



All Star Baseball Academy

1106 Federal Rd.
Brookfield, Ct. 06804
(203) 740-8699
www.allstarbatting.com

Hitting Mechanics

1. Ready position
 - a) Grip (loose with hands relaxed)
 - b) Stance
 - *Feet (slightly wider than shoulder width)
 - *Knees (bend slightly to improve balance)
 - *Elbows (relaxed)
 - *Hands (start hands about 6 to 8 inches away from chest at the top of the strike zone)
 - *Shoulders (level)
 - *Bat (45° angle, shine flashlight to the opposite batter's box)
 - *Head (eyes level with focus on the pitcher)
2. Load or Trigger
 - a) Weight shift (on the pitcher's release the hitter shifts weight to back leg)
 - *Front knee (begins weight shift with a slight movement in)
 - *Front shoulder (tucks slightly down and back)
 - b) Load hands and bat (hands move slightly up and back, and bat stays up and hitter maintains flashlight)
 - c) Stride
 - *Short (2 to 6 inches toward the pitcher)
 - *Soft landing on big toe (like stepping on thin ice)
3. Swing
 - a) Weight Transfer
 - *Back foot (squish the bug)
 - *Back knee and hip (explode to the ball)
 - b) Hands
 - *Direction (move straight to the ball, forward and down)
 - *Short and quick with hands, not long and slow with arms
 - c) Head
 - *Eyes (track the ball from release point to contact)
 - *Shoulder to shoulder (head stays still throughout entire swing)
 - d) Contact
 - *Level (bat travels level on contact)
 - *Through the ball (bat continues out towards the field, short to the ball and long through the ball)
 - e) Follow Through
 - *Bat (finish high, past front shoulder)
 - *Head (practice keeping head shoulder to shoulder)

Hitting Drills

1. Batting Tee
 - a) 1,2,3 drill
 - b) one knee drill
 - c) inside/outside/middle
2. Soft Toss
 - a) 1,2 toss
 - b) one arm swing
 - c) toss from behind hitter
3. Short Toss
 - a) opposite field hitting
 - b) locational hitting (hit ball based on where it is pitched)
4. Machine batting practice
5. Live batting practice
6. Net drill
7. Swift stick (wiffle golf balls)

Common Hitting Problems

1. Over strides or lunges (too anxious)
2. Pulls off the ball (front shoulder or head)
3. Swings too hard (poor balance)
4. Does not use lower body
5. Flat swing (long approach to the ball)
6. Poor Follow Through
7. Afraid of the ball



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Fielding Mechanics - playing catch

1. Ready position
 - a) Feet (spread slightly wider than Shoulder width)
 - b) Hands (fingers up and palms out)
 - c) Knees (bend to get weight on balls of feet)
2. Move to the ball
 - a) Be Aggressive (expect a bad throw and go get it)
 - c) eyes on ball
3. Receive the ball
 - a) Step forward with glove side foot
 - a) Soft hands (hands give)
 - b) Watch ball into the glove

Fielding Grounders

1. Ready Position
 - a) Feet (spread slightly wider than shoulder width, and glove side foot slightly forward)
 - b) Knees (flexed with weight on balls of feet)
 - c) Hands (start below the waist with the glove open to the ball as the pitch is thrown and throwing hand above the glove with palm facing out)
2. Move to the ball
 - a) Be aggressive (charge ball to receive a good hop and also set up a shorter throw)
 - b) Crossover step (on balls hit side to side)
 - b) Stay low (keeps hands below waist)
 - c) Eyes on the ball (read the hop)
3. Receive the ball
 - a) Butt down (field ball from the ground to up)
 - b) Hands out in front (soft hands - hands give when you receive the ball)
 - c) Triangle (with feet and hands)
4. Break and throw

Fielding Drills

1. Play Catch (Break and Throw)
2. Ready throw
3. Rapid Fire
4. Grounders (Break and throw)
5. Grounders Game Speed (charge ball and throw)
6. Fly balls (drop step and go get it)

Throwing Mechanics

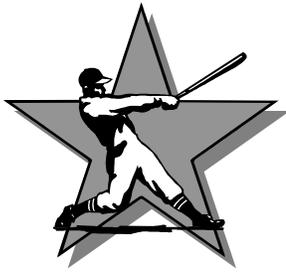
1. Break
 - a) Feet (step forward with throwing side foot then with glove side foot)
 - b) Hands (separate ball from the glove; both elbows go up to about shoulder height or higher; the ball is facing back and front elbow towards the target)
2. Throw
 - a) Grip (4 seam, for better accuracy and distance)
 - b) Direction (front side points toward target)
 - c) Rotate and throw (pull front side down and drive back side forward)
 - d) Complete follow through (reach out and finish)
 - e) Eyes (keep eyes on target)
3. Ready throw (game speed no pause)

Fielding Fly Balls

1. Ready Position
 - a) Feet (spread slightly wider than shoulder width)
 - b) Knees (slightly flexed with upper body leaning forward)
 - c) Hands (out in front with glove in front of hip)
2. Move to the ball
 - a) Drop step (half turn to glove side)
 - b) Crossover step (helps fielder get a good jump on the ball)
 - c) Run smoothly to the ball (not heel to toe)
 - d) Eyes watch the ball to the glove
3. Receive the ball
 - a) Step forward with glove side foot
 - b) Two hands (over the head)
4. Break and throw
 - a) Grip (4 seam to get better carry on the throw)
 - c) Footwork (crow hop - fielder steps forward with the throwing side foot pivoting sideways to the target, than the glove side foot towards the target)

Common Fielding Problems

1. Waits back for the ball
2. Does not use two hands
3. Flips glove or turns glove wrong way
4. Does not stay down on ground balls
5. Poor accuracy on throws (poor balance or direction)
6. Poor Follow Through
7. No drop step on fly balls (comes in before going back)
8. Shuffles feet instead of using crossover step on balls hit side to side.



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Pitching Mechanics

1. Grip
 - a) 4 seam
 - b) 2 seam
 - c) change up
2. Windup
 - (6) Ready position (relax and focus on target, keep hands chest high)
 - (5) Step back (short step back at a 45 ° angle)
 - (4) Pivot (throwing side foot turns 90° and ankle or third eye faces the catcher)
 - (3) Leg Lift (glove side foot lifts up to put the pitcher into the balance position; the head and eyes are in line; the shoulders are parallel to the ground; the lower body is loaded; and upper body not over rotated; the legs are relaxed and body is in control; soft toe)
 - (2) Break or circle (separate the ball from the glove; both elbows are at least shoulder height with the ball facing back and front elbow pointing toward the target; the pitcher begins his movement toward the plate with a straight step towards the catcher)
 - (1) Throw (pull front side down and in and explode back hip toward your target, keep throwing elbow above shoulder and keep fingers on top of the ball)
3. Follow through
 - a) good finish (the culmination of the delivery - chest over front knee)
 - b) become a fielder (a good follow through will put pitcher in best possible position to field balls hit back through the middle)
 - c) stay healthy (a proper follow through will ease some of the strain placed on the arm - especially during the deceleration phase)

