

Thunder Academy - 2015 Coaches Clinic

Clinic Speaking Agenda

SATURDAY, JANUARY 24th

Morning Sessions

- 7:30am to 8:00am – Registration
- 8:00am to 8:05am – Welcome and Opening Thoughts
- 8:05am to 9:05 am – Nichole Fox – SYNAPSE – Arm Care
- 9:05am to 9:25am – Tom Dedin Jr. – Crossover Symmetry Bands
- 9:25am to 10:25am – Tom Dedin Jr. – Working Toward Better Throwing Mechanics
- 10:25am to 10:55am – Tom Dedin Jr. - Trouble Shooting Throwing Mechanics
- 10:55am to 11:25am – Tom Dedin Jr. – Pitching and How to Teach It
- 11:25am to 12:55pm – Lunch Break

Afternoon Sessions

- 12:55pm to 1:00pm – Gather and Introduce Dr. Tom Hanson – Sports Psychologist
- 1:00pm to 2:00pm – Dr. Tom Hanson – Playing Big – How to Develop Confidence
- 2:00pm to 2:45pm – Tom Dedin Sr. – Understanding Fielding Techniques and How to Teach Them in a Team Setting
- 2:45pm to 3:15pm – Tom Dedin Sr. - How to Develop the Middle Infielders
- 3:15pm to 3:45pm – Tom Dedin Sr. - Corner Infielder Development
- 3:45pm to 4:30pm – Darron Cox – Understanding Catching Fundamentals
- 4:30pm to 5:00pm – Darron Cox – Developing Catchers...How We Do It

SUNDAY, JANUARY 25th

Morning Sessions

- 9:30am to 10:00am – Doors Open - Gather
- 10:00am to 10:45am – Marc Johnson – Hitting Absolutes
- 10:45am to 11:15am – Marc Johnson and Darron Cox – Trouble Shooting Hitting Issues
- 11:15am to 11:55am – Marc Johnson – How to Develop a Team From Beginning to End
- 11:55am to 12:25pm – Jackie Mielnicki – Team Fundraising and How to Do It
- 12:25am to 1:25pm – Lunch Break

Afternoon Sessions

- 1:25pm to 2:10pm – Tom Dedin Jr. – Playing the Outfield
- 2:10pm to 2:55pm – Tom Dedin Jr. – Baserunning and How to Practice as a Team
- 2:55pm to 3:25pm – Tom Dedin Jr. – Practice Organization
- 3:25pm to 3:55pm – Tyler Johnson – Positive Coaching Alliance
- 3:55pm to 4:00pm – Closing Remarks

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Teaching The Double Play

NOTE:

1. The most important player on the double play is the man who fields to ball. He must get to the ball quickly, field the ball cleanly, and make a quick and accurate throw to 2nd base.
2. In a 1st and 2nd base situation with a ground ball to the pitcher, he must throw to 2nd base in an attempt to start the double play. He does NOT throw to 3rd base.
3. On ground balls back to the pitcher, the shortstop will handle the throw at 2nd base most of the time.
4. The infielder who is turning the double play must get to the bag quickly and shoe the feeder his hands at chest high. The feeder does not look for the base but rather the hands of the man turning the double play.
5. In a double play situation, the middle infielders will move closer to the bag so they can get there quickly. The corners will basically play in the base line area.

Playing First Base

NOTE: Coach needs to play someone at 1st base who can catch the ball and move his feet

1. When a ground ball is hit, 1st baseman breaks to the bag. He does not look at the play since he wants to get to the bag and position himself with his hand at his chest before the infielder fields the ball.
2. His position at bag
 - place the body between the fielder and the bag.....push the heels of the shoes up against the bag. And prepare to step and catch the ball if it is accurately thrown..
 - learn to stretch for the ball if the play will be close
 - throws to the left, come off bag and tag runner...balls to the right, shift over and put left foot on bag to keep body in front of ball
 - when catching the ball, push ball of foot into side off bag...stay off the top of bag
3. Drill.....throw balls to 1st baseman at short distance
4. Holding runner on
 - position right foot forward of front corner and give target low
 - if there is a pick-off attempt, catch and tag...if throw is bad, come off bag and catch ball
 - when pitcher throws to plate, quickly come off base in front of runner and get feet squared up before the pitch gets to plate
 - range to right for ground balls...communicate with 2nd baseman...if he can field ground ball easily, return to 1st for throw
5. Pitcher Covers 1st
 - pitchers must break to 1st base on all balls hit to right side
 - 1st baseman fields ground ball and shows pitcher ball before he feeds him...
 - makes a throw like he is bowling..feeds pitcher before he gets to bag

