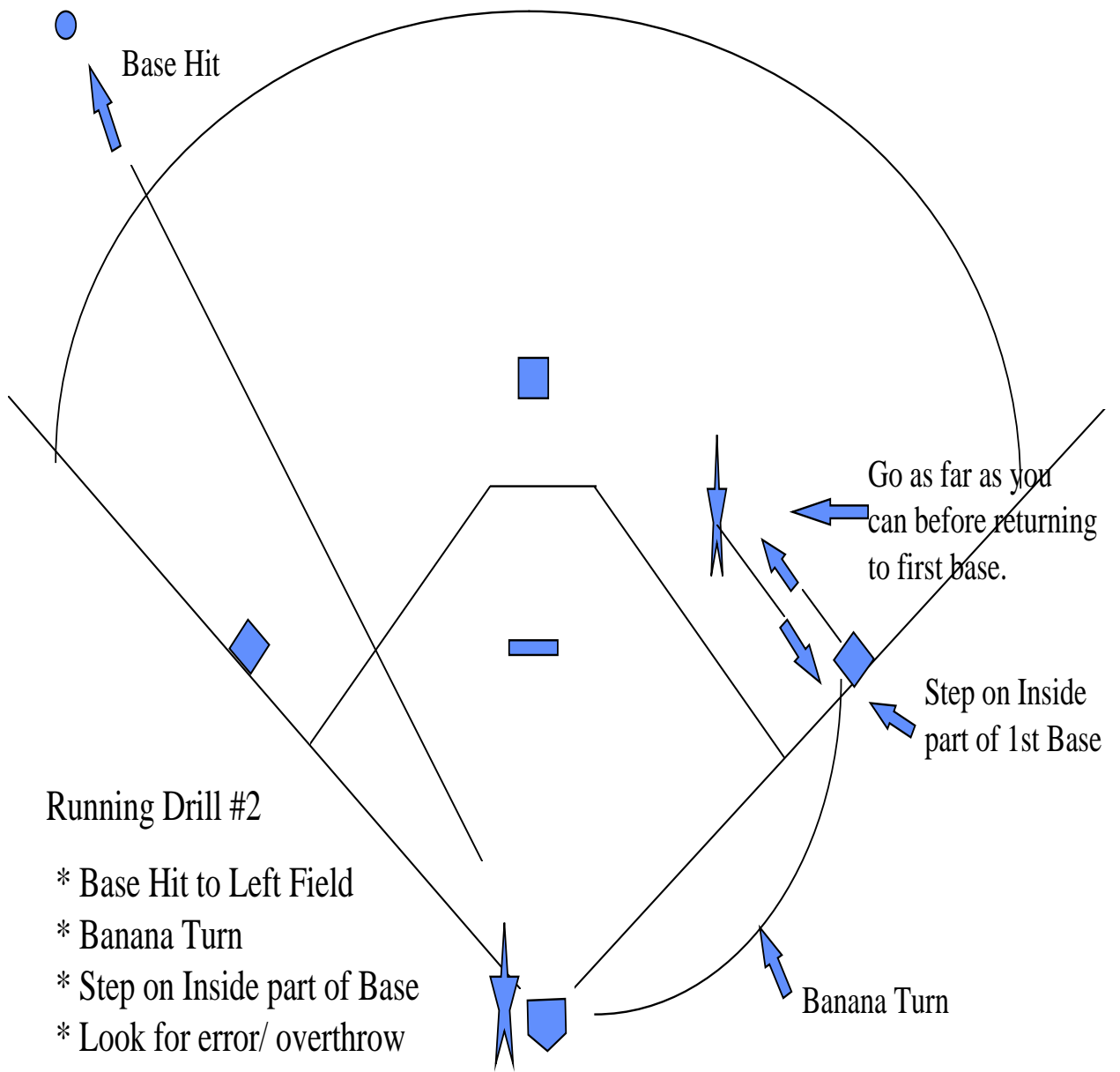
Hitting a Ground Ball to the infield:

1. Bust your butt to the base.
2. Find the Line
3. Peek after 3-6 steps.
4. Soft focus on the bag.
5. Fine focus on the bag.
6. Step on front part of the bag.
 - Throw hands back.
 - Throw chest out as you cross the bag
7. After crossing the bag, break down (lower butt to slow down)
8. Look to right for overthrow, listen for coach who is also watching for the catcher backing up the throw.
9. Run with toes pointed inward, (Pigeon-toed)

Hitting a ball through the infield:

1. Get outside of the baseline to make the proper turn at first base. (Banana Turn)
2. Mentality should be: a single can be a double, a double can be a triple.
3. Step on the inside part of the bag.
4. Go as far as you can before coming back to the bag.
5. Find the ball. Don't get tagged out on a trick play.
6. Look at coach for signals or instruction.





