

COACH'S PRACTICE TIPS – FOR LITTLE LEAGUERS AND THEIR PARENTS (OR SIBLINGS) AT HOME

CATCHING:

- Keep your eye on the ball – “LOOK” the ball into your glove.
- The glove should face upward (w/ thumbs together) when the ball is above your waist, and face downward (pinkies together) when the ball is below your waist.
- Teach the “ALLIGATOR MOUTH” technique when fielding a ground ball.
- Get under the ball on a pop-fly (practice with tennis balls when teaching how to catch flies)

THROWING:

- STEP towards your target with opposite foot, POINT with your glove, THROW and follow-through (ending up now pointing with your throwing hand).
- Your throwing arm elbow should always be above the shoulder.
- Remember use a two or three finger grip across the “C” seams of the baseball.

BATTING TIPS:

STANCE:

1. feet as wide or wider than shoulders
2. shoulders level
3. line up your middle knuckles
4. bat is up and away from shoulder
5. knees slightly bent and relaxed
6. toes are “square” to the corners of the plate

SWING:

1. head stays down
2. front foot steps into pitch
3. weight shifts to front foot – maintain balance
4. arms are parallel to the ground as they are extended in the swing path (swing path is slightly downward)
5. torso turns with bat on contact (belly button faces pitcher when ball is hit)
6. follow-through, fully extending arms after you hit the ball

BASE RUNNING:

RUNNING TO FIRST BASE:

1. player drops the bat behind them
2. run in a straight line in foul territory
3. run through the base and veer right

ROUNDING THE BASES:

1. player drops the bat behind them
2. run in a straight line in foul territory
3. when approaching first base, runner steps on inside corner of the base and begins the sprint towards 2nd base
4. repeat steps from 2nd to 3rd, and 3rd to home

GENERAL RULES OF COACHING:

Do the coaching in practice – not at the games. The games are for the kids to have fun and enjoy. (i.e. Only words of encouragement from the stands when the kids are trying to play ball)