The Middle Infielders

The Second Baseman Pivot

- breaks to bag and circles it with hands at chest
- left foot on bag..right foot on diagonal between plate and mound
- step to throw with right foot and throw
- no one way to make pivot
 - some teach straddle bag
 - catch ball and step to 1st with right foot

The Shortstop Pivot

- break to bag and put bag between shortstop and throw
- wait to see where throw is and then step to it with left foot dropping right foot and throw
- from 1st baseman: go either inside or outside of bag depending on where ball is thrown From
- from pitcher: use left foot on bag
- unassisted double play: step on base as throw is made to 1st base

The Second Man's Feeds

- right at him...karate feed
- to his right...underhand feed...show the shortstop the ball
- to his left ...180 degree hop and throw
- far to the left...spin to glove hand, set feet and throw
- in front of line and behind 2nd base

The Shortstop's Feeds

- balls directly at him....field with right foot slightly ahead of left to open hip, field and step to 2nd with left foot...do not stand up
- balls to left and near bag....feed underhand...show 2nd baseman the ball
- balls to the right...circle ball, field, and step with left foot to 2nd..do not stand tall
- balls deep to the right....field with backhand and throw over the top to 2nd baseman
- balls in line and behind 2nd base

The Corner Players

The Third Baseman Feeds

- routine play right at him... field, step with left foot and throw
- to his left...break to ball, field and throw
- to his right...field, plat right foot and throw over the top
- NOTE routine plays are made by keeping the body in a crouch and throwing with a short arm motion.

Various Situations

- 1) runners at 1st and 2nd base
 - ball hit at him or to his left...throw 2nd base
 - ball hit to his right and 2 steps from 3rd....step on bag with right foot and throw to 1st
- 2) Bases Loaded
 - ball at him...throw home
 - ball to left hand...throw to 2nd base
 - ball hit to bag and fair...step on bag and throw home yelling TAG HIM!

The First Baseman Feeds

- ball hit at him or to his right
 - RH 1st baseman...hop to 180 degree turn, square shoulders up, throw to 2nd
 - LH 1st baseman... step with right foot and throw
- balls hit close to bag...step on bag and throw 2nd, yelling TAG HIM!
- 1st baseman will range as far as he can of balls to right...pitcher will cover 1st for return throw from shortstop
- if 1st baseman can return to 1st after throw....he calls off pitcher

How To Teach The Double Play

NOTE:

1. When working with the middle infielders, shorten the distance. By shortening the distance, the coach can roll out balls to the middle infielders quickly and accurately. Start by rolling the balls and progress into hitting soft balls to them.
2. To teach the corner, position the 1st baseman at 1st and the 3rd baseman at 2nd. Roll the ball to the 1st baseman, and have the 3rd baseman act as the shortstop in catching the ball. Then roll the ball to the 3rd baseman who will feed the ball to the 1st baseman who acts as the 2nd baseman.
3. Use multi-ball drill

- need a large screen placed in the baseline 15 feet from 1st baseman
- use two fungo hitters with shaggers and plenty of baseballs

-Phase #1

- fungo hitter in left hand batter's box...hit to 3rd baseman and he throw to 1st
- fungo hitter in right hand batter's box...hits to ss and he works double play with 2nd baseman who throw to a player in front of screen.....after a number of ground balls to ss, batter hits top 2nd baseman

PHASE #2

- fungo hitter in left hand batter's box hits to 3rd baseman and he throws to 2nd and 2nd baseman throws to player in front of screen
- fungo hitter in right hand box hits to ss who throws to 1st base

