

**BYBA Coaching Clinic
Sunday, May 31, 2015
6:00-7:30pm
Grades K-3**

Steve Hucke, Head Coach RCTC

507-251-4984

steve.hucke@rctc.edu

I. Welcome

II. Practice Organization

III. Throwing/Catching

IV. Fielding

V. Hitting

VI. Ideas

- **Keep it simple and keep the kids busy.**
- **Make sure to utilize other parents if you can.**
- **Be prepared and know what your plan is.**
- **Make it about FUNdamentals!!!!!!**
- **Reward through praise, encouragement, comfort and understanding!**
- **Not about winning but about playing!**

Its about making memories not winning games!!!!

Practice Organization

Need to be organized and prepared to keep the kids busy.

Here is a sample of a practice for a time slot of 1 hr.

There are many different ways to run a practice. Be organized and stick to it.

10:00-10:10	Have the kids run out and touch the outfield fence and back 2 times. Stretch: Arms, back and legs.
10:10-10:20	Play catch to warm-up arms Step and turn glove shoulder to partner Point Glove and throw to partner, with follow through
10:20-10:30	Have kids line-up in lines and roll them ground balls and throw fly balls 5 minutes each. Have parents help you out while you coach
10:30-10:45	Hitting on the field Have players spread out around field Basically play T-Ball or Coach pitch as kids play defense and run bases
10:45-11:00	Take some infield and outfield fielding

If players are allowed to pitch:

With Pitchers- bring them over 1 or 2 at a time to work on their pitching and use them in situational stuff as well as scrimmages

Practice ideas:

- Play Tee Ball – lots of repetition on fielding, saves arms(time), and works on hitting mechanics
- Soft/Front toss Scrimmage
- Situations w/runners – Coach hitting balls
- Fielding, hitting, running, pitching and catching competitions makes practice fun

The main thing with practice is that you do not want kids standing around and not keeping active.

During the games, coach situations with the players. If no balls are being hit to the outfield, in between hitters throw them some fly balls and groundballs.

Probably best to play a game and teach the game as the game is played in practice. Stop things to discuss what you want to discuss so that they understand what to do.

HAVE FUN WITH THEM!!!! BE A KID & REMEMBER WHY YOU PLAYED!!!!

Throwing/Catching

Biggest obstacle with the younger kids is the fear of the ball. Show them that the balls they use won't hurt that bad, might scare them but hurt will go away.

Throwing:

- Grip- since hands are small have them grip with all fingers for better control
- Across the "Big C" for straighter throw
- Fingers on top and thumb bottom

- Stance- point glove side shoulder at partner, put hands together at belly, eyes on target, feet together

- Drop hands and separate at waist, loop both in a circle, end up with glove pointing to partner and ball pointing behind them. Ball behind the hand. At same time step with front foot towards partner, ball, glove should both be at shoulder or above at same time as foot hits ground.

- Rotate hips and bring arm forward and throw ball to partner waving good bye to the ball, bring back leg through as ball leaves hand.

Catching:

- Have shoulders square to partner, hands at chest with glove open, throwing hand beside glove; eyes watching ball to glove whole time. If having trouble throw ball to them with glove facing up so they get used to seeing ball go in glove.

- Throw from short distances and gradually move them back as they get more comfortable.

- Have them start to move their feet to the ball rather than reaching for it. May come as they get older

Fielding:

Groundballs

- Make sure to get their feet shoulder width apart for ground balls
- Bend knees with glove out in front and throwing hand at side- Ready Position
- Bend knees deeper and lean over at waist to put glove on ground with throwing hand above it forming small alligator jaws.
- Watch ball into glove, close jaws, bring elbows to knees
- Jump into "Skateboard" position to throw
- Throw

Flyballs

- From ready position
- Bring hands up above the head and form baby bird to be fed
- Glove open with hand next to it to help close the glove and catch ball
- Try to get throwing side foot back so they can get into throwing position better
- Watch the ball all the way into the glove
- Catch with 2 Hands

Drills:

Groundballs

- Get in lines and roll/hit ground balls to the players
- Roll groundballs back/forth with a partner
- Use no gloves-stops, pick-ups.
- Can throw balls off of a wall so working on throwing and fielding

Flyballs

- Get into lines and throw under pop-ups to them
- Toss back/forth with a partner
- Hit flyballs to them-maybe use tennis balls with really young kids

500 Game

- Line up in OF, hit FB and GB and give points for each type of hit, GB: 50points, FB: 100points first one to 500 wins, can do one at a time or as they get better and older, have them spread out and all for 1 so they learn to be aggressive to the ball as they want to be the 1st one to 500.
- If done in lines, don't give points if they don't do it correctly: field with 2 hands, feet in right spot, right technique, etc. You control that.

Hitting:

Stance

- Feet shoulder width apart- not too wide or too narrow
- Hands up near ear area
- Elbows form Triangle with the hands the top
- Eyes on pitcher
- Feet, knees, hips, shoulders, pointed at homeplate

Stride

- Slight load with weight shifting back alittle
- Hands slightly go back
- Front foot strides toward pitcher
- Body gets back to balance

Swing

- Rotate hips and squash bug with back foot
- Hands go to the ball and stay inside of the ball
- Bat will follow hands path and stay level, eyes stay on the ball

- Have them swing hard in case they hit it

Follow through

- Swing bat all the way through and end up on back shoulder
- Chin goes from front shoulder to back shoulder (eyes on ball)
- Both hands stay on bat all the way through the swing
- Then drop bat and run

Drills:

- Hitting off of a tee- for all levels is very effective in Eye-Hand Coordination
- Under hand toss using softie/wiffle balls helps
- Back toss helps with tracking the ball
- Throwing/hitting off tee live with game like situations

Other ideas:

- Always try practicing by playing a game within practice
- Put runners on base and have teams work on getting them and hitters out
- Take time to teach the kids how to play
- Do things that they will be doing in games
- Put points and challenges on things to keep them fresh
- Use other parents, big brothers/sisters, aunts, uncles, etc to help you in practice
- Make sure you tell helpers what you want them to work on
- Make it fun and the kids will have a blast

QUESTIONS????????????????

“YOU HAVE AN OPPORTUNITY TO MAKE A DIFFERENCE EVERYDAY; EMBRACE IT!!!!!!!!”

REMEMBER: YOUR SON OR DAUGHTER IS WATCHING; LEAVE A LEGACY THAT THEY AND YOU CAN BE PROUD OF!!!!!!!!

“PLAY BALL”