Pitching Drills

1. Sit and throw (Indian style)
2. Two knee drill (pitcher isolates upper body)
3. One knee drill (work on release point and follow through)
4. Wrist snaps (rest elbow on glove at shoulder height and snap wrist to release the ball - work on back spin)
5. Break and throw (straddle position - work on circle motion and weight transfer)
6. Balance and throw (work on balance position, direction and follow through)
7. Hop and throw (work on weight transfer)
8. Long toss (builds arm strength)
9. Chair drill (work on follow through - chest over front knee)
10. Wall drill (work on circle motion)
11. Towel drill (work on wrist snap)
12. Mirror drill
13. Fielding bunts and other balls hit up the middle and making throws to the bases
14. Covering 1st base on balls hit to the right side
15. Locating pitches (play catch and have player receiving the throw move his glove to different areas, and the player throwing makes proper release point adjustments to locate the pitch)

Common Pitching Problems

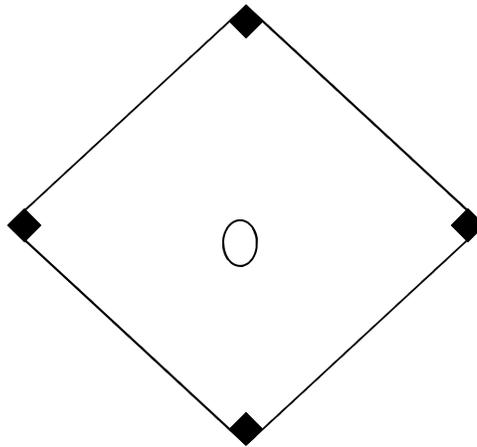
1. Poor balance
2. Poor direction
3. Inconsistent arm angle
4. No follow through
5. Pushes the ball
6. Rushes delivery
7. Lacks confidence
8. Not fluid (too mechanical or stiff)



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Practice Drills

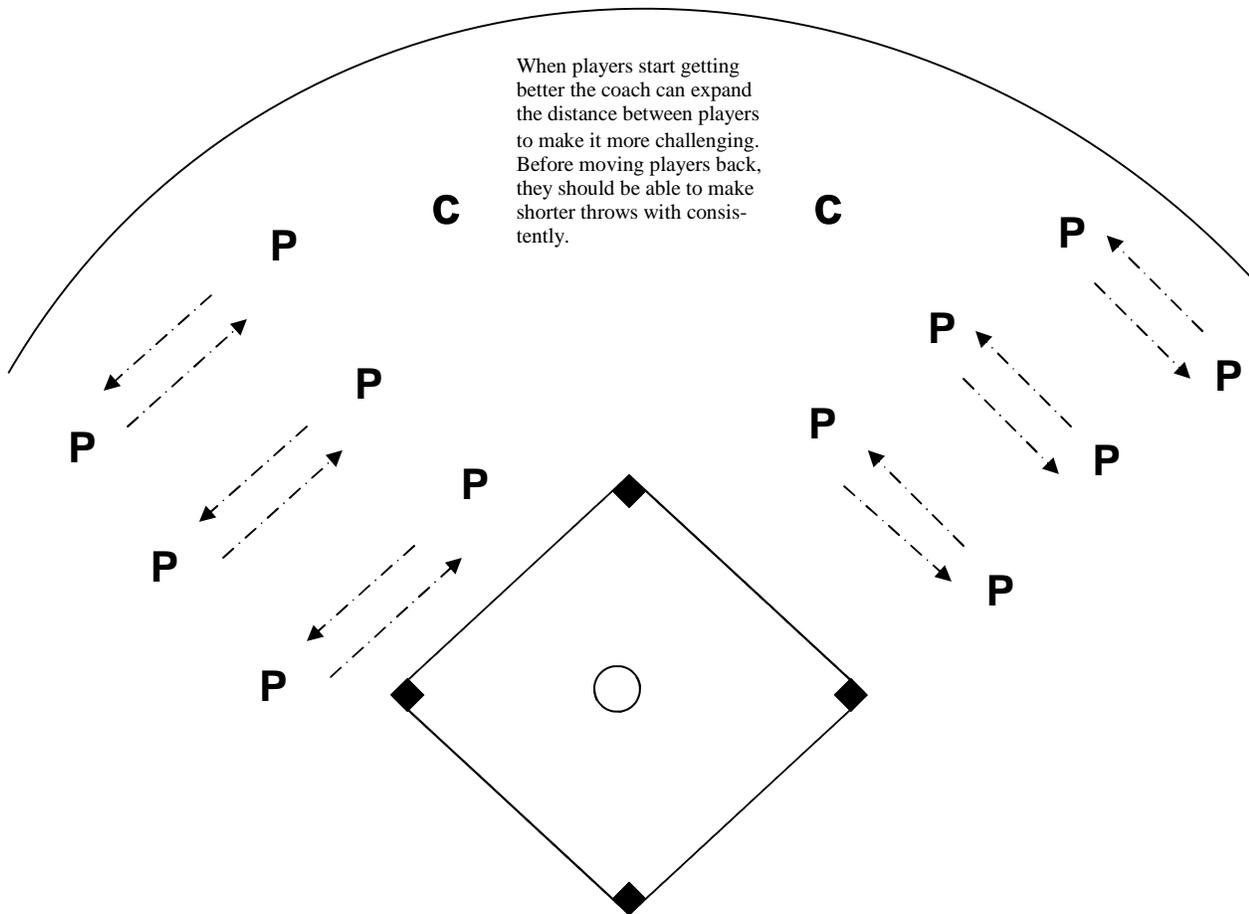


This packet contains 12 drills for coaches to choose from. This packet will help baseball coaches solve the 2 critical problems of what drills to include in practice and how to keep every player busy during practice.

Some important things to remember to run an effective practice are:

