

Coaches Clinic

This document provides guidance to coaches to aid in the development of practices and identification of fundamental skills to be taught at various age levels. The following sections provide you with lists of the skills by program (i.e. Clinic, Bronco, Pony) and some drills at the end of the document.

If you have additional drills you would like to add to this document, write them in an email to Bryan Caporlette at cappers@comcast.net.

Skill Development Program Clinic

Fielding

1. Catching Grounders and Fly Balls
2. Throwing
3. Force Out
4. Tag Out
5. Proper Warm-up

Hitting

1. Batting

Baserunning

1. Run through First Base
2. Run to Second and Third
3. Run through Home Plate
4. Must Tag-up on a Fly Ball
5. Run out All Hits

Skill Development Program Pinto

Fielding

1. Fielding assignment when ball is not hit to you (cover a base or back-up a base)
2. Caught Fly ball is out wheather fair or foul
3. How to pick up a stopped ball

Hitting

1. Continue to build hitting skills and confidence

Baserunning

1. Sliding
2. Run on anything with two outs.

Skill Development Program Mustang National

Fielding

1. One-throw double play (force or tag then throw to first)
2. One-throw double play (catch fly ball the throw to base of runner to did not tag)

3. Defender avoiding obstruction on extra-base hit
4. Run-down (pickle) technique
5. Putting the tag on the ground

Hitting

1. Waiting for a good pitch to hit
2. Rules Clinic

Baserunning

1. Rounding a base when running
2. Pop-up and go to next base slide

Skill Development Program Mustang American Fielding

1. Making Low throws from the outfield
2. Relay technique
3. Catching the ball in web
4. Catching the short hop
5. Pick-off moves from catcher to 1st and 3rd

Hitting

1. Often-misunderstood rules

Baserunning

1. Double-Steal play
2. Take extra base on outfielder's throw to pitcher or wrong base
3. Score from third on an infield ground ball
4. Base-coaching signals

Pitching

1. Pitcher-cover-first play
2. Fastball grip

Skill Development Program Bronco

Fielding

1. First-and-third-defense plays
2. Delayed steal defense
3. Defense against long secondary lead at third
4. Catcher blocks low pitches
5. Defense against long secondary lead at second
6. Appeal for not tagging on fly ball or not touching a base
7. Outfield technique for different situations
8. Bunt defense
9. Cut-off throw from outfield

10. Outfield throw two bases ahead of lead runner on base hit

Hitting

1. Bunting

Base Running

1. How to take a primary lead at each base in different situations
2. Delayed steal
3. Steal second on walk
4. Runners going on 2-out, 3-2 count, forced situation
5. Runners going on 2-out, 2 strike, forced situation swing
6. Try to draw pick-off throw on secondary lead at all three bases
7. Advance to next base on infielders throw to first
8. Make sure you are out before leaving the base on a close play
9. Base runners advance two bases on a single
10. How to take a secondary lead
11. How to dive back to base

Pitching

1. Pitching from the stretch
2. Change-up
3. Balk rule
4. Pitcher pick-off and fake pick-off moves
5. How to hold a runner on base
6. Pitcher cover home on a passed ball play

Skill Development Program Pony

Fielding

1. Dropped third strike defense
2. Catcher back up first with no runners
3. Squeeze bunt defense
4. Catcher pick-off moves and throws

Base Running

1. How to draw a balk while on base
2. Take advantage of pitcher who uses full windup with runners on base
3. Steal home on pitch

Hitting

1. Two-strike hitting
2. Batter help runner at first regarding pick-off move by left handed pitcher
3. Home plate base coaching by on deck hitter
4. Dropped third strike offense
5. appeal half swing to base ump
6. Squeeze bunt

7. How to hit a curveball

Pitching

1. Curveball

Tips for PITCHING COACHES: Late Rotation Means Added MPH

"LATER is BETTER" is a great phrase to teach your pitchers. The term refers to HIP THRUST and TORSO ROTATION during a pitchers delivery. The optimum delivery has a "Rotation Occurrence" that begins at 80% Stride.

What this means is that the body and hips do not turn or rotate until the pitcher is 80% "out and onto the Front Leg"! The back foot of the pitcher will actually leave the pitching rubber at least 12 inches before rotation begins. Delaying the rotation allows for maximum thrust of the hips and torso during the final phase of the pitching sequence.

Proper "Late Rotation" should add several MPH to a pitchers fastball. Proper "Follow-Through" and "Finish" are also essential to reaching optimum pitching performance.

COACHING TIP: Make sure that your pitchers are out onto the front foot before opening the front shoulder or turning the hips. Make sure that they finish with their "chin" out and in front of their lead foot. Their throwing arm should finish low and outside their off- side knee. Their pivot or back foot should reach a height of at least 1/4 of their height during the delivery. Proper front foot landing is to land onto the ball of the foot. "Heeling" or landing on the heel of the front foot causes a locked front leg creating a pole vaulting effect and causes a loss of control. The front leg needs to bend slightly to allow a smooth finish and proper "Follow-Through".

Tips and Drills For Working Catchers

Our catchers and staff spend a lot of time working and building catching skills. We do daily drill work to improve our catchers' blocking, framing, communication and throwing skills.

ONE-ON-ONE BLOCKING DRILL

The catchers work in pairs, at a distance of about 15 feet. We work this drill outside. You could use it indoors if you have adequate matting for floor protection. The drill is worked at a quick pace. One catcher throws the ball in the "dirt" allowing the other to "block". The blocking catcher assumes the ready or "Runner On" receiving position. One catcher throws the ball in the dirt. The pitch is blocked correctly, "pounced on" and the catcher works the feet and assumes the proper throwing position to 2B or 3B. The receiving catcher now becomes the pitcher and throws a "dirt ball" to his partner. I have each catcher blocks 10 middles, 10 rights, 10 lefts, and 10 "honest". "Honest" means the receiver does not know where the pitch is going. A coach may throw the "reps" if you like. I have four catchers so they work in pairs.

INSIDE & OUTSIDE to 1B DRILL

We use this drill to practice inside and outside communication on a throw to 1B after a bunt, passed ball, or missed third strike. Each catcher has a ball and they line up behind the plate. I have my firstbasemen covering first base. The drill starts with the first catcher in receiving position. The next catcher in line throws the ball over the catcher's shoulder inside or outside the firstbase foul line. The catcher makes the "call" and the throw is made inside or outside. When each catcher receives a throw they quickly assume the proper TAG POSITION. We normally do at least 10 of these each day, 5 inside and 5 outside.

THROWING CORNERS

Everyday, before practice, we have our catchers throw to 2B. After they properly stretch and adequately warmup, we do what we call. "THROW CORNERS". To speed up the process we have four catchers working at the same time. Each catcher throwing from home to 2B and 1B to 3B. Each catchers throw at least 15 to 20 balls a day, each during this drill.

COACHING TIP:

We do a several variations of this drill. They are:

(1)CORNERS LEFT - The catchers simulate receiving a pitch and throwing to 3B. In this drill they are throwing to the catcher positioned at the bag to their left. The ball travels quickly around the "horn" when you have 4 catchers working. This simulates a snap throw to 3B. When each catcher receives a throw they quickly assume the proper TAG POSITION. Then they setup and quickly execute their throw to the next bag.

(2)CORNERS RIGHT - The catchers simulate receiving a pitch and throwing to 1B. In this drill they are throwing to the catcher positioned at the bag to their right. The ball travels quickly around the "horn" when you have 4 catchers working. This simulates a snap throw to 1B. When each catcher receives a throw they quickly assume the proper TAG POSITION. Then they setup and quickly execute their throw to the next bag.