PHASE #3

- screen is cleared off field
- fungo hitter in left hand box hits to 1st baseman who throws to 2nd and ss returns ball to 1st
- fungo hitter in right hand box hits to 3rd baseman who throws to 2nd baseman and on to 1st base



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Pitching and How to teach it

I. Pitching and how to teach it

- a. First teach throwing well
 - i. Master all throwing drills first
- b. Start by teaching pitching from the set position
 - i. Slide Step First
 1. Feet shoulder width apart
 2. Balanced with knees bent
 3. Drive leg knee inside foot
 - ii. High leg kick Second
 1. Same as above
 2. We want to develop momentum with this movement
 - a. Lower level kids vs higher level kids different
 - b. "Lift and Drift"
 3. Lead with the hip to target
 - a. Hips automatically tip when positioning drive leg knee after body drift
- c. Teach the wind-up after one is successful from the stretch
 - i. The wind-up
 1. Low level and very young kids
 2. Higher level more athletic kids
- d. Teaching the Stride Phase
 - i. Backside drive of pitcher vs position player
 1. Position player – 2X
 2. Pitcher 3X – if possible – depending on age
 3. Goal – Just prior to front foot strike – push off ball of foot to open throwing side hip
 - a. At this moment – Continue reaching back with upper body
 - b. Creates hip and shoulder separation
 - c. Delays throwing arm
 - ii. Pitchers need strong and solid landing position
 1. Need a strong firm base to allow upper body to work properly
 2. Core strength needs to be good
 3. Stabilizing the front leg with knee behind foot
- e. Teaching the Throwing Phase
 - i. Use of Power Zone #2 – Front side glove
 1. Chest Thrust
 2. Forward Trunk Tilt
 - ii. Use of power Zone #3 and #4
 - iii. Delayed throwing shoulder

- iv. Shoulder direction to target and extension
 - v. Arm and wrist to finish
- II. Pitching Drills
 - a. Mirror work
 - i. Work on leg kick
 - 1. Leg lift – simulating hip through glass wall first
 - 2. Slide step and Leg lift
 - ii. Throw into a net with mirror behind net
 - b. Whiffle ball work
 - c. Ball on a string drill
 - d. All throwing drills
 - e. Rope Drill
 - f. Throwing to a catcher on flat ground and short distance
 - g. ***Use the change-up grip during many of the drills as much as possible
 - h. Have regular bull pen sessions outside of games and tournaments
 - i. Work on pick moves to all bases regularly

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General Fielding Mechanics

General Mechanics

- 1) The Fundamental Base (RH Fielder)
 - toes pointed straight ahead with right foot 3" behind left
 - knees bent and feet spread a little wider than shoulders
 - head up
 - two hands with glove touching ground and fingers pointed down
 - be an alligator or snow shovel
- 2) Soft hands
 - when ball contacts glove, both hands soften and are brought to left arm pit... un-natural... in games, ball to chest in hand separation position
- 3) Ready-Set Position
 - left-right movement with hands at chest
 - follow ball from pitcher's hand to plate
 - start movement as pitcher's hand comes up to throw
- 4) Movement to ball
 - ball directly at infielder
 - ready-set and move to ball
 - break down to fundamental base when you see hop you want to field
 - field with soft hands
 - to throw: put right foot in front of left, turn shoulders, throw
 - balls to right or left
 - use cross-over step and pump arms to get to ball
 - circle ball and move into it
 - use fundamental base, soft, hands, and step and throw
 - V cut
- 5) Backhand and Forehand
 - backhand
 - get to ball and drop knee to ground
 - use wide open glove and push through ball
 - keep glove in front of foot
 - plant foot and throw over the top
 - forehand
 - use soft hand technique to field ball
 - adjust feet and square up shoulders to throw
- 6) Overhead
 - use drop step and a cross-over to break to ball
- 7) Various Hops
 - field ball on low hop or high hop but not on in between hop
- 8) Topped Balls
 - create an angle for the throw and break hard to ball
 - two hand technique preferred
 - field ball off front of left foot and step and throw..no extra steps
 - do not stand up to throw
 - follow through with body toward catcher

