



BASEBALL

Coaching Clinic – Junior Redskins

What we should be teaching in our youth leagues

- Developing players
 - Teach fundamental baseball
 - Develop pitchers
 - Teach players all positions (age-group specific)
- Teaching the game
 - Baseball IQ
- Working on the little things – perfectly
- Keeping the kids interested
 - Continue playing until they graduate HS
 - Make the game/time they play fun

Warm-ups: be sure to make this a priority when throwing and catching...this isn't social hour....it is a time to work on good throws and make bad throws good (MOVE to the BALL)

Drills

- Offensive drills
 - Tee Stations
 - Up the middle – on a line
 - Working opposite field
 - Pulling an inside pitch
 - 1...2...3 Drill – watch hands, stay back
 - Soft Toss
 - Live Hitting
 - Hitting with a purpose
 - Count Drill
 - What pitch we are looking to drive?
 - Pitch recognition
 - Small Ball
 - Working down the lines (understand sacrifice and for a hit)
 - Baserunning
 - How to make the turn
 - Thinking two out of box
 - Read ball from outfield
 - How to beat out an infield hit
 - Lead offs
 - U-C-L-A

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BASEBALL

- Defensive Drills
 - Daily IF
 - Working ground balls/foot work/communication
soft hands/MI foot work and communication/paddles/L & R/ rake
through/back hand
 - Daily OF
 - Working gaps (many drills)/hitting cuts/communication/down the
line/throwing runner out from OF to base or plate/angle drill/curl hop
 - Catchers
 - Foot work/blocking (middle/L/R)
 - Throwing down ((ok to bounce before 2B)
 - Pitchers - Lower levels – teach all your kids how to pitch
 - One knee drill
 - Flat ground
 - Towel drill
 - Long toss
 - Balance
 - Up-hill toss
 - Teach location before anything (location w/ fastball)
 - Teach off-speed grip (change-up)
 - Change-up and fastball should be 1 & 2 before teaching
curve
- Team Drills
 - Situational work
 - Make it difficult – build off daily drills and include Baseball IQ into
situational work. This is the time to test your team – make it hard (they
need to fail – teachable moments) – end situational with a positive third
out.