

# Coaches Corner #2

## Thought of the week

### Where is your Little League Trophy?

Where is your Little League Trophy? I am guessing you probably don't have it in your office or on the mantle at home. Can you remember who got the game winning hit or who walked a batter to lose a specific game? I know I can't remember all of those moments. I am guessing though, you can think back to a teacher, pastor or Coach who has positively shaped your life.

Winning is amazing but losing/ failing will shape us for the rest of our lives. Baseball is a game of failure and in my opinion the best game in the world at teaching us to learn and bounce back from that failure. The best players get out nearly 70% of the time! When we are up to bat it's 9 against 1. The lessons that we teach our players will stick with them the rest of their lives. I'm not saying winning doesn't matter, it does, the kids love it, but shaping of their future is what matters most. Let's try to lift everyone up, not just our best 3-4 players. Let's coach them up and maybe you or I will be that Coach they look back on as someone who changed a life in a positive manner.

## Drill of the week

### Bucket Drill

There are many factors in fielding a ball with proper form and getting an out. With the bucket drill we eliminate the first part, fielding/catching the moving ball and only work on our form and the throwing aspect. The bucket drill can be used at any fielding position.

#### How the drill works

Leave a bucket of balls near the position of the player. Players will go one at a time. After grabbing a ball from the bucket they will place the ball in the glove. Players will go through the proper fielding technique then throw the ball to the intended target (could be a net or coach). After players get a good grasp of fielding technique, (example: infield, wide base, chest down, right left throw) let the players have fun. Let players pretend to make amazing catches, diving, spinning, backhand, jumping, anything they want to try to outdo each other.

[Bucket Drill Example](#) (forward to 0:40 until 1:00) This example is a catcher but the same drill can be done from any position

## Practice Plan AA +

\*note on last week's plan\* please note the long toss video uses much older players. It is just an example. Each player is different and will throw different distances. In the beginning of the season please make sure to slowly build into longer throws as many players have not thrown for a while.

### 0-15 Dynamic Warm Up & Baserunning

- Home to 1st
- Home to 2nd
- 2nd to Home
- Home to Home

### 15-25 Throwing

- On feet rotate @ waist
- Slowly stretch back to long toss
- Flat ground pitching with partner - 1 point for a ball thrown between knees and shoulders. Play to 11
- Quick Catch 2 rounds of 30 seconds

### 25-30 Explain Stations

#### 30-60 Stations - 8 minutes each

- Bucket Drill - using a coach or net have players "fielding" ground balls, focus on form and getting around the ball to get momentum to left and then throw
- Pitching Station - flat ground work starting close to a net or coach (15'-20') and step back one step after 3 strikes in a row. Play a game to see how far a player can get.
- OF - Tennis ball pop flies - if you can get a tennis racquet and old tennis balls from a parent or your home, work on a progression of pop flies. If players can catch the pop flies keep hitting it higher and higher. Make sure the players practice calling "ball ball ball" or "mine mine mine"

### 60-75 Team Infield

### 75-80 Break and explain stations

#### 80-110 Offense Stations

- Circle wiffle hitting with 2 strikes - play a game with last person standing. If you swing and miss or take a strike you are out
- Soft Toss Station
- [Birdie Station](#) (for a few dollars a pack of badminton birdies can be purchased) front tossing these either over or underhand gets players to really watch the ball. The birdies tend to move in the wind so try to throw downwind. Other options are small tape balls, golf ball sized wiffle balls or using the tennis balls for HR derby in the OF.

### 110-115 Pick Up

### 115-125 Relay or fun game such as a last man standing ground ball game using tennis balls

Tball/A

0-5 review the bases

5-10 run the bases drill yelling bases (t-ball)/ run home to first (through the bag A)

10-40 stations

- Hitting
  - T-ball - hit anything drill. Ask parents to save items like milk jugs, soda bottles or water bottles. Have the players hit the items off the tee.
  - A - wiffle ball soft toss & wiffle ball off batting tee (run 2 stations near a fence where you can soft toss to 1 player, have 1 player hitting off a tee into a fence and 1-2 players shagging the wiffles from the player getting soft toss)
- Fielding
  - T - work on basic fielding of a rolled ground ball.
  - A - same as T. If all goes well work on rolling ground balls quickly and add right to left if possible
  - [Fielding ground balls quick without glove example](#)
- Throwing
  - Tee Ball & A - set up a target such as a bucket, hula hoop on fence or weave a square in the fence with some old rope and have players start very close to the target. Each throw they hit the target they get to move back 1 step.