

McCormick Ranch Little League Coaching Matrix

Division: Majors

| Skill Set | Learning Reinforcement | Learning Goals | Drills/Techniques | Additional Information |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Throwing Mechanics | <ul style="list-style-type: none"> • Head and glove control • Aim small/Miss small • Weight of ball and glove | <ul style="list-style-type: none"> • Equal and opposite distance from wrists to shoulders • Middle finger and thumb cutting the baseball in half | <ul style="list-style-type: none"> • Turn and Burn • Hook 'ems • Head and Chest target points game | Remind the players that playing catch is a skill set just like hitting and defense. They should focus on being really good at playing catch so it translates to the games. |
| Receiving | <ul style="list-style-type: none"> • Receiving relay throws • Turning glove side | <ul style="list-style-type: none"> • Quick transfers • Fluid motions | <ul style="list-style-type: none"> • Quick Catch | Encourage players to be less mechanical and move in more fluid motions. |
| Infield | <ul style="list-style-type: none"> • Cut-off positions • Footwork around the bases • Covering bases on steals • Underhand flips on DPs | <ul style="list-style-type: none"> • Having an internal clock • Fielding bunts • Pop up priority • Backing up the pitcher | <ul style="list-style-type: none"> • 1B Pick Drill • Triple Play Drill at 3B • Double Barrel Ground Balls | Infielders should know learn the speed of the hitters and runners on base so they can make good decisions on how quickly they need to get rid of the ball. |
| Outfield | <ul style="list-style-type: none"> • Throwing to the cut-off • Backing up infield throws • Backing up other outfielders • Taking good angles to balls | <ul style="list-style-type: none"> • Gain ground with crow hops • Adjustments on fly balls • Fly ball priority • Distance from the fence | <ul style="list-style-type: none"> • Fly Ball House Drill (11 cones) • Fielding Ball off the Fence Drill • Finding the Fence Drill • Fly Ball Adjustment Drill | Crow hops have two main benefits. They allow players to gain ground towards their target and help increase strength and velocity in their throws. |
| Pitching | <ul style="list-style-type: none"> • Balance • Direction towards home • Finish in athletic position • Slowly build up pitch counts | <ul style="list-style-type: none"> • Get extension towards home • Develop change up • Arm speed should be the same for all pitches | <ul style="list-style-type: none"> • Combination Drills (Six Drills) • Towel Drill • Team Pitcher's Fielding Practice | Some players might play on multiple teams in the spring so make sure to monitor pitch counts. The player's health is always more important than winning. |
| Catching | <ul style="list-style-type: none"> • Proper blocking position • Gain ground forward • Blocking & Throwing stance • Catching pop ups | <ul style="list-style-type: none"> • Tags at home plate • Limit shoulder movements • Shift hips and make subtle glove movements to frame | <ul style="list-style-type: none"> • Receiving- 6 Shooter Walk Up Drill • Receiving- Fingertip Walk Drill • Medicine Ball Footwork Drill • Dry Footwork/Throwing Drills | Players now learn to make small subtle movements to frame the ball. Challenge them with high level receiving drills and teach them how to make tags at the plate. |
| Hitting | <ul style="list-style-type: none"> • Load and Leg Drive • Stay connected on back side • Swing Plane • Attitude & Aggressivness | <ul style="list-style-type: none"> • Mental approach • Plan at the plate • Situational hitting • Giving verbal in-game cues | <ul style="list-style-type: none"> • Double Tee- Inside & Outside pitches • Double Tee- Full Swing Extension • Angle Toss- Hard In/Soft Away Drill • Front Toss- Pepper Swing Drill • Top Hand Progression Drill | Players start to learn more of the mental side of the game offensively. We help give them a plan and approach for different in-game situations. |
| Base Running | <ul style="list-style-type: none"> • Learn how to tag up • Secondary leads • Stealing bases | <ul style="list-style-type: none"> • Reading balls in the dirt • Making good decisions • What to do in a run down | <ul style="list-style-type: none"> • The Top Ten: #10 (3rd to home) • Relay game from 2nd and home | Reacting quickly and getting a head start to the next base requires good eyesight and the ability to see ball flight down. Great base runners move before the ball hits the dirt. |