- bare hand
- use when balls is stopped or slowly rolling
- field ball in front of right knee by scooping up ball with hand

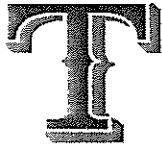
9) NOTE:

- on routine plays, infielder uses short arm throw
- only time infielder throws over the top is when he is moving to his right hand and must come back to his left

How To Teach Infield Play Through Drill Work

NOTE: Do not be in a hurry to get to the finished product. Be willing to take your time and teach the fundamental slowly. Break the fundamental into parts and put them together

- 1) Calis Order Drill: Teach the fundamental base in calis order
- 2) Hockey Drill
- 3) Pick-up Drill...no glove
- 4) Combo 6 Drill
- 5) Partner Drill: Roll the ball
 - use no gloves
 - players in one line and coach feed
 - players in partners and ball on one side and then the other
- 6) Rope-a-Dope
- 7) Balls Overhead
- 8) Specialty Drills
 - quick catch
 - low hop
 - 4 corner
 - backhand/forehand
 - circle



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Working toward Better Throwing Mechanics

I. Introduction

- a. Importance of throwing
 - i. Championships won with great pitching, defense and timely hitting
 - ii. Half of game is defense
 - iii. Over half of the half requires throwing the baseball/softball
- b. What is the goal
 - i. Throw accurately and with velocity
 - ii. Throw with effortless power
 - iii. Stay away from injury
- c. Can all players throw better?
 - i. Can all players throw better
 - ii. Yes
 - iii. We all have the same parts
- d. Difference between players who can throw well and ones who cannot
 - i. Athleticism
 - ii. Height-weight
 - iii. Flexibility
 - iv. Motor skills
 - v. Strength
 - vi. Body awareness
- e. Overall observation of why ball players throw the way they do
 - i. At early age do not use correct muscle groups to try and make the arm move
 - ii. Do not understand the Kinetic chain of energy flow through the body and how to use it
 - iii. Do not possess the athleticism or motor skills to deliver the ball properly
- f. What creates the throw
 - i. Sequential use of body parts to develop a kinetic energy flow through our body to maximize arm speed
- g. What causes velocity
 - i. Arm Speed – The end goal
 - ii. The ability to use synchronized kinetic energy through the body to cause maximum arm speed.
 - iii. 80% of velocity is caused by the degree of separation

II. Understanding Throwing Mechanics

- a. Simply. Two Major Phases
 - i. Stride Phase
 - ii. Throwing Phase
- b. Think of our body as a 4 cylinder engine
 - i. We have 4 power zones or power sources

1. Power Zone #1 – Drive Leg – (Includes: foot, ankle, leg, hip)
 2. Power Zone #2 – Glove side arm and chest
 3. Power Zone #3 – Throwing Shoulder – (Shoulder Scap areas)
 4. Power Zone #4 – Throwing arm wrist
- c. Where do we get the energy to run these “Power Zones”
- i. Ground is our recourse or friend!
 - ii. Need to push against it
- d. Power Zones and why they are important
- i. Power Zone #1 - The drive leg
 1. Works from start to finish
 2. Needs to stay in contact with ground for as long as possible
 3. Drive leg has everything to do with accuracy and power
 4. Provides direction to target
 5. Causes hip rotation at toe touch – For pitchers
 6. Aids in the separation between hip and shoulder
 7. Used throughout the throw will allow upper body to function properly
 - ii. Power Zone #2 - Glove arm
 1. Used in conjunction with the back leg will cause the chest to be fast and adds speed to throwing shoulder, thus faster arm speed
 2. Creates torque in the chest to help delay the throwing shoulder
 - iii. Power Zone #3 – Throwing arm shoulder scap
 1. Helps develop arm whip
 2. Helps direct the ball to the target
 3. Helps keep the arm loose
 - iv. Power Zone #4 – Throwing arm wrist
 1. Last power zone to help direct the ball
 2. Establishes ball spin types