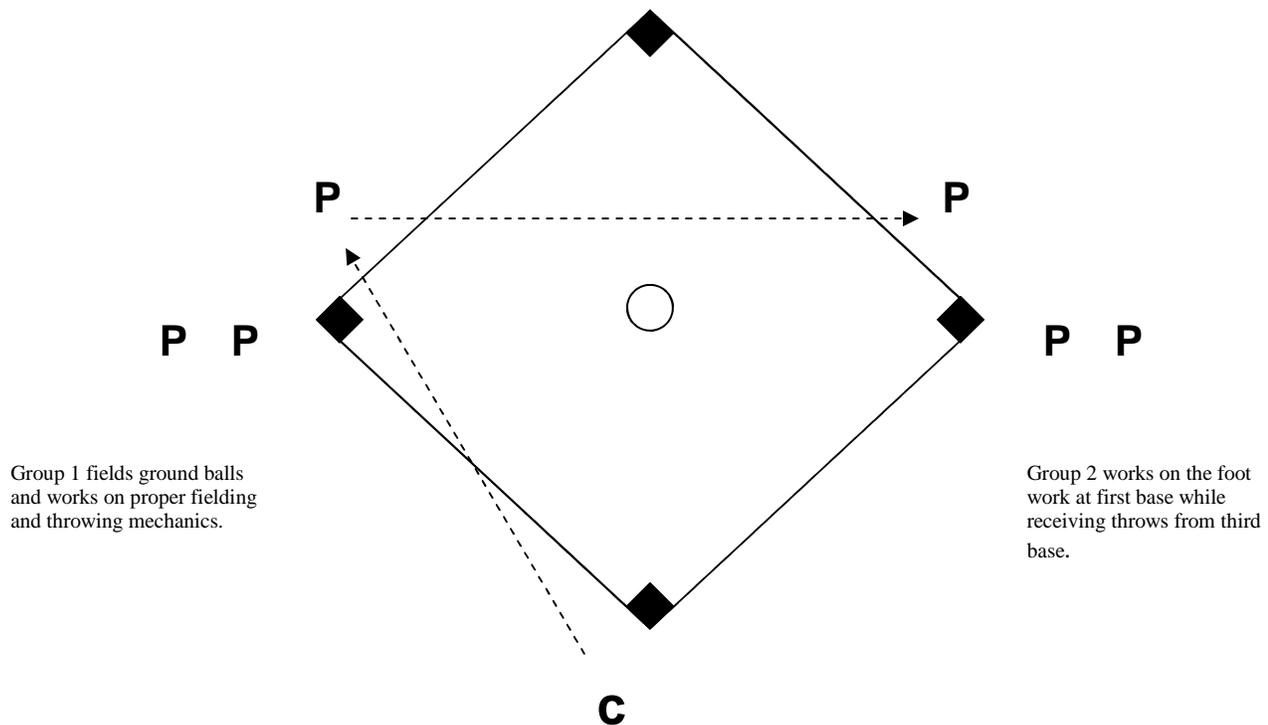
- **Be Organized** (Write down a schedule for your practice and have your groups selected ahead of time.)
- **Be on time** (stress to your players and coaches the importance of starting practice on time.)
- **Have players work in small groups** (small groups will limit distractions and also allow players to receive more repetitions.)
- **Keep players interested** (players enjoy competitive contest or games during their stations, it also will test their skill and improve their concentration.)
- **Rotate players station to station** (a station to station format will help keep players from getting bored working on same thing for a too long.)
- **Make it fun** (It is important that the players enjoy practice time and look forward to being there.)
- **Equipment needed:** 3 Buckets of Baseballs, soft toss screen, stop watch, bats and helmets and also catcher's equipment
Coaches needed: 1 head coach and 2 assistants
Practice Time: minimum 1 hour and a maximum of 2 hours

Break and Throw



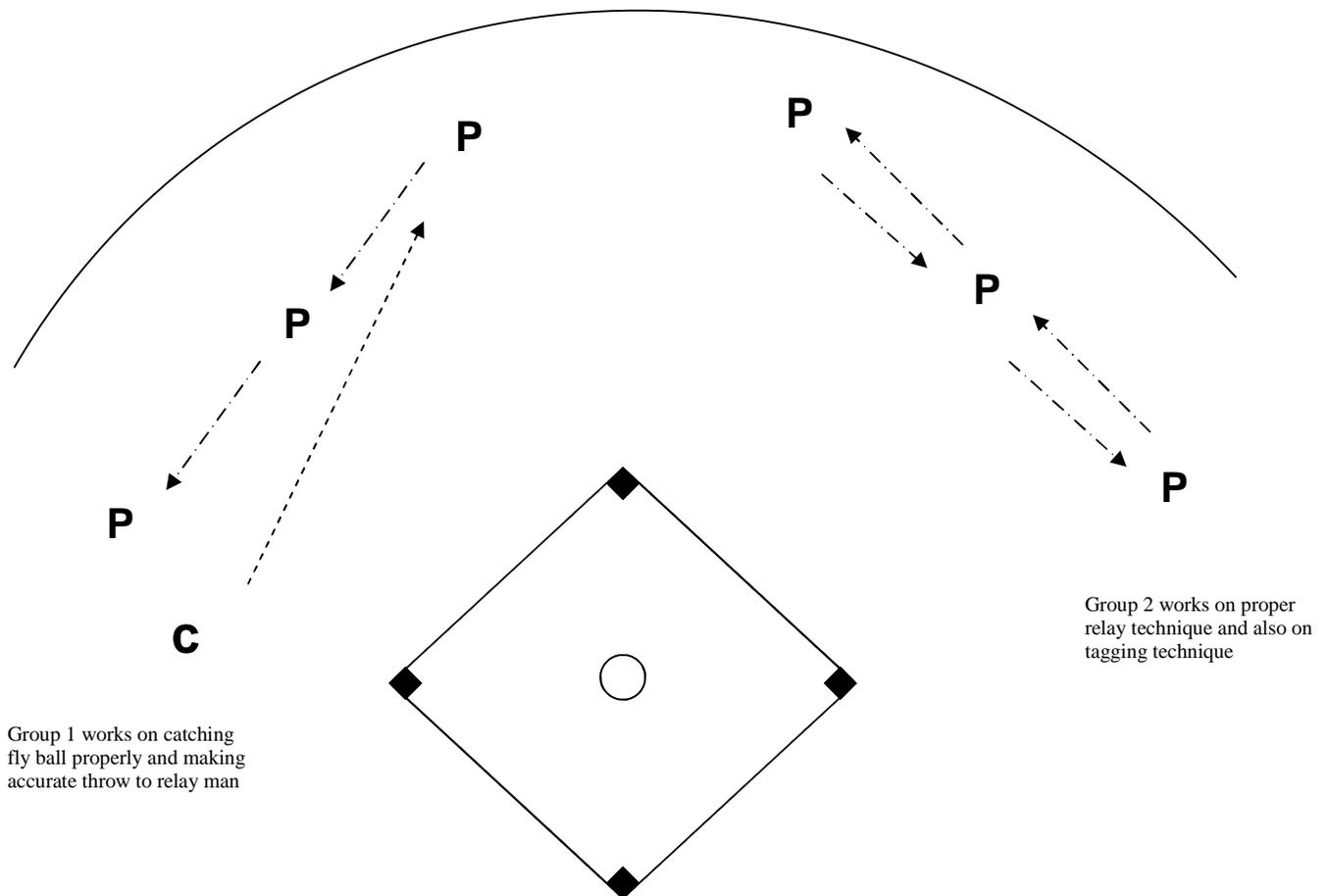
- Divide 12 players into 2 groups, place 6 players in left field with 1 coach, and place 6 players in right field with another coach.
- The players pair up to play catch.
- The ball starts on the foul line and each coach yells break. The players separate the ball from their glove and take a step toward their partner with their throwing side foot first. The second step toward their partner is with their glove side foot.
- The coach yells throw and the player uses proper mechanics to make an accurate throw to his partner.
- The players throwing the balls are working on their foot work and throwing motion. The players receiving the balls are working on moving to the ball and catching with 2 hands.
- After 5 minutes the coach changes the command to ready throw. The players do not pause before they throw. They work on their mechanics at game speed.
- To keep the players interested, the coach can have a contest. If a player makes a bad throw or does not catch the ball, the pair sit down. The last 2 players standing in right field will compete with last 2 players standing in left field.
- Total time: 10 - 15 minutes