Running Drill #2

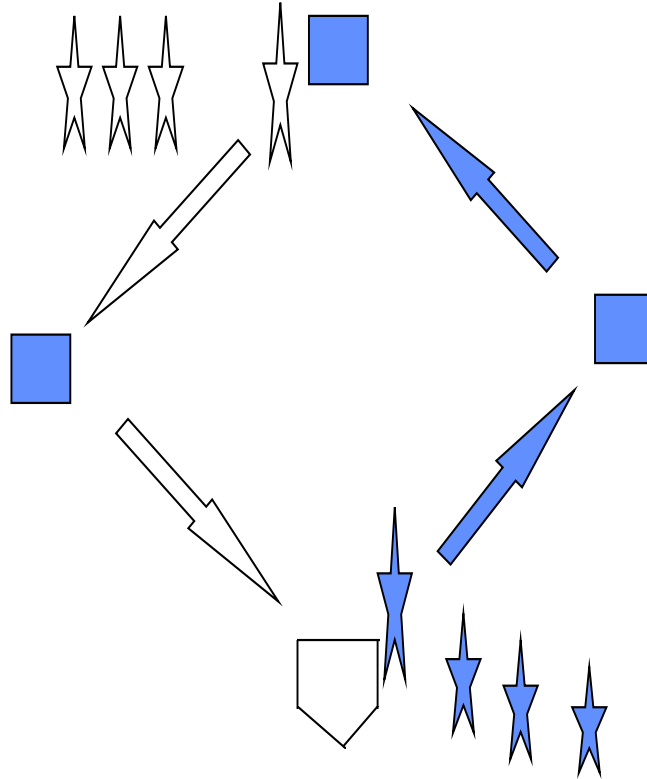
- * Base Hit to Left Field
- * Banana Turn
- * Step on Inside part of Base
- * Look for error/ overthrow
- * Think two bases/ not single

Baserunning Drill

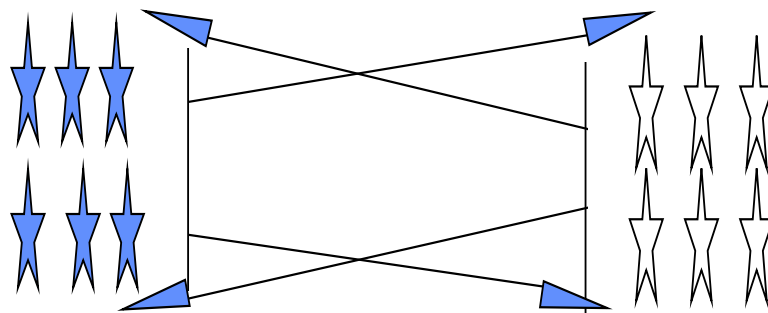
Objective: To Improve baserunning skills and speed. Conditioning drill.

Set up: Divide players into two equal groups. One group behind home plate and the other behind second.

Directions: The first player from each group places his left foot on the base in preparation to sprint. On the coaches signal they sprint around the bases to the opposite side of the diamond. First one to reach the other base wins.