UNDERSTAND
KINETIC
ENERGY

III. How do the Power Zones work

- a. Stride phase – The start of the Kinetic Energy chain from push to toe touch
- i. Push against the ground with Power Zone #1
 1. “Drive” or “Push” never “step” to target
 2. Knee inside foot
 3. Hands stay together until after push
 - ii. Push forward and reach back with Power Zones #1, #2, and #3
 1. “Preparing to throw”
 2. Like stretching a rubber band – Separation
 3. Equal and opposite actions
 - a. Most important part in the stride phase
 - b. Glove side must mirror backside
 - iii. Stabilization of the stride leg
 1. Knee MUST stay behind stride foot
 2. Kinetic energy goes into ground and back up body
 3. If you “Step” to target front knee will get over front foot and bend
 4. Well stabilized leg will firm up base and hips so upper body can work and kinetic chain of energy will continue

1. Skip with drive leg foot perpendicular to target
2. Knee inside foot to push
- d. Other drills
 - i. Skip and push down rope over Grand Canyon
 - ii. Ball on string drill – Great Visual aide
- V. **Different types of Throws**
 - a. Outfield
 - b. Infield
 - c. Catcher
 - d. Pitcher
- VI. **Playing Catch**
 - a. Throwing drills to Catch
 - b. Long Toss

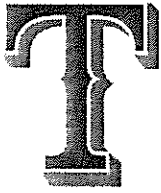
Trouble Shooting Throwing Mechanics

- I. **Trouble Shooting throwing and common faults**
 - a. Arm action not good
 - i. Players using all arm
 1. Uses wrong muscles to pull ball out of glove – arm not relaxed
 2. Hand-Arm usually starts the action first
 3. Usually out of sequence uses arm too early in cycle
 4. Will see tilt of shoulders from backside
 5. Sore arm and elbow
 6. Gets fatigued early compared to good mechanical throwers
 7. Does not use lower half of body
 8. Does not get separation of shoulder to hip
 - b. No use of drive leg
 - i. Player usually sits on back leg. No using the word “sit”
 - ii. Arms and limbs go every direction
 - iii. “Steps” to target
 - c. Player out of sequence
 - i. Arm moves forward with stride
 1. Will never throw with velocity – no separation!
 - ii. Player on front foot
 1. This player does not push forward reach back
 2. This player “Steps” to target all weight goes forward
 - iii. Player tries throwing while landing – “Blender”
 1. Does not use Power Zone #3 to “Trigger” the throwing phase
 - iv. All Arm Thrower
 1. Hand and arm pull everything through
 2. Allows for many release points – lacks command of throws/pitches
 - d. Poor ball grip
 - i. Fingers com off to side of ball
 1. Cannot drive through the backside of the ball – lack of velocity
- II. **Scrub Videos**

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Understanding catching fundamentals

Characteristics of a good catcher

- Tough Kid
- Good athlete
- Quick Feet
- Ability to throw
- Intelligent

Proper Equipment and wearing of equipment

- Proper Glove selection
- Safety
 - Cup
 - Wearing the gear
 - adjusting the gear

Catching Fundamentals

- General catching set-up
 - Nobody on base type stance
 - Man on base type stance

- Receiving the ball
 - Relaxing the body
 - Glove work

- Blocking balls in the dirt
 - Balls straight, right and left

- Throwing to the bases
 - Throwing to 1B
 - Throwing to 2B
 - Throwing to 3B

Fielding Bunts

Footwork while throwing into a short distance net

Footwork while throwing on the diamond

Tags and blocking the plate

Simulated balls from Left, center, and right fields

Pop-ups - outdoors

Using tennis ball racquet or baseball racquet

ABSOLUTES OF HITTING

AT THE YOUTH LEVEL

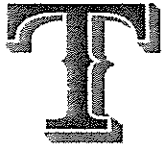
Marc Johnson, Head Coach, Cherry Creek High School

