

McCormick Ranch Little League Coaching Matrix

Division: Minors

Skill Set	Learning Reinforcement	Learning Goals	Drills/Techniques	Additional Information
Throwing Mechanics	<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"> Head and glove control Aim small/Miss small Weight of ball and glove 	<ul style="list-style-type: none"> Long Toss Beanie/Belt/Shoulders target game Relay Drill 	Understand that your head and glove position effects accuracy. Starting to stretch out players arm with long toss helps develop arm strength.
Receiving	<ul style="list-style-type: none"> Watch ball into your glove Moving to the ball 	<ul style="list-style-type: none"> Receiving relay throws Turning glove side 	<ul style="list-style-type: none"> Positioning your body in relays Throwing hand near glove for quicker transfer 	Players learn to turn their bodies slightly towards their glove side once the relay throw is in the air and on-line.
Infield	<ul style="list-style-type: none"> Fielding backhands Fielding glove side Covering bases 	<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"> Slow rollers Four Corners 2B Double Play Progress Drill SS Double Play Progress Drill 	Players learn how to position themselves on cuts and relays. They also need to avoid standing up when flipping a ball as a middle infielder during a double play.
Outfield	<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"> Throwing to the cut-off Backing up infield throws Backing up other outfielders Taking good angles to balls 	<ul style="list-style-type: none"> Fly Ball Diamond Drill Fly Ball Communicate Angle Drill Fly Ball Triangle Communicate Drill Catching the Sun Drill 	Outfielders learn to back each other up and also back up throws made on the infield. They also learn the concept of throwing the ball in to the cut-off man.
Pitching	<ul style="list-style-type: none"> Covering 1B on grounders to the first baseman Backing up bases 	<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"> Fence/Wall Drills Twist Drill Rocker Drill Balance Drills 	The front hip should lead pitchers towards home plate. Think about throwing every pitch down the middle and throw as many strikes as possible.
Catching	<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"> Proper blocking position Gain ground forward Blocking & Throwing stance Catching pop ups 	<ul style="list-style-type: none"> Receiving- Walk Up Drill Dry Blocking Drills Blocking Drill from your feet Pop Up Drill 	Limit glove movement and catch the ball where it is pitched. Gain ground forward when throwing to bases and blocking. Proper blocking position will limit injuries.
Hitting	<ul style="list-style-type: none"> Style and Mechanics Nine Zones in Hitting Hips take hands to the ball 	<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"> Tee- Rhythm Drill Tee- Step Forward Extension Drill Tee- Back Side into Front Side Drill Front Toss- Walk Up Drill Front Toss- Single Hand Drill 	Teach them to be aggressive on pitches in the strike zone instead of looking for a walk. Be encouraging because players start to deal more with failure at the plate.
Base Running	<ul style="list-style-type: none"> Teach about false steps Always think "two bases" Learn how to tag up Pick up third base coach 	<ul style="list-style-type: none"> Learn how to tag up Secondary leads Stealing bases 	<ul style="list-style-type: none"> The Top Ten: #3 (3rd to home) The Top Ten: #5 (1st to 3rd) The Top Ten: #6 (3rd to home) 	Players learn about tagging up on fly balls and how to position their body at 3rd depending on where the ball is hit. Stealing is now taught, but there are no primary leads at the Little League level.