Conditioning Drill

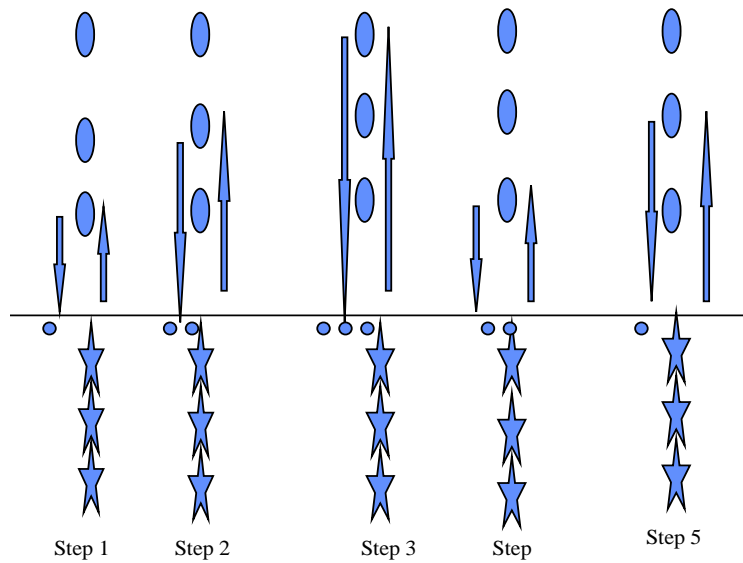


Objective: To work on jab or crossover step. Increase sprint speed.

Set up: Divide players into two groups. Within each group have players pair up with someone of equal speed. Have the two groups line up behind a starting line with their racing partner next to them as shown above..

Directions: The first pair places their left foot on the starting line and simulates a lead off first base. On the coaches signal they will sprint to the opposite starting line, and then go to the end of that line. When the first pair gets between half and three quarters of the way to the other side, the opposite teams pair sprints for the opposite side.... The pairs sprint back and forth until the disired number of sprints are achieved or the coach feels enough time has elapsed for a good workout.

Conditioning Relay



Objective:: Conditioning drill, To improve players speed to a ball hit in the hold, or increase stop and go reflex action.

Set Up: Players lay gloves pocket up, and space them in a straight row about 18 feet apart. A ball is placed in each glove. Players then line up behind each other as shown in step 1.

Directions: On the coaches whistle, player #1 sprints to to the first glove, removes the ball and sprints back to the starting line (where he places the ball on the ground). step 1) He then sprints back to the 2nd glove and removes the ball and again returns to the starting line and places the ball on the ground next to the 1st ball. He repeats this until all of the balls are removed from the gloves, (step 3). The 2nd players job is to replace each ball one at a time to the gloves in the same manner that the 1st player removed them. The 3rd player does exactly what the 1st player did. The 4th player replaces the ball as did player number 2, and so on until each player has had a turn.

Suggestions: Use a stopwatch to time a single group, or have several groups sprint against each other, the first group finished is the winner.

THE FIGURE FOUR SLIDE

Sliding is one of those areas that coaches tend to avoid either because they do not know to teach or feel it is too dangerous. Sliding can be a very easy and natural movement for some, but generally, as it was in my case, a very unnatural and awkward movement. In either case it is a movement which must be taught. Not knowing how to slide properly can result in some very serious injuries not only to the person sliding, but also the person who is being slid into. The figure 4 slide (or bent leg slide) is the simplest and most basic of slides, and should be taught prior to other slides such as the hook slide, pop-up, or head first slide.

WHY SHOULD YOU SLIDE?

1. To reach a base as quickly as possible without over running it.
2. To avoid a tag from an opposing player.
3. To break up a double play.
4. To avoid a throw from a middle infielder during a double play, and to avoid a collision.

DETERMINE: LEAD LEG VS. TUCKED LEG.

To begin, you and your players will need to find out which leg should be the lead leg, (the leg that makes contact with the bag) and which leg will be the tucked leg. The tucked leg is the lower leg which crosses just underneath the knee of the lead leg. This forms the figure four position.

Have your players sit on the ground with their legs extended, slightly bent and shoulder width apart. The arms are extended to the back to support the upper body. The player in this position now raises his body off the ground supporting himself with only his hand and feet, (football coaches call this the crab position). Now from this position have your players fall backwards and throw their hands in the air, simultaneously, one leg or the other will tuck into the figure four position - (this leg is referred to as the bent leg or tucked leg) with the other leg outstretched - (this leg is referred to as the lead leg) the leg that makes contact with the base. Do this exercise several times to determine which leg is which. Now you are half way finished to teaching the figure 4 slide.

* It doesn't really matter if you lead with the right leg or left leg. Although some will say that the left leg is preferred as the lead leg because it makes a pop-up slide quicker and more efficient when sliding into second or third base. Others will argue that the right leg should be the lead leg when stealing a base because that is the leg farthest away from the tag, on a ball thrown from the catcher. On the other hand a throw from the outfield would make is just the opposite.