- I. Vision and /or Mission**
- II. Fundamental – Foundational Base**
 - a. Everyone wants a finished product at the beginning
- III. #1 Fault in Hitting is Not Starting Early Enough**
- IV. Create Energy Flow**
 - a. “Back to Front”
 - b. Load and Trigger
 - c. Legs are Holding Me
- V. Back Heel Up**
 - a. Shoelaces to pitcher
 - b. Repetition “the feel is the deal”
- VI. Front Heel Down**
- VII. Butt of the Bat toward the Catcher**
 - a. Stride & Separate (Reach)
- VIII. Connection**
 - a. Flat Bat
 - b. Highway to Success
 - c. Knees Stay Inside the Feet
- IX. Front Foot Down is the Trigger**
- X. Extension**
 - a. Short to it – Long through it
- XI. Step by Step Process**

**DEVELOPING A TEAM:
BEGINNING TO END**

Marc Johnson, Head Coach Cherry Creek High School

- I. **Have a Vision**
 - A. How is a championship defined in your world
 - B. Understand the vision
- II. **Why Coach**
 - A. Create a strategic plan and goals
- III. **Be Clear – Be Concise – Be Correct – Be Consistent**
- IV. **The Value of the Foundation – Fundamentals**
 - A. Develop daily plan
- V. **Evaluate**
 - A. Where have we been wrong
- VI. **No Toe Dipping in the Pool**
 - A. “All In”
- VII. **Create a Theme**
 - A. D the D
- VIII. **Establish Core Principles**
- IX. **Four Laws of Learning**
 - A. Explanation
 - B. Demonstration
 - C. Imitation
 - D. Repetition



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Playing the Outfield

- I. Getting the “jump on the ball”
 - a. First step is the most important step
 - b. Discuss 6 directions
 - i. Use of Combo 6 footwork drill – “Daily vitamin” drill
- II. Catching the general fly ball
 - a. Footwork and positioning of the body
 - i. Catch with Glove foot forward
 1. Step and catch ball
 2. Hands close together
 - b. Balls in Sun
 - i. Shade the sun with glove
 - ii. Drop down lower the eyes
- III. Catching the fly ball when going to throw out a runner
 - a. Footwork and positioning of body prior to catch
 - i. Developing momentum
 1. Stay behind ball
 2. Position body in direction of throw – high level move
 3. Catch on the move
 - a. Try getting 2 to 3 steps going into ball
 - b. Catch ball with glove foot forward - if possible
 4. Catch on throwing side of body – hands close together
 - b. After the catch
 - i. Develop quick feet
 1. Position the back leg in order to push
 - ii. Use proper throwing techniques to deliver the ball to base
- IV. Catching the ground ball
 - a. Footwork and body positioning
 - i. Get behind ball
 - ii. Develop momentum in direction of throw if possible
 - b. Fielding the ground ball
 - i. Nobody on base
 1. Make sure ball does not get through legs
 - a. Go to one knee
 - ii. Man on base and possible throw to a base
 1. Know your field – Smooth or bumpy
 - a. Field to the glove side or like an infielder
 - iii. Fielding to the glove side on smooth fields
 1. Either foot forward
 2. Bring in glove up in position to throw



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Baserunning and How to teach it

- I. Characteristics of good baserunners
 - a. Always knows where the ball is
 - b. Aggressive
 - c. Likes putting pressure on defense
 - d. Can anticipate game situations
- II. Baserunning Fundamentals
 - a. Going from Home to First
 - i. Breaking out of the box
 - ii. Finding the ball
 - iii. Round vs running straight through
 - iv. Put pressure on the defense
 1. Round hard force defense to work fast
 - v. Depth of rounds at first base
 1. Depending on where ball is hit
 - vi. Rounding when another man is on base
 1. Read outfielders throw out of the hand
 - a. Ball thrown low – can be cut-off
 - b. Ball comes out high – cannot cut – may be able to take an additional base
 - b. Going from First to Second and beyond
 - i. Sign from the coach
 - ii. See where outfield is playing
 - iii. Primary lead
 1. Length
 2. Footwork
 3. Direction
 - iv. Secondary Lead
 1. Read pitchers feet
 2. Shuffle toward second
 3. Follow ball with eyes
 4. Read catchers movements – balls in the dirt
 - v. Stealing
 1. Adjust lead – Closer to infield
 2. Jab step and crossover and fall
 3. Flash look – know where ball is at
 - vi. Advancing to Second on bunt
 1. Make sure to read ball in down direction
 - vii. Advancing to second on deep fly balls
 1. Mostly for older kids