Fielding Grounders and Playing 1st Base



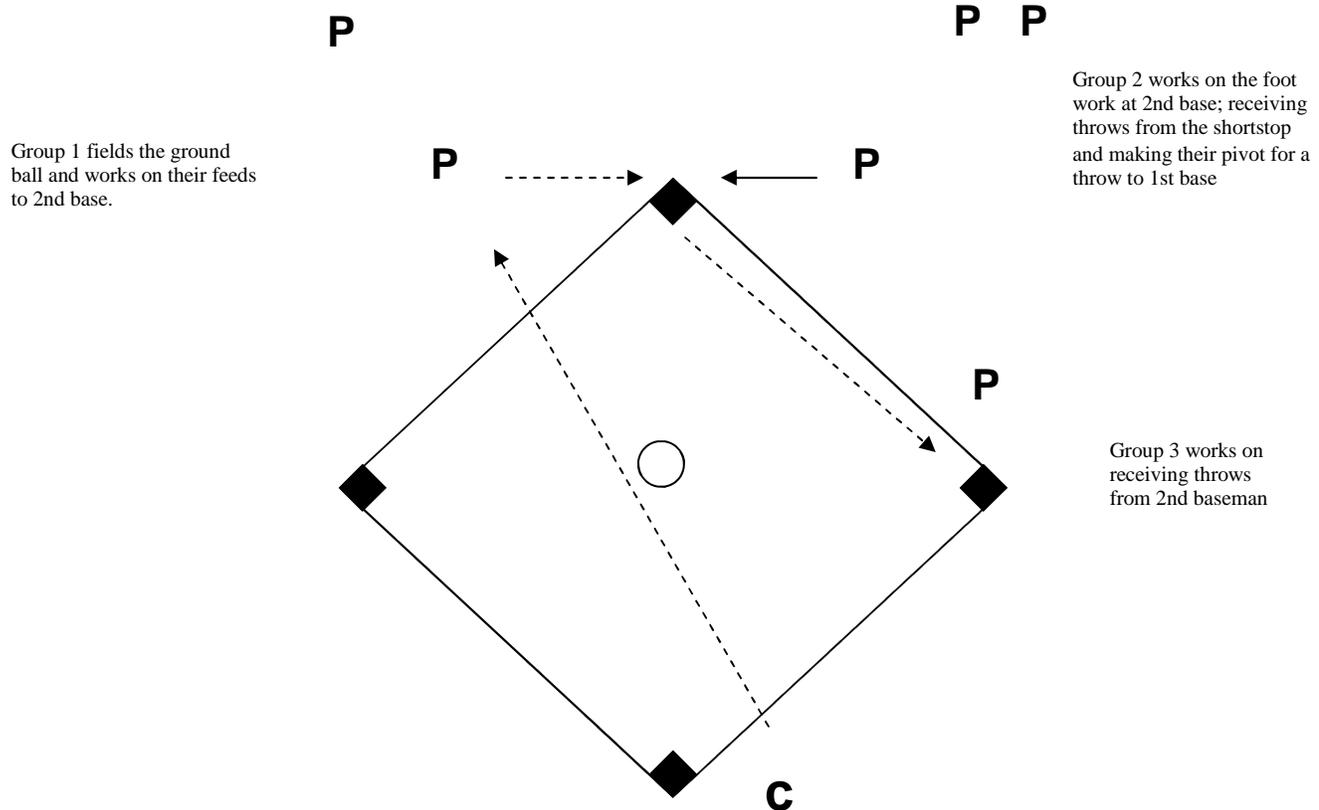
- **Divide players into 2 groups; place 3 players at 3rd base and 3 players at 1st base.**
- **The coach hits the ball to the 3rd baseman. The 3rd baseman throws the ball to the 1st baseman. The 1st baseman receives the throw and places the ball in a bucket. When coaches bucket is empty, he trades buckets with the 1st baseman.**
- **Players at 3rd base rotate, taking turns fielding grounders.**
- **Players at 1st base rotate, taking turns receiving throws.**
- **After 5 minutes, players switch bases.**
- **Alternatives: Move 3rd base players to shortstop or 2nd base.**
- **Total time: 10-12 minutes**
- **Equipment needed: 1 bucket of balls for coach, one empty bucket at 1st base and a bat to hit grounders.**

Fly Balls and Relay Throws



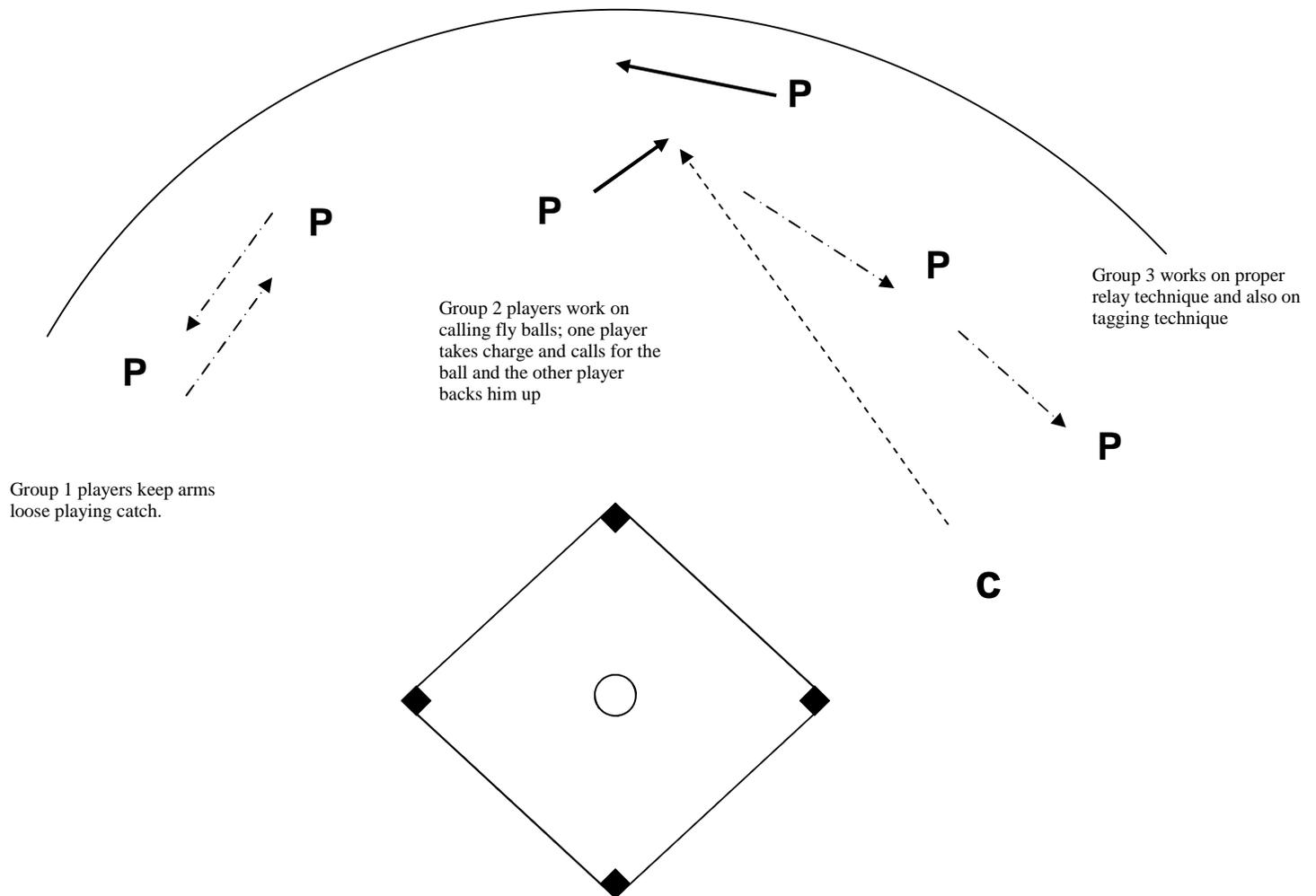
- Divide 6 players into 2 groups, place 3 players from the left field foul line in a straight line towards center field.
- The coach hits a fly ball to player in centerfield. The centerfielder throws the ball to middle fielder or relay man, and relay man throws ball to player on foul line.
- The coach hits 5 fly balls then the players rotate. Try to make sure each player gets equal turns at every position.
- Also place 3 players from right field foul line in a straight line towards center field.
- The middle fielder receives the ball from the end fielder. He uses proper relay technique to throw the ball to the other end fielder, who in turn tags an imaginary base runner, spins, and throws back to the middle fielder. The middle fielder receives the relay throw and throws to the other end fielder, who tags the imaginary base runner, spins, and throws back to the middle fielder.
- The relay man in the middle should move his feet so that he is always ready for the next throw. He should turn his body to his glove side when making his throw.
- Players should switch positions after relay man makes 10 relay throws.
- Total time: 10 - 12 minutes (5 - 6 minutes per station)