SUGGESTIONS BEFORE TEACHING THE FIGURE 4 SLIDE

1. Explain to your players that the slide is nothing more than a controlled ball in which the player has complete control.
2. The hands should always be in the air and not used to brace your body or slow you down. * Hand, wrist and finger injuries may occur if the hands are not kept in the air. Many players today still place dirt or a batting glove in their hands to remind them to keep the hand up to avoid injury.
3. Keep the head and eyes on the base during the slide. Do not fall back and lose sight of the base. Doing the latter is like running bases with your head down.

THE SLIDE

To execute the slide, always run no less than three-quarter speed. At approximately 8-10 feet from the bag begin the slide, (depending on the players speed will determine how close or far from the bag he will begin his slide). Simultaneously the hands begin to go up, the lead leg is extended and the bent leg goes to the figure 4 position. The body or torso will remain in a slight sit-up position throughout the slide. "Slide to the bag, not into it."

- * A good slide can be observed if there are dirt or grass stains on these areas only:
- (1) bent leg - side of the calf,
 - (2) bent leg - hamstring or side of thigh,
 - (3) bent leg - buttocks or hip.

SUGGESTIONS FOR COACHES WHEN CONDUCTING SLIDING PRACTICE

1. Wear sliding pads - to protect body parts.
2. Use old game pants or sweats - to protect body parts and clothes.
3. No spikes - to avoid a spike catching the ground and twisting ankles.
4. Use elbow or knee pads - help those who may have problems sliding properly.
5. Slide on cardboard.
6. slide on wet grass, being sure to clear the area of rocks, glass, etc.
7. Never use a stationary base when first learning how to slide.
8. Always supervise the entire sliding practice session.
9. Remember the three learning modes of coaching:
 - a. Explain to them how to slide.
 - b. Show them how to slide. (If you can't, get someone who can).
 - c. Practice the slide.

THROWING, CATCHING QUIZ

1. Complete this poem!

Palm _____ facing the ground, one half way round, the _____ bites the _____.
Your arm turns into the letter _____, _____
first, _____ second, _____ third. Your arm ends on the _____
side of your body.

2. The four seam grip.

- A. Is not a good way to throw the ball.
- B. Helps with throwing accuracy.
- C. Will make the ball curve.
- D. Will help the ball carry farther with the proper arm action.
- E. Both B and D are correct.

3. Your front shoulder:

- A. Points in the direction where you will throw the ball.
- B. Points away from your target.
- C. Does not move when you throw the ball.
- D. Exchanges violently with your back shoulder as you release the ball.
- E. Both A and D are correct.

4. When catching the ball you should:

- A. Stay on your heels.
- B. Slap with your glove.
- C. Move to the ball, catch the ball with an open glove, and get you feet ready to throw.
- D. None of the above.

5. You should catch the ball:

- A. Very close to your body.
- B. In the web of your glove, off to the side of your body .
- C. In the heel of your glove.
- D. Moving to the ball, with your arms extended.

6. Sideways to hit, sideways to _____.

7. When you are warming up to throw, you should:

- A. Stretch before you throw.
- B. Throw as hard as you can.
- C. Play catch anywhere on the field
- D. Stay far apart to see how far you can throw the ball.

8. List three important things you have learned about throwing and catching.

- A.
- B.
- C.

FIELDING QUIZ

1. Excellent fielders should always work on the following:
 - A. Making the great play.
 - B. Making the fundamental play.
 - C. Work on fielding weaknesses.
 - D. Both B & C.

2. Qualities of excellent defensive players are:
 - A. Having good knowledge of game situations.
 - B. Anticipation of the next play.
 - C. Balance, speed, range, strength.
 - D. All of the above.

3. Infielders and outfielders should be in the Ready Position:
 - A. During the whole game.
 - B. When the catcher gives a sign to the pitcher.
 - C. At the pitcher's release point.
 - D. After the ball is hit.

4. At the ready position, your glove should be:
 - A. Open, close to the ground, and extended in front of your body.
 - B. Resting on your knee.
 - C. Directly between your feet.
 - D. Closed, so that you can snap open the glove just before the ball gets to you.

5. As you field the ball, your steps should be as follows:
 - A. Right, left, field -- right, left, throw, (on the balls of your feet).
 - B. Flat footed, and field the ball to the side.
 - C. Stay on your heels for better balance.

6. Excellent Fielders:
 - A. Field under and through the ball.
 - B. Stay down with knees bent.
 - C. Funnel the ball into the glove.
 - D. Use "Pinkie to Pinkie", or the "Alligator."
 - E. All of the above.

