

DHYS Players Clinic at Medlock Park

8-10 year old

Throwing Station

Balance- After you get “ready” to throw (Glove shoulder to target) you need to get balanced to throw

Break your hands **down** your belly button.

Throwing fingers on top of baseball.

Glove turns over to lock the shoulder to target.

***Drill** - Ready, Break, Throw drill.

Catching a Baseball Station

Start to teach catching on the move.

***Drills** - 4 corner drills, circle drill, T drill.

Bunting Station

Very important offensive part of the game.

Twist in the batters box. Don't turn all the way around.

Point chest right back to pitcher.

Reach out towards pitcher. Bat is held at the highest part of strike zone.

Bottom hand moves up the bat, pointing knock knuckles towards pitcher.

Top hand holds bat at label, index finger on top and thumb on bottom.

Adjust to low pitch with legs, not bat.

Act like there is a glove on the end of the bat and catch the ball with the glove.

* Drill - Walking bunt drill.

Hitting Station

Same as (5-7), but start whiffle ball hand drills for hand-eye coordination.

Infield

Start to coordinate 2 hands to catch the ball not to just stop it.

Teach crossover steps to get to ball

***Crossover drill** - Goalie Drill

Outfield

1. Teach the kids to run without the ball. "Beat the ball to the spot."
2. Teach Drop step.

***Drill - Drop step Zig Zag Drill**

Base running Station

1. Run through first base bag. Injuries.
2. Teach how to cut corners of bases. Teach good shoulder lean towards infield.
3. Teach the importance of 1st and 3rd base coaches.

*** Drill - Timed homeruns.**

Pitching

Work from the stretch

Foundation foot (Throwing foot) in front of the rubber.

Glove knee comes straight up to chest parallel to rubber.

Break hands down belly button ("Cracking egg on leg").

Throwing finger on top of ball and high ("Hitting Giant in Chin").

Glove must turn over to lock front shoulder to target.

Pull glove straight down.

Finish throw.

*** Drill - Mirror Drill.**

Catching

Chest up to pitcher (For better target).

Throwing hand behind knee. (Cupped).

Get kids to get used to "turning knob" when they catch.

Blocking ball- Just replace toes with knees and stop the ball.

Throwing ball- Get on your surfboard and follow through.

Make sure kids are properly equipped when behind plate.

DHYS Players Clinic at Medlock Park

11-14 year old

Throwing Station-

Coordinate a longtoss into workout (helps to strengthen arms)
30, 40, 60, 90, 60, 40 feet. 1 minute each.

*** Drill - 6-minute longtoss.**

Catching a baseball-

Start short/long hops

Relax body when you realize ball is going to hit dirt.

Pancake hand to open web.

Adjust from down to up.

Drills - 4 corner with short hops. Line drill.

Bunting

Teach Sacrifice Bunt.

Philosophy - Man on first, bunt to first. Man on Second, bunt to third. Why?

Get angle of bat to bunt by adjusting knob of the bat.

*** Drill - Bunting into a hat drill.**

Hitting Station-

Start working hands into swing

Young kids use shoulders instead of hands. (Need to use shoulders to swing bat because they are not as strong). By using shoulders it creates a slow long swing.

***Drills**

1. High soft toss- Soft toss high in strike zone to make kids start with their hands.
2. Back knee toss- Forces the kids to use hands to get to ball.

Infield Station-

Start to teach the kids to use legs to throw across diamond. Force the kids during long toss and infield practice to use shuffle steps to help them use their legs.

*** Drill - Quick hands, Quick feet drill.**

Out field Station-

Teach Crow hop. Crow hop creates balance and makes kids use legs to throw. A “Crow Hop” is just replacing the glove foot with the throwing foot.

Teach kids to change directions in out field. Chin from front shoulder to back.

*** Drills -**

1. Front should to back shoulder drill
2. Crow hop over bat drill.

Pitching-

Teach the wind up.

Starts with your glove foot dropping **straight** back (Rocker step)

Throwing foot plants in front of the rubber (Foundation foot)

During the wind up the glove should never go about the head (Lose vision)

Glove knee comes straight up (Balance point)

Hands break straight down belly button

Hit giant in chin with throwing hand (helps to get on top of ball)

Take a picture of person behind you with glove (Lock front shoulder)

Pull glove straight down (To stay in tunnel)

Finish **Through** catcher

*** Drills -**

1. Mirror drill.
2. Towel drill.

Baserunning

Teach taking a lead and going back into the base.

Learning shuffle steps.

Catching

Start to teach upper balance while throwing to bases.
Start to teach fielding balls in front of plate. Teach banana around ball.

*** Drill -**

Hands across the face.
Banana around balls to throw to bases.

Diving

Get “ready” to dive
Make a fist with throwing hand so you don’t break fingers.

Technique - 1. Stay low during dive

Won’t get hurt (less distance to fall)
Gives ball more time to travel (catch more)

2. Dive directly on chest-

When you dive on side you could separate your shoulder.

***Drill - Leap Frog dive- Commands: “Ready” “Dive.”**

“Ready”

Make a fist

Get into a bullfrog position

“Dive”

Fielder dive **out** not up, trying to move the mat.

Sliding-

Figure four slide (feet first)

Hands in the air- Kids try to brace their fall. Will actually hurt wrists.

Lean forward- If they don’t lean forward the force will hit the back of their heads.

Slide directly on butt- If they slide on their side they it will act like a break and stop their slide before the base (also create strawberries)

*** Drill - Slip and slides**