Double Plays (Pivots and Feeds)



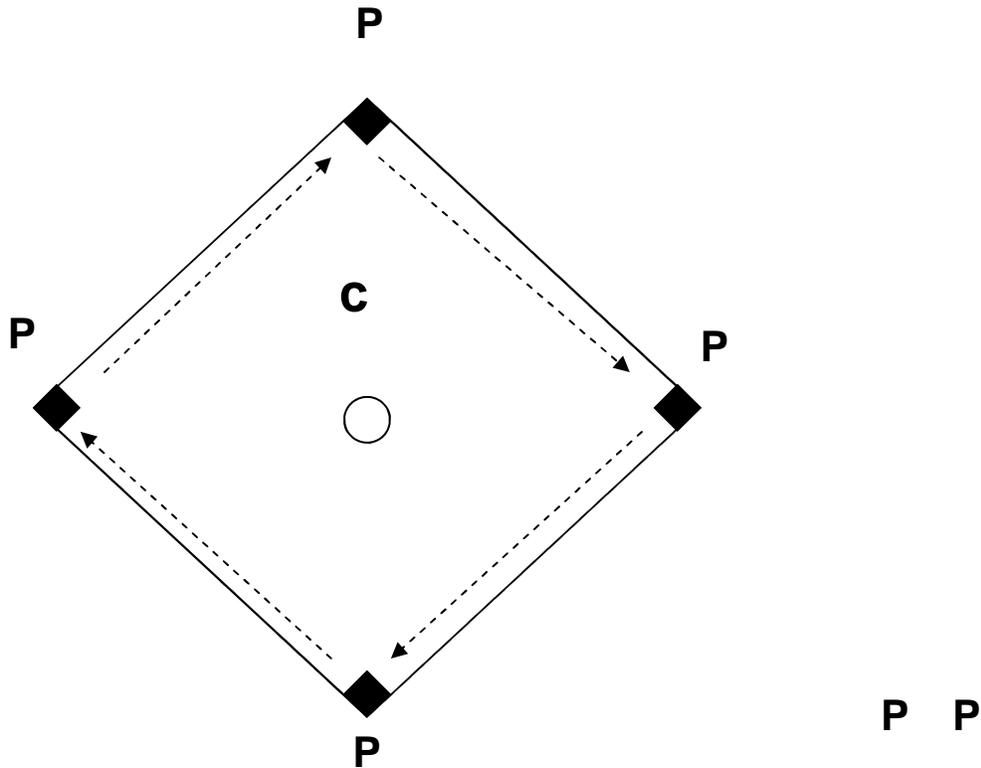
- Divide players into 3 groups; place 2 players at shortstop, 3 players at 2nd base and 1 player at 1st base.
- The coach hits ball to shortstop; shortstop feeds ball to 2nd base; second baseman covers second, receives throw and makes proper pivot for throw to 1st base.
- After shortstop completes play he moves to the back of the 2nd base line. After 2nd baseman completes play he moves to the back of the shortstop line.
- After 2 minutes rotate another player to 1st base.
- Stress to the players the most important out is the one recorded at 2nd base.
- Alternatives: Coach hits ball to 2nd baseman and he makes feed to shortstop covering 2nd base. Shortstop works on his catch and pivot and throw to 1st base.
- Total time: 10-12 minutes
- Equipment needed: 1 bucket of balls for coach, one empty bucket at 1st base and a bat to hit grounders.

Outfield Fly Balls - "I got it"