7. When a ground ball is hit to the left or right of your position, good fielders:
 - A. Stay back to get the big hop, and rely on your arm to throw out a runner.
 - B. Move sideways, but not forward to field the ball.
 - C. Try to cut off the angles by moving to the ball, looking for the big hop, or the short hop.

8. Excellent fielders use:
 - A. The no-seam grip.
 - B. The one-seam grip.
 - C. The four-seam grip.
 - D. The three-seam grip.

9. A good way to keep your glove soft is too:

- A. Rub it with shoe polish.
- B. Rub it with grease.
- C. Rub it with shaving cream.
- D. Rub it with a light vegetable oil.

10. List four important fundamentals in fielding.

- A.
- B.
- C.
- D.

11. List five or more important things to describe the ready position.

- A.
- B.
- C.
- D.
- E.

HITTING QUIZ

1. One of the best ways to select a bat is too:
 - A. Let your Mom or Dad select a bat they like.
 - B. Buy a bat that is heavy so you will get stronger as you swing it.
 - C. Hold the bat straight out for 25 to 30 seconds without dropping the barrel, or notice a quivering of the arm.
 - D. Use a bat with the autograph name of your favorite player.

2. One of the best ways to determine depth and distance from home plate is:
 - A. Place your back foot in the hole that previous hitters have "dug in."
 - B. With knees slightly bent, place bottom hand on bat and extend the bat to opposite side of the plate.
 - C. The front foot should be approximately even with the middle of home plate.
 - D. Knees should be very straight and stand in the rear part of the batters box.
 - E. B & C are most correct.

3. A proper balanced stance includes the following!
 - A. Hitters should be pigeon-toed, with both feet slightly turned in.
 - B. The feet should be spread about shoulder width.
 - C. The weight should be on the balls of your feet.
 - D. Knees should be slightly bent.
 - E. All of the above.

4. The proper way for hitters to grip the bat is too:
 - A. Grab it any way you can and go up and hit.
 - B. Grip the bat hard so it will not fly out of your hands when you swing.
 - C. Line up the middle knuckles on both hands.
 - D. Have the little finger of your bottom hand below the knob so you generate more power.

5. The proper grip helps to:
 - A. Throw the head of the bat at the ball.
 - B. Helps hitters maintain a more level swing.
 - C. Creates bat speed to the hitting area.
 - D. Hold the bat near the fingers, not the back of the hand.
 - E. All of the above.

6. The proper box and bat angle:
 - A. Will have the back elbow up.
 - B. Will have the back elbow down with the upper part of the top hand level with the top hand of the back shoulder.
 - C. The bat angle will be approximately 45 degrees.
 - D. The bat will be straight up and down to generate more power.
 - E. B & C are most correct.

7. TRUE OR FALSE.....During the **Inward Turn**, the hitter must go backward with his weight slightly, before he goes forward.

8. To take a proper stride, the hitter should:
 - A. Take a short stride at a 45 degree angle toward home plate.

- B. Land on the big toe of the front foot.
 - C. Pretend he/she is stepping on thin ice. (Short, soft, same).
 - D. All of the above.
9. What should the hitter focus on prior to /or during the pitcher's wind-up?
- A. Try to find the ball, wherever it is.
 - B. Look past the pitcher's ear, where the release point may be.
 - C. Look for the coach's sign.
 - D. Start on the eyes of the pitcher, (or the pitcher's hat), and then move to the area of the ball at the release point.
10. What part of the body leads the way to the ball, and helps with bat speed?
- A. The hips.
 - B. The feet.
 - C. The legs
 - D. None of the above.
11. True or False..."**SLAP THE HANDS DOWN**", means that you swing the bat slightly downward through the entire strike zone.
12. "IKE TO MIKE" means:
- A. Your front shoulder is IKE.
 - B. Your back shoulder is Mike.
 - C. Keep your head down, on the ball.
 - D. The head hardly moves during the entire swing.
 - E. All of the above.
13. True or False..."**SQUISH THE BUG**" means to pivot on the back foot and thrust the hips.
14. A good follow-through at the end of the swing means:
- A. Stop your swing short and run to first base.
 - B. You can stop your swing anywhere after hitting the ball.
 - C. The head of the bat should end up near your back.
 - D. Both knees and the belly button should be facing the pitcher.
 - E. C and D are better answers than A and B.
15. List some of the important things you have learned about hitting:
- A. _____
 - B. _____
 - C. _____
 - D. _____
 - E. _____

