

Technique Tigers Baseball Academy Coach Clinic #1

Trumbull Little League

March 24, 2018

Warm-Up: The most important part of practice is the first 15-20 minutes. This is where you set the tone for the session. Lay out your plan, expectations and communicate exactly what the plan is that particular practice. Don't underestimate the power of a structured, repeatable warm-up as the foundation for a productive practice!

- **DO NOT** allow players to pick up a ball until body is warm and ready to throw. Warm up to throw the ball, do not throw to warm up the body!

Sample Dynamic Warm-up: (15 yards, down and back)

- Jog lap around the field
- Jumping Jacks x 25
- Lunges with a reach up
- One, two, present
- Butt kicks
- High knees
- Side Shuffles
- Base steals

Before we get into throwing, something I repeat to my athletes regularly, they can control two things in baseball, attitude and throws

Throwing: (12-15 minutes)

- **Transfers:** close distance, work on soft hands, athletic position, feet stay still. Work on quick hands, high volume of catch. Must be able to catch the ball, work on transfers as long as it takes to minimize drop balls. Focus is on transferring the ball from glove to hand, not on a full throwing motion.
- **Power Position:** Glove side shoulder, hip and ankle always should shift towards target. Letter W from mid-section of the body into L formed arms on front side and back side, elbows even with shoulders. Long stride towards target, glove side strong over front foot to release the ball out over the front side. Do in unison to give coaches the opportunity to "walk the line" and give instruction.

*****ENFORCE** a strong front side over the front foot. Partner receiving the ball is working on transfers, glove side foot towards the ball, **PINCH TO THE BALL!!*****

- **Walking into throw:** walk into throw versus step and throw. (Right hand) left, right, break and go, be sure player is getting shoulder, hip and ankle moving towards target. Feet are moving behind the ball, momentum is making throws easier, tighter!
- **Long Toss:** even if they 12-bounce the throw to their partner, make sure to extend the distance to work on longer throws.

Catching and Throwing Drills: #1 fundamental in baseball, CATCH THE BALL!!!

Square Drill: Set up players in a square. Work on pivots.

- Regular pivots.
- Cross pivots.
- Glove side pivots.

ENDLESS PROGRESSIONS off the square drill.

Star Drill: Set up players in a star, five spots. Works on transfers and feeds. Kids love the star drill. Make it fun, make it a competition every time out. Progress into two balls. Drill maintains focus, maintains good throws and catching the ball. Start our close and move back into a solid throw that requires footwork and pivots.

Line Drill: Set four players up in a straight line. The drill works on relays, relaying the ball in from outfield to the base where the play is. Focus on making accurate throws to the glove side of the relay. Footwork is crucial. Feet are moving to make pivot easy and quick to make an easier relay to the next player.

Fielding Ground Balls: One, two present on every pitch! Call it out 150-200 times a game. This is our call to players, get into ready position to infielders. "See the ball through the strike zone" is called to all outfielders. Left right present glove, right left present glove, either or.....

Catch the ball at the peak of the triangle out over the bill of the cap. Feet balanced and butt down bending at the knees not the waist. Bending at the waist is wasting time and energy, bending at the knees players are lower to the ground, the lower the eyes to the ball level, the better! SEE THE BALL IN....funnel into midsection

Funnel Drills: short distance, high reps short amount of time.

- Right at you balls
- Forehand balls

- FOCUS on hands, funnel and footwork moving towards target

Funnel ball into midsection, contract scaps to use big back muscles to throw the ball versus all shoulder to throw ball across the field.

Crossfire: multiple fungos hitting GB's to each side of infield.

- 5-3, 6-4, 5-4, 6-3, etc. etc.
- Work on routine plays FIRST!

Outfield Scramble: throws to 2B, 3B and home with coach throwing the ball. Focus on communication on the field. Players coming in, cut drops into the box, player moves out to the ball, cutoff moves out of the infield box. Players create straight line to the final base. Communicate when the ball is in flight, cut to the base or let it go!

Outfield Drills:

- Routes. Work on deep angles
- Communication drills
- Fly ball Fungos
- GB's to OF

PLEASE BE SURE TO DISCUSS SEEING THE BALL THROUGH THE STRIKE ZONE. KEEP OUTFIELDER ON CUE WITH EACH PITCH.

Make practice fun, be sure that players are all working at all stations created to maximize skill development.

Please be sure to reach out if you have any questions, anytime
manny@techniquetigers.com or info@techniquetigers.com

Thanks again.

Manny Torres
Technique Tigers Baseball Academy
475-988-1501