

RESOURCES FOR RYL COACHES

WEBSITES

- <http://www.coachteeball.com>
- <http://www.weplay.com/youth-baseball/drills>
- <http://www.weplay.com/youth-softball/drills>
- <http://www.weplay.com/groups/9755-Regan-League-Softball/public>
- www.positivecoach.org
- <http://www.eteamz.com/fastpitch/instruction/tips/index.cfm?m=1,2,3,4,5>
- http://www.qcbaseball.com/drills/baseball_drills1.aspx
- <http://www.theoleballgame.com/baseball-resource.html>
- <http://www.baseballcorner.com>
- <http://www.youtube.com> Type “youth baseball drills” or “youth softball drills”

Books

- *Softball Skills & Drills*, Judi Garman
- *Coaching Youth Softball*, American Sport Education Program
- *Coaching Youth Baseball the Ripken Way*, Cal Ripken Jr.
- *The Baseball Drill Book*, American Baseball Coaches Assn.
- *Baseball Skills and Drills*, American Baseball Coaches Assn.

AGE-SPECIFIC GOALS

TeeBall (5-6 years)

- **Learn the basic rules**
 - Run in right direction when ball is hit
 - Runners must touch bases
 - How to record outs (catch ball in air, throw to first, or tag runners)
 - Run past first base
 - Scoring a run

- **Throwing mechanics**
 - Turn body so front shoulder points toward target
 - Elbow above shoulder- L shape
 - Bow and Arrow-point glove towards target
 - Step towards target w/ non-throwing foot
 - Release the ball

- **Tracking the ball**
 - Follow ball with eyes into glove
 - Use two hands to catch and field
 - “Alligator” hands to field ground balls
 - Catch ball out in front of body

- **Hitting**
 - How to hold and swing the bat
 - Batting safety (when not to swing bats)
 - Hitting off a tee
 - Hitting softly tossed balls (in practice for Teeball)
 - Go back to Go Forward- shifting weight from back to front

- **Learning Positional Play**
 - If ball is hit to your teammate let him/her field it
 - Everyone stay in their positions
 - Throwing ball to first base

AGE-SPECIFIC GOALS

Farm (7-8 years)

- **Learn the basic rules**
 - Force outs
 - Tagging up
 - Baserunning (when you do and don't have to run, not running past teammates)
 - Balls and strikes
- **Throwing Mechanics**
 - Introduce proper grip
 - Point front shoulder, step, and throw
 - Generating momentum toward the target and executing follow-through
- **Catching and Fielding**
 - Thrown and hit balls
 - Watch the ball into glove
 - Use Two hands
 - Forehand and backhand
 - Underhand flip
- **Hitting**
 - Choosing right bat
 - Proper grip
 - Hitting pitched balls from coach
 - Introduce "soft toss" and other hitting drills
 - Execute weight shift- Go Back to Go Forward to generate power
- **Learning positional play**
 - Learn different positions and areas each player should cover
 - Cover nearest base when ball not hit to you
 - Basics of cutoffs and relays
 - Making throw to bases- understanding force outs vs tag outs

AGE-SPECIFIC GOALS

Junior/Senior (9-12 years)

- **Learn the basic rules**
 - Infield fly rule (Seniors)
- **Hitting**
 - Hitting pitched balls from live pitcher
 - Understanding strike zone- swinging at good pitches
 - Working the count
 - Bunting
 - Develop weight-shift to generate power
 - Learn variety of hitting drills
- **Pitching and throwing mechanics**
 - Learning control- throwing strikes and pitching to locations
 - Pitcher covering first
 - Long-toss to strengthen arm
 - “Crow-hop” after fielding balls
- **Baserunning**
 - Stealing after ball crosses plate (Seniors)
 - Extra-base hits
 - Sliding
 - Listening to base coaches
- **Learning team fundamentals**
 - Cutoffs and relays
 - Basic bunt defenses
 - Basic first and third situations
 - Defending the steal (Seniors)
 - Infield and outfield communication

AGE-SPECIFIC GOALS

A Softball (6-8 years)

- **Learn the basic rules**
 - Run in right direction when ball is hit
 - Runners must touch bases
 - How to record outs (catch ball in air, throw to first, or tag runners)
 - Run past first base
 - Baserunning (when you do and don't have to run, not running past teammates)

- **Throwing mechanics**
 - Turn body so front shoulder points toward target
 - Elbow above shoulder- L shape
 - Bow and Arrow-point glove towards target
 - Step towards target w/ non-throwing foot
 - Release the ball

- **Tracking the ball**
 - Follow ball with eyes into glove
 - Use two hands to catch and field
 - "Alligator" hands to field ground balls
 - Catch ball out in front of body

- **Hitting**
 - How to hold and swing the bat
 - Batting safety (when not to swing bats)
 - Hitting softly tossed balls
 - Go back to Go Forward- shifting weight from back to front

- **Learning Positional Play**
 - If ball is hit to your teammate let her field it
 - Everyone stay in their positions
 - Throwing ball to first base

AGE-SPECIFIC GOALS

AA Softball (9-11 years)

- **Learn the basic rules**
 - Run past first base
 - Tagging up
 - Balls and strikes
 - Sliding
- **Throwing Mechanics**
 - Introduce proper grip
 - Point front shoulder, step, and throw
 - Generating momentum toward the target and executing follow-through
- **Catching and Fielding**
 - Thrown and hit balls
 - Watch the ball into glove
 - Use Two hands
 - Forehand and backhand
 - Underhand flip
- **Hitting**
 - Hitting pitched balls from live pitcher
 - Choosing right bat
 - Learning the strike zone
 - Introduce “soft toss” and other hitting drills
 - Execute weight shift- Go Back to Go Forward to generate power
- **Learning positional play**
 - Learn different positions and areas each player should cover
 - Cover nearest base when ball not hit to you
 - Basics of cutoffs and relays
 - Making throw to bases- understanding force outs vs tag outs

AGE-SPECIFIC GOALS

AAA Softball (12-14 years)

- **Hitting**
 - Hitting pitched balls from live pitcher
 - Understanding strike zone- swinging at good pitches
 - Working the count
 - Bunting
 - Develop weight-shift to generate power
 - Learn variety of hitting drills

- **Pitching and throwing mechanics**
 - Learning control- throwing strikes and pitching to locations
 - Pitcher covering first
 - Long-toss to strengthen arm
 - “Crow-hop” after fielding balls

- **Baserunning**
 - Stealing, after ball leaves pitcher’s hand
 - Extra-base hits
 - Sliding
 - Listening to base coaches
 - Running to 1st base on dropped 3rd strike

- **Learning team fundamentals**
 - Cutoffs and relays
 - Basic bunt defenses
 - Defending the steal
 - Infield and outfield communication