BUNTING QUIZ

1. What are the **three** main fundamentals for bunting?
 - A. Pivot.
 - B. See the bat.
 - C. Elevator down.
 - D. All of the above.
2. During the **pivot** the bat should be in:
 - A. Back of the plate
 - B. In front of the plate.
 - C. Over the top of the plate
3. During the **pivot**:
 - A. The back foot faces the pitcher.
 - B. Knees are straight
 - C. Body is erect
 - D. Knees are bent for balance.
 - E. Both A & D.
4. When you "**see the bat**"
 - A. The barrel of the bat is lower than your belt.
 - B. The barrel of the bat is at the top of the strike zone.
 - C. The bat should be at a 45 degree angle.
 - D. Use your whole hand to grip the bat.
 - E. Both B & C.
5. **Elevator Down**, means:
 - A. Bend your knees to bunt the ball lower in the strike zone.
 - B. Drop the barrel of the bat to bunt the ball that is lower in the strike zone.
 - C. Keep your eyes level with the ball.
 - D. Look over the top of the ball to get a better look.
 - E. Both A & C.
6. The purpose of the sacrifice bunt is:
 - A. To make sure you get to first base.
 - B. Bunt the ball back to the pitcher.
 - C. To move a runner to the next base.
 - D. Try bunting any pitch thrown, whether it is a ball or a strike.

RUNNING QUIZ

1. Excellent baseball players run:
 - A. With their toes pointed inward. (pigeon-toed).
 - B. With their toes pointed outward
 - C. With their knees pumping high.
 - D. Both A & C.

2. Hand and arm speed:
 - A. Will make you run slower.
 - B. Will make your feet move faster.
 - C. Will make your arms tired.
 - D. Is not important with running.

3. When running to first base, your last step:
 - A. Should be a jump at the bag.
 - B. Should be on the middle of the bag to make sure you touch it.
 - C. Should be on the front part of the bag to beat the throw.
 - D. Should be on the back part of the bag, because it is easier to turn and go to second.

4. When running your body should be:
 - A. Loose and relaxed.
 - B. Tight, because it makes you run faster.

5. When running:
 - A. The top part of your body should be leaning slightly forward.
 - B. Your arms should pumping straight, not across you body.
 - C. Your knees should be pumping high and active.
 - D. You should be on the balls of your feet.
 - E. Your hands and jaw should be relaxed.
 - F. All of the above.

6. When running to first base, you should:
 - A. Find the line.
 - B. Never look where the ball is hit.
 - C. Peek after 3 to 5 steps after hitting the ball.
 - D. Hit the front part of the bag.
 - E. A,C & D are correct.

UMPIRE QUIZ

1. A pitch that touches the ground and bounces through the strike zone is a:
A. Ball. B. Strike. C. No Pitch.
2. A third base coach interferes with a thrown ball and the runner scores; is the runner:
A. Out. B. Safe.
3. A thrown ball accidentally touches a base coach, or a pitched ball or thrown ball touches the umpire; the ball is:
A. A Dead ball. B. Alive and in play.
4. The Pitcher's glove shall be uniform in color and cannot be white or gray.
A. True. B. False.
5. A batted Ball not touched by a fielder, which hits the pitcher rubber and rebounds into foul territory between home and first base, or between home and third base is;
A. A fair ball. B. A foul ball.
6. A fielder attempting a catch at the edge of the dugout is "held up" and kept from an apparent fall by a player or players of either team, and the catch is made, the umpire shall call;
A. Foul Ball. B. Interference. C. A legal catch.
7. The batter is being given an intentional base on balls and the catcher leaves the catcher's box before the ball leaves the pitcher's hand, the umpire shall call;
A. Illegal Pitch. B. Ball. C. Balk.
8. When the ball is put in play at start of, or during the game, all fielders shall be in fair territory.
A. True. B. False.
9. When a spectator's interference clearly prevents a fielder from catching a fly ball, the umpire shall;
A. Call a foul ball (foul territory). B. Call a ground rule double (fair territory).
C. Declare the batter out (foul or fair territory).
10. An infield fly is a fair fly ball (not including a line drive nor an attempted bunt), which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out.
A. True. B. False.