

DHYS Players Clinic at Medlock Park

5-7 year old

Throwing Station

1. Grip

- a. Index and middle finger on top of ball/Thumb on bottom
- b. Space in between ball and palm (helps fingers guide ball)
- c. Use four seams of ball.

2. “Get ready to throw” before you throw.

- a. Point glove shoulder to target. (This prevents injuries and gives direction)
- b. Bends knees (for strong base).
- c. Follow through target

* Drill - “Ready-Throw Drill, Low target throwing.

Catching a baseball Station

1. Above waist- Thumbs together
Below waist- Pinkies together
2. Catch the ball out in front (Be aggressive). This keeps webbing of glove open.
3. Don’t worry about two hands, just make sure they watch the ball into the glove.

*Drill for catching - Whiffle ball catch. (Hit, Stop, Catch)

Hitting Station

1. Grip

- a. Choke up. This takes knob away from swing.
- b. Knock Knuckles lined up. This helps wrists finish swing.
- If knock knuckles are lined up your index fingers will go in same direction.

2. Stance

- a. Feet shoulder width apart. (For balance)
- b. Knees bent. (Creates energy to plate and then through ball.
- c. Belly button to plate. (Helps hands get to ball more quickly)
- d. Chin starts on front shoulder. (Locks hips)

Hitting continued

3. Stride

- a. Soft and short. (keeps eyes on same plane as ball)
- b. Stride **to** pitcher (helps hands stay in strike zone)

4. Swing

- a. Chin starts on front shoulder and ends on back (keeps head on ball)
- b. “Squish the bug.” (helps to use hip in swing)

- Drill T-Ball **T, Cone, Pitcher drill.**
- Drill 7 year old - **Start soft-toss.**

Infield Station

1. Teach ready position.

- a. Feet shoulder-width apart. (for balance)
- b. Knees bent. (keeps weight on balls of feet, not heels)
- c. Butt down. (Helps me to go through ball)
- d. Hands out in front. (Hands on knees locks fielder up)
- e. Look ball into glove.

* Drill - “**Ready**” **Read Drill.**

Outfield Station

1. Catch ball at highest point.
2. Look the ball into glove.
3. Beat the ball to the spot. (Chest to ball not to field)

- Drill - **Zig Zag Drill.**

Base running

1. Run as hard as you can at all times.
2. Drop the sword in the holster
3. Watch foot hit the base.
4. Watch and listen to base coaches.

- Drill - **Pickle.**