“Everything Begins with the Basics: Kindergarten Through Second Grade Baseball”

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“Ain’t no man can avoid being born average, but there ain’t no man got to be common.” Satchel Paige

“There’s no substitute for guts.” Paul Bear Bryant

“Before you can win a game, you have to not lose it.” - Chuck Noll

I. Where to Start?
   A. Concepts - Tabula rasa
   B. Never too early to talk about the cerebral approach to baseball
   C. Make it fun and make it a competition
   D. Teach the “right” way to things and the basics
   E. General Baseball Knowledge/Language/“Build the Base”
   F. Basic Skill-sets
   G. Specific Drills and focus on a few things

II. Concepts
   A. Positions
   B. Terms: Strike, Ball, Out, etc.
   C. When you can advance
   D. Tag vs. Force out

III. Hitting
   A. Bat Grip, Bat Position, Stance, Where to make contact with ball, Top vs. bottom hand, Strong base and front side/tee positions
   B. Use light bat
   C. Dry Hacks

IV. Baserunning
   A. “Candy off table”
   B. Path to base
   C. Secondary Leads
   D. What to look for on pitcher
   E. Sliding
V. Defensive Work (Infield and Outfield)
   A. Hand Position in Glove – Outfield vs. Infield
   B. Ready Position/Pre Pitch
   C. Ramp vs. Wall/Left of center
   D. Backhands and Pop Ups
   E. Fly ball, terminology, crow hop, etc.

VI. Throwing “Not So Much Pitching”
   A. Proper Warm Up and Stretching
   B. Four Seam vs. Two Seam
   C. Hand Position – Stop/Not Catch
   D. T – Position and Arm Slot – “Wave to Grandma/Pet the Dog”

VII. Catching
   A. Primary v. Secondary
   B. Weight
   C. Receiving – “Catch and Stick” – Not “Frame”
   D. Where to set up

Drill Work

Typical warm up and playing catch the “right way”

- Running poles and stretching
- Throwing with infielders/outfielders/know the difference of how an infielder and outfielder plays catch
- Playing catch using different grips
- Points game
- Philosophies with long toss
- Incorporating “real” throws for position players – examples = crow hops, throw behinds, tags, drop steps, cut terminology

Defensive Work

- Pick drills
- 21 outs/9 outs
- Timed fielding (4.3 seconds for high school)
- DP flips and throws at second

Hitting

- Have focus of what skills/objectives you are trying to achieve - example = different types of swings/1,2, and 3
- Bunt drill – four base bunting/bunt competition
- Basic soft toss
- Dry hacks/Bat behind back pivots
- Tee work – Three basic positions
- Wiffle Ball Soft Toss/Soft Toss Games

Catching

- Without glove: Partner or coach throwing underhand – work on “sticking ball”.
- Blocking drill with tennis balls.
- Mirror – two catchers mirror the others movements

Rundowns/”Hot Box”/Baserunning/working as a “team”

- Get the ball to lead base quickly.
- Lead base player must always cut down distance.
- Hold ball high.
- Do not pump fake.
- Deliver ball to glove side or step inside baseline/communicate. Release/run to throwing side.
- When wanting the ball thrown say “ball”. Receiver must have hands up (thumbs up).
- No more than two throws.