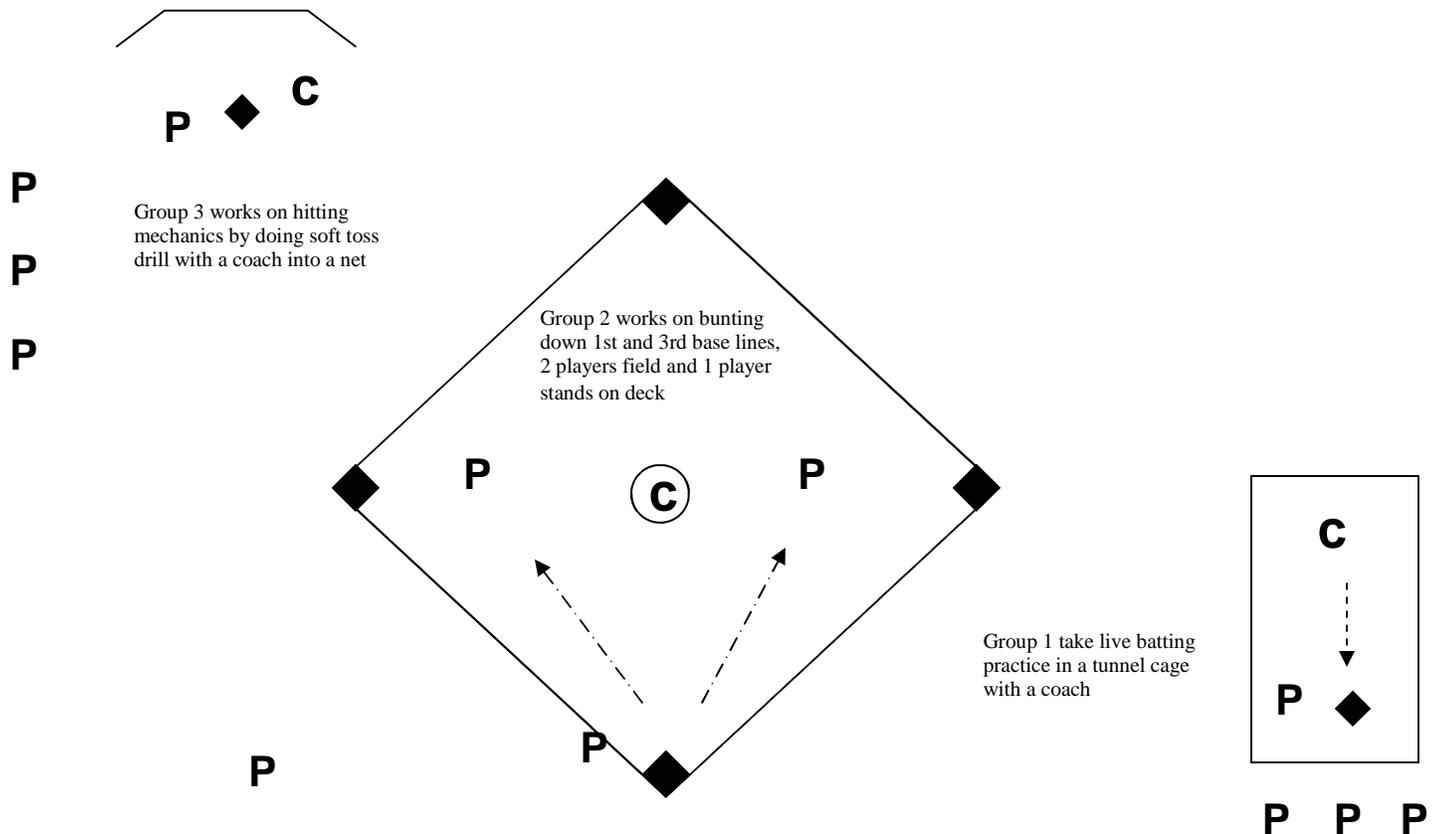
- Divide 6 players into 3 groups, place 2 players in left field, 2 players in center field and 2 players in right field.
- Place players in center field about 40 - 50 feet apart. Coach hits fly ball to players in centerfield, one player calls for the ball and makes a good throw to relay man and relay man throws to end fielder; the other outfielder backs up the player making the catch. The 2 outfielders work on communicating with each other on balls hit in between them. The players in left field play catch and wait for their turn catching fly balls.
- Coach hits 10 fly balls then the players rotate clockwise to the next station. Make sure each player gets equal time at every position.
- The coach can mix things up by also hitting ground balls.
- Total time: 10 - 12 minutes
- Equipment needed: bat, 1 full bucket of balls, one empty bucket

Four Corners



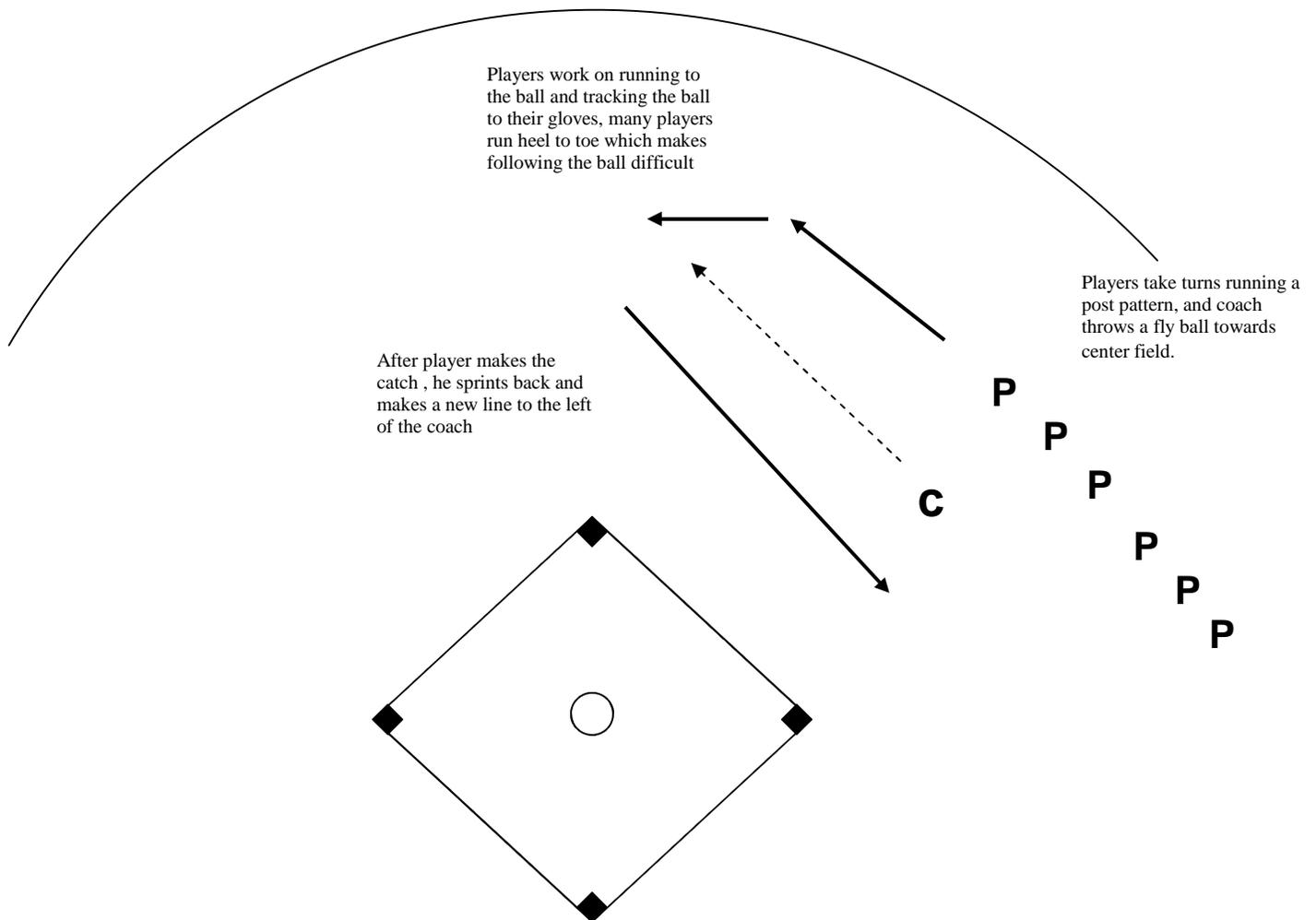
- 1 group of six players; place 1 player on each base, the other 2 players will wait for their turn.
- Start the ball at home plate; the ball is thrown to 3rd, 2nd, 1st and then back home.
- Time the players and see how long it takes them to throw it around the bases 5 times.
- After 5 throws around rotate other 2 players in; do 5 more times around then rotate again and then again.
- Each player should participate twice. (see which group does it the fastest)
- Before the ball can be thrown to the next base, enforce a rule that the player has to touch the base, also if there is an over throw, the player who misses the ball has to retrieve it and then come back to touch the base.
- Total time: 10-12 minutes
- Equipment needed: 1 ball, 4 bases and a stop watch

