

McCormick Ranch Little League Coaching Matrix

Division: Farm

Skill Set	Learning Reinforcement	Learning Goals	Drills/Techniques	Additional Information
Throwing Mechanics	<ul style="list-style-type: none"> • 4-seam grip • Proper footwork • Focus on posture • Arm and hand path 	<ul style="list-style-type: none"> • S.H.A.K.E acronym • Front side closed to target • Shuffle step for footwork 	<ul style="list-style-type: none"> • Wrist Flips • Two Knee Drill • Step Behinds • Hit the Hat 	Talk to players about using their front shoulder like the scope on a rifle. Have them step toward their target.
Receiving	<ul style="list-style-type: none"> • Athletic position • Catching with 2 hands • "Rules of Thumb" 	<ul style="list-style-type: none"> • Watch ball into your glove • Moving to the ball 	<ul style="list-style-type: none"> • Catch the ball "with your eyes" • Catching the ball laterally and on the run. 	Players should learn to shuffle their feet and move to where the ball is thrown. Do one thing at a time. Catch the ball first, then do your footwork and make a throw.
Infield	<ul style="list-style-type: none"> • Ready position • Bend down with knees • Glove out in front • Bare hand near the glove 	<ul style="list-style-type: none"> • Fielding backhands • Fielding glove side • Covering bases 	<ul style="list-style-type: none"> • Short hops • Charging the ball • Infield Square Drill • Basic double plays 	Players begin to learn where to be at when the ball is hit anywhere on the field. They should also start to understand when they should be covering a base.
Outfield	<ul style="list-style-type: none"> • Ready position • Move to the ball • Keep the ball in front • Catch with 2 hands 	<ul style="list-style-type: none"> • Get the ball in quickly • Communicate on fly balls • Run to fly balls properly 	<ul style="list-style-type: none"> • Ground Ball Angle Drill • Fly Ball Angle Drills (three cones) • Fly Ball Angle Drills (four cones) • Fly Ball Communication Drill 	Communicating with teammates on fly balls is key. Also learning to run with their glove tucked and then reach out for the fly ball is important.
Pitching	<ul style="list-style-type: none"> • Fielding ground balls 	<ul style="list-style-type: none"> • Covering 1B on grounders to the first baseman • Backing up bases 	<ul style="list-style-type: none"> • Pitcher's Fielding Practice 	Teach them to cover 1B and back up bases instead of trying to be a cut-off.
Catching	<ul style="list-style-type: none"> • Putting on gear • Safe distance behind hitter • Receiving stance • Catching the baseball 	<ul style="list-style-type: none"> • Elbow is behind the glove • Footwork • Reading stance • Give a good low target 	<ul style="list-style-type: none"> • Receiving- Clock Drill • Receiving- 6 Shooter Drill • Forward March Footwork Drill • Blocking from Knees Drill 	Players need to work on consistently catching the ball and learn how to move their feet when throwing to bases. Blocking is now introduced.
Hitting	<ul style="list-style-type: none"> • Proper stance • Rotate with the hips • Finish balanced • "Feet, Hips, Hands" 	<ul style="list-style-type: none"> • Style and Mechanics • Nine Zones in Hitting • Vision- keeping head still • "Hips take hands to the ball" 	<ul style="list-style-type: none"> • Tri Level Bat Path Drill • Tee- Inside (3) & Outside (3) Zones • Tee- Lunge Drill • Front Toss- Fastball/Change Up • Front Toss- Spray Drill 	There is no one way to teach hitting. However, players learn if their style affects their mechanics the coaches may alter what they are doing at the plate.
Base Running	<ul style="list-style-type: none"> • Run in straight lines • Hustle through the base • Know which bases you can stop on and run through 	<ul style="list-style-type: none"> • Teach about false steps • Always think "two bases" • Pick up third base coach • Hit the inside corner of the base when rounding it 	<ul style="list-style-type: none"> • The Top Ten: #7 (home to 2nd) • The Top Ten: #8 (2nd to home) • The Top Ten: #9 (home to 3rd) 	Players learn how to be aggressive on the bases and pick up their third base coach. They should also understand that they can't take off right away on contact when the ball is in the air.