- a. See outfielder backs and number get to second base and one step beyond – balls hit to left center and deep left
 - viii. Advancing on line drives
 - 1. First reaction is to take a step back to the bag then read ball through infield
 - ix. Advancing on ball through the infield
 - 1. Start rounding before second
 - 2. Pick up 3rd base coach prior to getting to second
- c. Going from Second Base to Third and beyond
 - i. Know where the outfield is playing
 - ii. Get sign from coach
 - iii. Talking your primary lead
 - 1. About 6' deep behind baseline
 - 2. Slowly keep feet moving extending the lead and moving back toward baseline
 - 3. Know how to read pitcher
 - a. Number of looks to plate
 - b. Timing pitchers
 - iv. Secondary lead
 - 1. Shuffle to third once pitcher commits to plate
 - 2. Reading balls in the dirt – be aggressive
 - v. Advancing on ground balls
 - 1. Balls hit at you or to your left
 - a. Advance
 - 2. Balls hit to pitcher
 - a. Stay – UNLESS it is a topper or swinging bunt
 - 3. Balls hit to your right
 - a. Read through the infield
 - b. Advance on a topper or swinging bunt – 3rd baseman comes in hard
 - vi. Advancing on fly balls
 - 1. Move to tag base
 - 2. Depending on the depth
 - a. Advance to Third
 - b. Fake advancement to draw a throw
- d. Going from Third to Home
 - i. Know where outfield is playing
 - 1. Walking lead
 - a. Start about the same distance 3rd baseman is off the bag
 - i. In foul territory
 - b. As pitcher starts stretch or windup – Left, Right, Hop
 - i. Time hop to land just before bat contact
 - c. Make sure RH pitcher commits to plate
 - d. Returning to bag
 - i. Return inside the baseline
 - 1. Takes away throwing lane from catcher

2. Read balls in the dirt
3. Advancing on fly balls
 - a. Tag and read and or fake

III. How We Teach Baserunning

a. Team Drills

i. Home to first

1. Coach on infield drill – Players at home

ii. Players at first

1. Use three or four bags
2. Coach on the mound

iii. Players at second

1. Use three or four bags
2. Coach on the mound

iv. Players at third

1. Use three or four bags
2. Coach on mound

b. All the same drills but with a catcher and a pitcher



Thunder Academy - 2015 Coaches Clinic

Practice Organization

- I. General thoughts
 - a. A coaches goal of practices
 - i. Teach and develop the baseball fundamentals skills necessary for that level of play – Very Important
 1. Identify what is important at each level
 2. Have drill work that helps develop proper technique
 3. Start slow to develop players confidence and correct form, then get them to move quicker
 - ii. Teach how the game is played for that level of play
 1. Create situations in practice the are most commonly going to happen
 - iii. Teach players how to compete
 1. Speak with them about competing
 2. Set up competitions or games in order to compete
 3. Many times this causes a better focus
 - iv. Offer consequences for good and poor execution
 - v. Be very organized
 1. Write up practice plans prior to practice and stick to them
- II. How to develop ballplayers
 - a. Develop some overall goals or a master plan of what you need to master at the level of play you are playing
 - i. Identify the fundamental skill
 - ii. Identify the baseball game knowledge skills
 - b. Create organized practice plans
 - i. All activities outlined for the day and assign times to accomplish
 1. Write out and post or review with players at beginning of practices
 - ii. Develop routines that are the same for all practices
 1. Stretching
 2. Throwing
 3. Daily fundamentals – “Daily Vitamins”
 4. Progress with teaching of new skills
 - a. Master fundamental skills
 - b. Introduce over time new skills that matter for age group
 5. Progress in teaching new game skills
 - a. Identify what is important for that time of season
 - b. Introduce new situations when necessary
 - c. Overall develop great ability to anticipate
 - iii. Stay on time if possible
 1. Do not over do an exercise if not going well