BP, Soft Toss and Bunting Practice



- Divide the players into 3 groups of 4 players and set up 3 stations for batting practice.
- Group 1 works in a batting cage with a coach throwing batting practice; group 2 works on the field with bunting practice; group 3 does soft toss into a net.
- Group stays at a station for 10 minutes then rotates clockwise to the next station.
- Players should take a minimum of 15 repetitions at each station.
- Total time: 30 minutes (10 minutes per station)
- Equipment needed: 3 buckets of balls, batting cage, soft toss net and 3 coaches

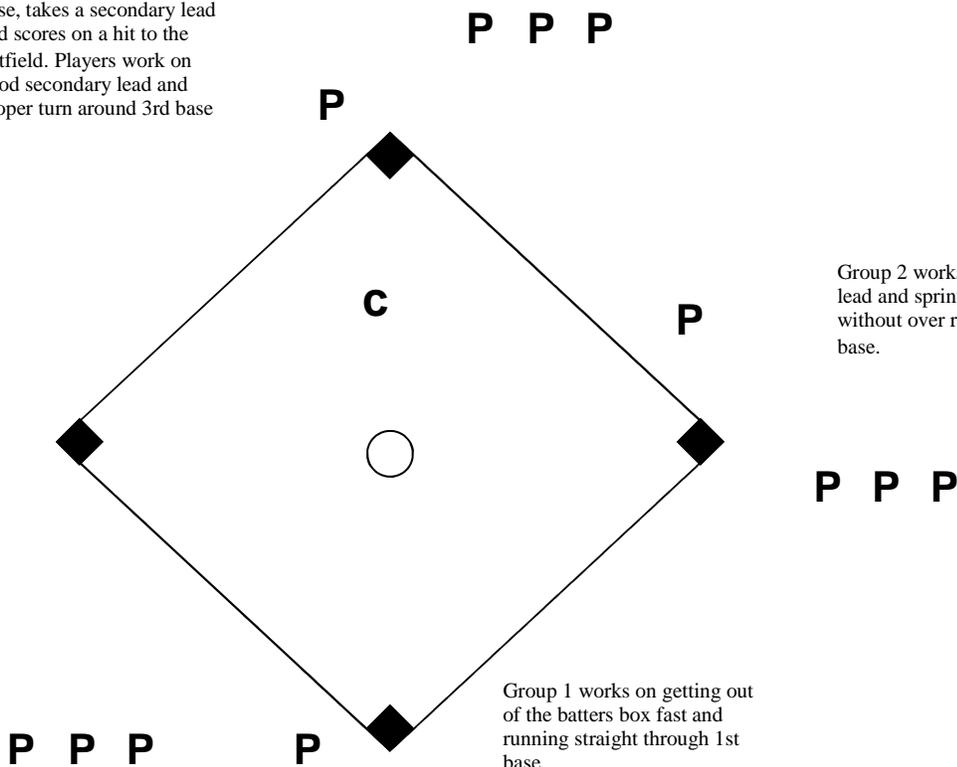
Outfield Fly Balls - Catching the ball on the run



- Place players in 1 group on the right field foul line
- Player runs a post pattern towards center field; coach throws a fly ball that the player tries to catch looking over his left shoulder; after player makes catch he sprints back and makes a new line to the left of the coach and places baseball back in the bucket.
- After all 6 players are to the coaches left they do the same drill but this time they catch ball looking over their right shoulder.
- Players work on proper running form (many players run heel to toe which will cause their head to bounce up and down making it difficult to track the ball)
- Total time: 10 - 12 minutes
- Equipment needed: bucket of baseballs

Base Running

Group 3 player starts on 2nd base, takes a secondary lead and scores on a hit to the outfield. Players work on good secondary lead and proper turn around 3rd base

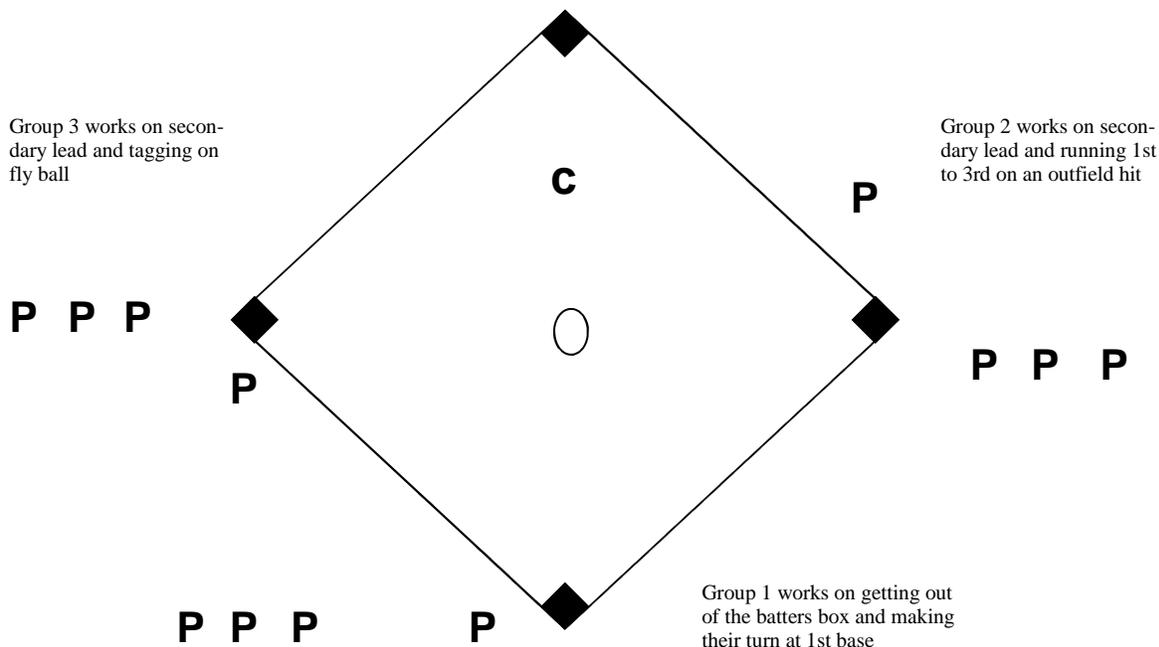


Group 2 works on secondary lead and sprints to 2nd base without over running 2nd base.

Group 1 works on getting out of the batters box fast and running straight through 1st base

- Divide players into 3 groups of 4 players
- Group 1 starts at home plate and batter takes a swing and runs an infield single through 1st base; group 2 starts at 1st base, takes a secondary lead and then runs to 2nd base on an infield hit and stops on 2nd base; group 3 starts at 2nd base, takes a secondary lead and scores from second on an hit to the outfield.
- After player reaches base, they go to the end of the line at that base
- The coach signals the start of each runner by clapping his hands and the coach calls out where the ball is hit.
- Players should run full speed and work on their running technique and rounding bases properly.
- Total time: 12 - 15 minutes

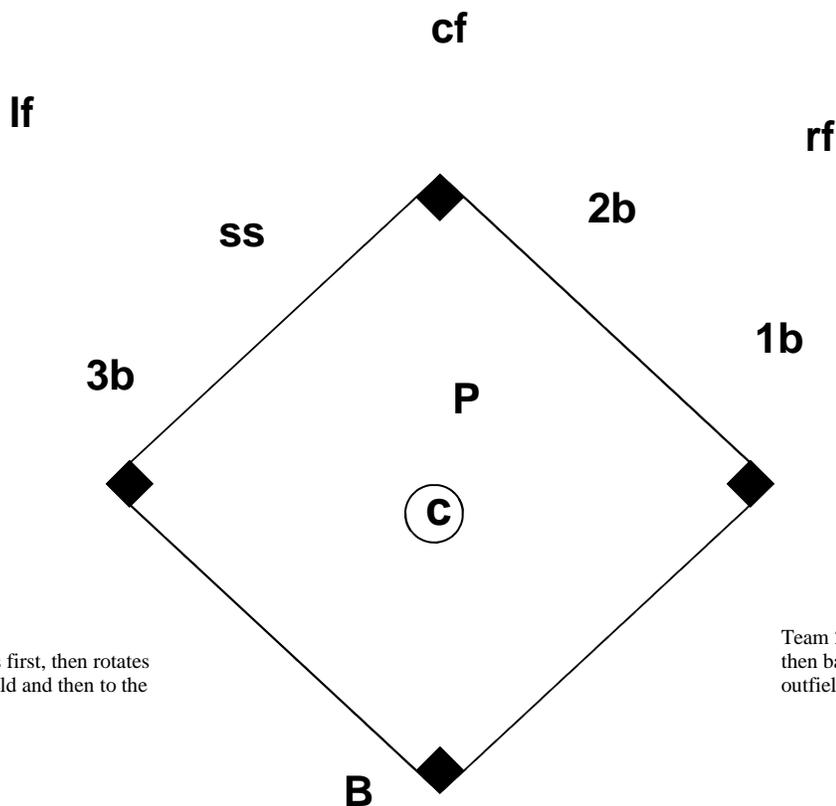
Base Running



- Divide players into 3 groups of 4 players
- Group 1 starts at home plate and batter takes a swing and runs to 1st on a hit to the outfield, runner makes a hard turn at 1st and shuffles back to the base; group 2 starts at 1st base, takes a secondary lead and then runs to 3rd base on a hit to the outfield and stops on 3rd base; group 3 starts at 3rd base, takes a secondary lead and then goes back to 3rd to tag up and score on a fly ball to the outfield
- After player reaches base, they go to the end of the line at that base
- The coach signals the start of each runner by clapping his hands and the coach calls out where the ball is hit
- Players should run full speed and work on running technique and rounding bases properly
- Total time: 12 - 15 minutes

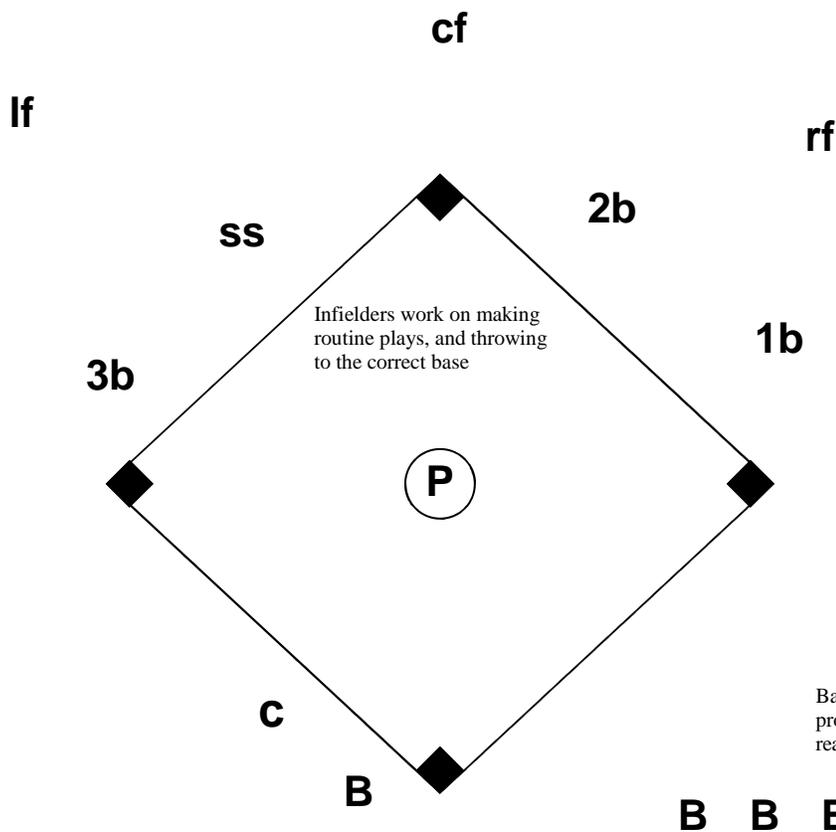
4 on 4 on 4 Scrimmage

Team 3 starts in the outfield, then rotates to the infield and then up to bat



- Divide players into 3 teams of 4 players
- Team 1 bats first; team 2 plays infield positions; team 3 plays outfield positions and also one player backs up coach on pitchers mound
- The coach is the pitcher for all three teams but will not make plays on defense. One player from the team in the outfield will field balls hit to the pitcher.
- After 3 outs the teams will rotate; the team batting will move to the outfield ; the team in the outfield will rotate to the infield; and the team in the infield will be batting
- Hitters will work on making contact and running the bases in a game situation. Fielders will work on their defense and improve on their game situations such as knowing which base to throw to.
- Incase the teams end up being lopsided, make a rule that a team can only bat around their order twice. (8 batter max)
- Plan to play 3 or 4 innings
- Total time: 45 - 60 minutes

Game Situations



- Divide players into 3 groups of 4 players
- Group 1 runs first; group 2 plays infield positions; group 3 plays outfield positions and also one player plays pitchers mound
- The coach hits the ball and the players at home plate run the bases according to where the ball is hit. The coach should mix up the hits (hit fly balls, ground balls and also line drives. The defense try to make plays and record outs. After 3 outs the base runners clear the bases, and after six outs the groups rotate. The group running rotate to the outfield; the outfielders rotate to the infield; and the infielders go to home plate to be the base runners.
- The teams overall defense should improve and your fielders will develop better instincts in the field. The base runners will develop better instincts on the bases.
- Keep 2 empty buckets to collect the balls; one in back of 2nd base and the other in foul territory at 1st base. After play is over, players should place ball into the closest bucket.
- Total Time: 20 - 30 minutes