- III. Indoor practices
 - a. Schedule kids in small groups to work more individually
 - b. Throwing work
 - i. Throwing into side nets
 - ii. Throwing long in tunnels
 - c. Fielding Drills
 - i. Footwork drills
 - ii. Partner drills
 - iii. Rope drill
 - iv. Cone drill
 - v. Double play footwork at bag with middle infield
 - vi. First baseman work
 - d. Hitting work
 - i. Dry swings as a group
 - ii. T work stations
 - 1. Hit down the middle of tunnel
 - 2. Hit down the side net
 - iii. Release hit drill – timing drill
 - iv. Flip drill
 - v. Front toss with screen
 - vi. Create point games for hitting balls to certain locations

- IV. Outdoor practices
 - a. Regular routines – pick most important for the moment
 - i. Stretching
 - ii. “Daily Vitamins”
 - iii. Throwing
 - iv. Defensive fundamental skill work
 - v. Hitting
 - vi. Baserunning
 - vii. Team Defense work
 - viii. Team offensive work
 - ix. Specialty work
 - x. Pitching work
 - xi. Catchers work
 - b. Identify coaches to work in certain areas of expertise
 - c. Get parents to help when possible to do simple tasks
 - d. Early in the year
 - i. Keep it simple build a great base of pertinent fundamentals
 - ii.

- V. Other Practice Ideas
 - a. If possible do not use practice field time to stretch and play catch, etc
 - b. Practice with other teams
 - c. Work with specialty positions off the field in open areas
 - i. Pitchers – bull pens, throwing to targets into nets or backside of fences
 - ii. Catchers – blocking, throwing, other drills

- iii. Hitters who need more attention
- d. Ask other coaches if you can work in the corner of the outfield if they are not using the entire field
 - i. Especially young players on huge fields
- e. On wet days
 - i. Find parking lots that are not used much

Thunder Baseball

Practice Agenda

March 13, 2014

Time: 5:00 PM to 7:30 PM – Thomas Field

Mental Note for the day:

- What is important right now!
- The most important thing about goals... Is having one!
- ABC's – Act Big, Breath Big and Commit Big... Lets practice this as we practice
- Start to visualize ourselves being successful
- Signs

Practice Plan:

5:00 PM – 5:35 PM – Review Practice and any announcements

5:35 PM – 5:45 PM – Catch to Long Toss

5:45 PM – 6:00 PM – Daily Vitamins

- Combo 6
- Quick Catch
- Hockey Drill
- Square Drill

6:00 PM – 6:20 PM – Outfield Relay and Cutoff Throws

- Work on double tandem cuts – on ball breaking perimeter
- Work on Cut-offs to 3B and Home

6:20 PM – 6:50 PM – Infield Ground Balls

- 2 Station Ground balls – 15 Minutes
 - o One fungo guy hit to 3B and 2B – No Throws
 - o Other fungo guy hit to SS and 1B – No throws
- 2 Station Ground balls – 10 Minutes
 - o One Fungo guy hit to SS and 2B – Turn DP's to short 1B
 - o Other fungo guy hit to 3B – Throw across diamond
- 2 Station Ground balls – 5 Minutes
 - o One Fungo guy hit to 3B – DP Turn with 2B – throw to Short 1B
 - o Other fungo guy hit to SS – Throws across diamond

6:50 PM – 7:15 PM – Bunt Defenses

- Unorthodox plays only – Objective – GET THE LEAD RUNNER OUT
 - o Man on 1B Situation – always start with pickoff
 - o Man on 2B Situation – always start with pickoff
 - o Man on 3B Squeeze defense – always start with pickoff

7:15pm to 8:00pm – Hitting in cages at Thunder

- T- Work
- Front Toss
- Hit off machines
- Bunt station off machine –
 - o Sac with man on 1st
 - o Sac with man on 2nd
 - o Drags for specified players

Announcements: