



FALLS CHURCH
KIWANIS LITTLE LEAGUE

COACH'S HANDBOOK

2014 EDITION

INTRODUCTION

Thank you for choosing to volunteer your time to the development and mentoring of players in Falls Church Kiwanis Little League (FCKLL). FCKLL has a rich history of teaching baseball skills to youths in the greater Falls Church area. Our ultimate goal is to promote baseball by making it fun. One part of the fun is learning skills that allow success and achievement in the sport.

The promotion of the sport via skills development ultimately lies in activities and training on the field. FCKLL acknowledges that managers and coaches are at the core of this development process. Thus, this manual is provided as a resource for all league managers and coaches to assist in developing coaching skills and efficiencies in relation to on and off the field duties.

MANUAL GOALS/OBJECTIVES

Well trained and informed managers and coaches are one of FCKLL's most valuable resources. This manual is one component of FCKLL's training program. The purpose of this manual is to enhance and refine managers' and coaches' baseball and league knowledge. The following topics are covered in this manual:

1. League rules and organization
2. League instructional goals
3. Fundamental baseball techniques

This manual is specifically intended to focus on the levels from T-ball through AAA.



LEAGUE ADMINISTRATION

Brian Fiegel	President	brianfiegel@msn.com
David Lang	Vice President Administration	dlang@emilamerica.com
Charles Hansen	Player Agent	charles@hansen.name
Wade Little	Vice President Majors	Wadelittle@mac.com
Mike Deeley	Safety Officer	deeley@verizon.net
Brandon Milhorn	Vice President Operations/Facilities	b.milhorn@yahoo.com
Neal Comstock	Secretary	neal.comstock@yahoo.com
Todd Sedmak	Fundraising Chairman	tsedmak@hotmail.com
Jim Way	Publicity Director	jimwaydesign@gmail.com
Brent Sharrer	Training Coordinator	bsharrer@hpenviron.com
Kyle Gilster	Chief Umpire	Kyle.gilster@huschblackwell.com
Tom Coates	Snackbar Coordinator	thomas.coatesjr@verizon.net
Doug Carpenter	Treasurer	carp4@starpower.net
Joe Miller	Challenger Coordinator	coachjoemiller@yahoo.com
Sebastian Pawlowski	T-Ball Coordinator	Sebastian.pawlowski@icfi.com
Derek Toman	A Coordinator	dptindc@aol.com
Eric Pena	AA Coordinator	Eric.pena95@gmail.com
Jim Villa	AAA Coordinator	Jimvilla16@gmail.com
Tim Bradley	Quartermaster	robintim@verizon.net
Bob Farrace	Information Officer	farraceb@principals.org
Jeff Weaver	Sponsorship	jeffweaver@aol.com
Justine Fitzgerald	Volunteer Coordinator	Justine.fitzgerald@fitzho.com
Ira Greene	Scheduling	ira.d.greene@gmail.com
Bob Cascella		cazbobcaz@hotmail.com
Matt Fletchall	All Star Coordinator Tysons Bullpen Coordinator	mfletchall@verizon.net



CONTACT INFORMATION

www.fckll.org

Inclement Weather – Updates are provided at fckll.org or signup for instant text notification at fckll.org

LEAGUE ORGANIZATION

FCKLL is a non-profit corporation registered with the Commonwealth of Virginia and chartered by Little League Baseball, Inc. The program is administered by a board of directors and operated by volunteers. The board is elected at the annual meeting of the corporation held each year during the second week in September. Everyone associated with the league is urged to attend this meeting. In addition, the board of directors meets regularly throughout the year. Any parent/guardian of a child participating in the league is encouraged to attend. Refer to the FCKLL website for times and locations. For more information please refer to the FCKLL Parent and Player Handbook.

INSTRUCTIONAL GOALS BY LEVEL

T-BALL/ROOKIES

Mental Aspects:

1. Can sit on bench and be prepared to go to bat.
2. Stay alert in the field.
3. Know the locations of each base and the direction in which to run.
4. Know each position.

Hitting:

1. Maintain appropriate stance in relation to home plate.
2. Hold bat properly.
3. Make consistent contact with ball.
4. Keep both hands on bat during swing.
5. Maintain balance during swing.

Base Running:

1. Run all the way to the base.
2. Learn to avoid running into outs.
3. Learn to run in the base path.
4. React appropriately to fly balls.



Fielding:

1. Play catch at short distance.
2. Catch easy ground balls.
3. Proper glove positioning and movement.
4. Use 2 hands to catch.

Throwing:

1. Hold ball properly.
2. Use correct stance.
3. Step toward target.
4. Make accurate throws at shorter distances.

A

In addition to T-ball goals:

Mental Aspects:

1. Begin to develop sportsmanship.
2. Maintain ready position in field.
3. Understand appropriate response to winning and losing

Hitting

1. Begin to develop a “load”.
2. Begin to develop appropriate stride.
3. Develop appropriate timing with ball delivered from machine.

Baserunning

1. Run hard to bases.
2. Avoid double plays.
3. Basic sliding.

Fielding

1. Play catch at short distance.
2. Catch easy ground balls and makes throw to 1st base.
3. Proper glove positioning and movement. Move forward on pitch.
4. Call for pop-ups.
5. Return balls to infield quickly.
6. Understand force outs vs. tag plays.



Throwing

1. Hold ball properly
2. Use correct stance.
3. Step toward target.
4. Make accurate throws at shorter distances.

AA

In addition to A goals:

Mental Aspects

1. Maintain concentration throughout inning.
2. Know what to do with the ball when fielding.
3. Know that shortstop is captain of infield and center fielder is captain of outfield.
4. Demonstrate sportsmanship toward teammates, other teams and umpires.

Base Running

1. Round bases, especially first.
2. Consistently look to advance (aggressive).
3. Quickly react to base coach commands.
4. Consistently step on proper area of base.
5. Slide when appropriate.

Hitting

1. Consistent hip turn and balance in swing.
2. Consistently take aggressive swing.
3. Begin to identify strike zone.

Fielding

1. Play catch from at least 60'.
2. Catch ground balls to the right and left.
3. Catch low fly ball.
4. Move from side to side to catch ball.

Throwing

1. Start to use crow hop for long throws.
2. Make accurate throws from 60'
3. Often use proper grip.



Pitching

1. Throw at least 30 pitches without soreness in arm.
2. Throw 50% hittable pitches
3. Know two seam and four seam fastball.

Catching

1. Use proper stance.
2. Start to catch pitches in strike zone.
3. Block balls in dirt directly in front.
4. Make throw in direction of second base.

AAA

In addition to AA goals:

Mental Aspects

1. Maintain focus throughout game.
2. Know where to make routine defensive plays with no prompting.

Hitting

1. Aggressively approach every at bat.
2. Take good swing and still take pitches out of the strike zone.
3. Make consistent contact.
4. Understand mechanics of adjusting to off-speed pitches.
5. Follow base coach's signals.

Base Running

1. Determine when to take extra base when ball is in front of runner.
2. Basic understanding of common situations.
3. Consistently get a good jump off base every pitch.
4. Slide aggressively.

Fielding

1. Play catch from at least 80'.
2. Catch fly balls forward, left, and right with relative ease.
3. Field medium speed ground balls.
4. Consistently know what to do with ball after fielding.
5. Consistently in "ready position" during pitch.
6. Makes back hand catch and makes throw to opposite direction.



Throwing

1. Make accurate throws from 80'.
2. Body has good balance and direction on all routine throws.
3. Long, fluid arm motion.
4. Use momentum for long throws.
5. Use crow hop for long throws.

Pitching

1. Throw at least 50 pitches without soreness in arm.
2. Throw 60% hittable pitches.
3. Begin to use both sides of plate.
4. Begin to use off-speed pitch.
5. Recognize game situations, position in count, strength of batter.
6. Handle adversity and recover during game.
7. Confidence to survive failure and pitch again.

GENERAL

SCHEDULE

Any questions regarding scheduling should be directed to the manager's level coordinator, the scheduler, or the VP-Operations.

Spring Season Schedule Timeline

Schedules for the season are released in several increments. Typically, until all teams at all levels are practicing, the schedule is released in increments of about two weeks. Generally around the first week of April, a schedule will be released that includes all games and practices for the regular season.

Majors and AAA teams begin practice on the first Saturday in March. AA teams begin practice around the middle of March. All other levels begin practices on the last Saturday in March.

Opening Day this year will be on Saturday, April 5. Majors and AAA may begin games the week before Opening Day. All other levels will begin games on Opening Day. The game schedule continues into early June with the exception of Memorial Day weekend. On Memorial Day weekend, we will not play games on Saturday. Majors will play games on the Monday of Memorial Day weekend.

For all levels above Sluggers, at the end of the regular season there is an end-of-season playoff. For Majors, AAA, and AA the playoffs must be completed by June 15th so that



tournament or all-star teams can be formed and begin to practice. The single-A playoffs can go later, but it is not often practical for the season to extend beyond the end of school, as players tend to disappear after those dates.

Fall Season Schedule Timeline

Practices begin mid- to-late August as determined by the scheduler and the fall ball coordinator. Intra-league scrimmages and games are played during the week, inter-league games are played on Saturdays. All single-A and T-ball games are intra-league. Generally games will begin on the Saturday after Labor Day and continue through the last Saturday before the end of Daylight Savings Time.

Procedures for Scheduling During the Season

All managers are requested to send their individual schedule preferences/constraints to the scheduler as soon as they are known. The scheduler tries to take all of these into account when determining the practice and game schedules. Not all of them can be honored over the course of a season, so it is important to have at least one coach on the team, in addition to the manager, who can run a practice or game in the absence of the manager.

Once schedules are published, the scheduler will not unilaterally move events (practices or games) except in the event of weather or other issues with field availability. All practices that are moved must be approved by the scheduler and all managers that are affected by the change. All moves of games for reasons other than weather or field availability must be approved by the affected managers and the level coordinator. If a proposed game schedule change is within a week of the originally scheduled game time or includes moving a game to a Friday, the chief umpire or the umpire scheduler must also approve. If the change includes inter-league games or use of fields outside of our normal permits, approval of the VP-Operations or other league officials may be required.

If a manager wants to move or add a practice into an open slot at a field, the manager needs to let the scheduler know via email which practice slot is desired so we don't have two teams show up at the same field thinking it's open. Once a practice is moved, the original time slot will be reopened on the master schedule. If a manager wants to move into a slot that is already filled, the manager needs to call the manager of the team that is in that slot, work it out, and let the scheduler know the result, again via email.

If a manager is unable to use a scheduled practice slot, let the scheduler know so it can be freed up for others to use.



Majors and AAA will be given priority for use of Tysons Bullpen, which may be scheduled for one hour slots in advance. Note that other leagues have access to the bullpen and FCKLL is only allowed access during specific time slots. Using the cage during non-FCKLL time slots may result in the entire league losing access privileges.

Regarding requests for fields in general, the scheduler will honor them on a first come/first served basis as they are received. Where feasible, preference is given to the upper levels.

The schedule is distributed in both MSExcel and .pdf format. Be aware of the page breaks on the printed versions of the schedule (including the .pdf). If your game/practice is at the top or bottom of a page, look on the prior or next page to make sure you know when that event starts and ends. During the Spring season, there is generally an early and a late practice on the more popular fields. Due to changes in the amount of daylight available, the times shift during the season.

For the Spring season, in general, rained out games will be rescheduled for the next available practice day. The scheduler will publish new versions of the schedule with rescheduled games. **FOR TEAMS PRACTICING ON GAME FIELDS:** Be aware that games take higher priority. In the event of rainouts, games may be rescheduled into time slots that previously contained practices. For that reason, you need to pay attention to new versions of the schedule even if your game was not rained out. Except for T-ball, we will automatically reschedule rainouts. If the scheduler has to move a game into a practice slot and an open practice slot is available on another field at the same time, the scheduler will move the practice. If there are no slots available at the same time, it is up to the manager to request a new practice slot.

For the Fall Season, games are not automatically re-scheduled. If a manager wants to reschedule, contact the other manager, find a mutually agreeable time and the scheduler will try to find an open field.

TEAM ADMINISTRATION/COMMUNICATION

The Team Manager is responsible for making sure that all necessary communication to the parents be performed in a timely manner. For the majority of the general communication, FCKLL encourages managers to establish a “Team Parent” at the beginning of the season. The team parent can help to communicate information about upcoming league and team events and can coordinate team functions. This will allow the manager and coaches to focus on coaching. Team Parents should attend a league wide Team Parent meeting at the beginning of the season.



Teams at the A level and higher will also need scorekeepers. At least one scorekeeper from each team should be formally trained at a pre-season league training session for scorekeepers.

EQUIPMENT

Protective cups

All male players at all ages playing catcher must wear a protective cup. Managers should verify that players are properly equipped prior to assigning them to catcher. Majors and AAA players should be required by managers to wear protective cups regardless of their position. Players at other positions at the AA and lower levels should wear a protective cup during all practices and games.

Bats

All bats must be labeled “Little League Approved”. In addition, all non-wood bats must be printed with a bat performance factor (BPF) of 1.15 or less. In addition, in 2010 Little League International place a moratorium on the use of composite bats. This moratorium remains in effect however some bats have received a waiver of the moratorium. A current list of approved composite bats can be found at littleleague.org.

The following tables provide a general guideline for bat length:

AGE	BAT LENGTH
5-7 years old	24”-26”
8-9 years old	26”-28”
10 year old	28”-29”
11-12 year old	30”-31”

Weight in Pounds	Player’s Height in Inches								
	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72
Less than 60	26"	27"	28"	29"	29"	--	--	--	--
61-70	27"	27"	28"	29"	30"	30"	--	--	--
71-80	27"	28"	28"	29"	30"	30"	31"	--	--
81-90	--	28"	29"	29"	30"	30"	31"	32"	--

Bat sizing is also measured by the “drop” which is the difference between the bat length and weight. The greater the “drop” for a given length of bat, the lighter the bat.

Helmets

Helmets must be worn by all players that are at bat or performing any other drill with a bat. Additionally, any player who serves as base coach, leaves the dugout to retrieve a bat, or spots a pitcher warming up outside of a bullpen must wear a helmet. Helmets must not be removed until returning to the dugout.



Catcher's equipment

Catchers must wear the following equipment: long chest protector, mask with helmet and throat protector; shin guards; and protective cup. Catcher's equipment must be properly sized. Improperly fitting equipment does not provide adequate protection. If equipment does not fit your players properly contact your league coordinator and the quartermaster for replacements.

Donuts

The use of donuts is forbidden during practices and games.

BULLPENS

Bullpens are used to warm-up pitchers as part of the pre-game routine and during the game to have pitchers warmed up for relief. Only a properly equipped player with the appropriate catcher's gear may catch a pitcher. Managers should stand outside of the cages as they work with the pitcher and catcher.

In addition, during practices and as part of pre-game warm-ups the bullpens may be used to hit wiffle balls. However, under no circumstances may bats be swung in the bullpens during games.

UMPIRES

The umpiring staff is comprised of paid youth umpires and volunteer adult umpires. Umpires receive extensive training prior to the start of the season under the direction of Umpire Coordinator Kyle Gilster, to whom all questions should be directed.

Umpires are provided for all AA, AAA and majors games. A-level games should be umpired by managers, coaches and/or appropriately knowledgeable parents.

FIELD CARE

FCKLL takes great pride in our wonderfully maintained fields. The majority of the work including seeding, mowing and lining are performed by an outside contractor paid by FCKLL. Mowing of the grass outside of the fields is performed by Fairfax County.

After each game, it is the home team's responsibility to rake the field. Raking should be performed in a direction parallel to the base path. This will minimize the amount of dirt that is distributed onto the grass. Holes (especially on the mound and at home plate) may be filled with loose dirt using the back of the rake. Also use the rake to tamp down any loose dirt in filled holes.



Rakes are provided at each field and combinations for the padlocks are provided to managers at the beginning of the season.

FCKLL advises the managers to solicit help from parents for the field maintenance tasks, however please make sure that they receive a briefing on proper field maintenance at the beginning of the season.

TROPHIES

Participation trophies are provided to all players at the following levels: Rookies, Sluggers, A and AA. Trophies are also provided to teams finishing in 1st or 2nd places for the regular season or for the end of the season playoffs (A, AA, AAA and Majors). Traditionally, trophies have been made available for pickup at Family Fun Day at the end of the year. However, it is our experience that many of the Rookies and Sluggers teams have their end of the year parties prior to Family Fun Day. As a result we have begun to order the trophies for these levels for early delivery. Please contact your level coordinator for more information.

12 year old players who are matriculating receive an engraved medallion with their name and team name for recognition of their time spent with FCKLL.

OPENING DAY PARADE

The official start of the FCKLL season is usually kicked off with a morning march through Pimmit Hills and ending at Westgate 1. Players assemble and organize according to team and march as a team to Westgate. A flier with directions is distributed to managers and team parents prior to the event. Managers should be sure that the flier is distributed to all parents.

MEMORIAL DAY PARADE

Every year FCKLL participates and marches in the Falls Church Memorial Day Parade. All managers, coaches and players are invited to march in the parade as representatives of FCKLL. In addition, the league will usually build a float. Participation in the parade is encouraged but not mandatory. Parents of all players must sign a release form prior to participation.

PRESS

Coverage of league games in the *Falls Church News Press* and *Falls Church Times* helps:

- Build team morale
- Raise community awareness about league
- Demonstrate to sponsors the level of interest in the league

Deadline: 7:00 PM on Sunday nights.



Who Submits: A representative of the **winning** team from A, AA, AAA and Majors.

What to Submit:

- Brief report on games from the previous week.
- Send to: _____
- Subject Line should read: Game Report/Level/Team

Provide:

- Date of game and final score
- Players' Names. Be sure to check spelling.
- Note key hits and catches, strong pitching performances, rallies, heroics.
- Cap the number of your players at five; fewer players is fine.
- Mention one or two players from the losing team.

Editing:

We organize and submit the report to the News Press, where editing and photo selection take place and Falls Church Times, a local online newspaper.

SPONSORS

Sponsors are critical to the funding of our league and maintaining ties to our community. Managers are encouraged to recognize our sponsors by reaching out to the team sponsor during the season. Some examples include:

- Display your banner at all games. Typically banners are placed on the backstop or dugouts facing away from the field.
- E-mailing/calling the sponsor, inviting them to team events and providing them a schedule of events.
- Providing the sponsor with team updates throughout the season.
- Hosting your team party at a restaurant that sponsors FCKLL.
- Deliver your team sponsor plaque at the end of the season. Many sponsors proudly display them. It is nice if some of the players can help with delivery. Teams have also signed their banner at the end of the season and delivered this to the sponsor as well.

Note that some sponsors are more interested in participating in the league than others and it is most important that we reach out to them to show our appreciation.

BASEBALL BASICS

Note that the following are general guidelines for fundamental baseball techniques. Some coaching philosophies may vary slightly from those indicated below. However, it



is most important that players are taught consistently. Furthermore, the following rules will typically result in a better response from players:

- “Less is more” – focus on one item at a time in a drill and only correct the players that are not properly executing that particular skill or mechanic.
- For younger levels work on only the most fundamental skills until those are performed regularly
- Do not correct minor mistakes that are not affecting performance
- Do not be quick to make corrections. Take time to observe the player before making suggestions.
- Find time to focus on strengths as well as weaknesses in order to instill confidence.

HITTING

STANCE

- Align knocking knuckles. Check by grasping bat and point index fingers. Both index fingers should point in the same direction.
- Feet slightly more than shoulder width apart.
- Feet point forward (railroad tracks).
- Knees are slightly bent.
- Hand placement can vary depending upon comfort and coaching philosophy but hands should be in a comfortable position similar to just laying the bat on the shoulder. Hands that are low will likely create problems.
- Elbows relaxed and pointing downward. Do not keep back elbow up.
- Bat at 45 degree angle.
- Loose grip on bat during stance. Coach should be able to easily pull bat out of batter’s hands. Grip tightens at swing and contact. This can often be an undetected flaw that results in poor bat speed.
- Chin is tucked into front shoulder. Head remains still.
- Maintain balance.

LOAD

- Weight shift to back leg – 60% on back leg.
- Front foot on balls of feet.
- Front knee may be slightly angled inward.
- Hands may make a “J” shape in the air. Hand should not move “backwards”.
- Bat may “wrap” a bit behind head but not enough that the pitcher could see the end of the bat barrel.
- Shoulders may turn slightly however player should not move head or turn back to pitcher.



STRIDE

- The stride should be slow, short and soft.
- Some players may not stride or may place foot down in same place.
- Front foot should be pointed at a 45 degree angle to the pitcher.
- Stride should precede the swing and begins approximately when the pitcher is at his release point.
- After stride weight is evenly distributed.
- Hips do not open until stride is complete

SWING

- Movement of the hips and turning the pelvis toward the pitcher precedes the swing.
- Head remains still.
- Hips pull the upper body, which then begins the swing. Belly button pointing over pitchers head.
- Hands should precede the bat.
- Contact is made in front of the center line of the body.
- Weight should remain balanced. Shifting weight to the front foot will result in a loss of balance and power.
- Front leg should be straight (like the letter I). Back leg should be bent (like the letter L)

FOLLOW THROUGH

- After contact swing should continue to “wrap around” the shoulders.
- Back foot should rotate to face the pitcher. “Laces Facing Pitcher”

FIELDING

READY POSITION

- Feet more than shoulder width apart.
- Knees bent.
- Both hands out in front with palms up.
- On balls of feet.
- Maintaining balance.

GROUND BALL

- Two step motion toward ball – Throwing side foot and then fielding side foot.
- Field ball out in front of body.
- Glove side foot slightly in front of other foot.
- Wrist on glove hand is relaxed and end of glove is on ground.
- Throwing hand is over glove with palm down.
- Use throwing hand to secure ball in glove.



THROWING

- Rotate ball in throwing hand to 4-seam grip.
- Step forward with throwing side foot. This foot should be pointed at 90 degree angle from target.
- Form flex-T position.
- Step with glove side foot and throw.
- Follow through by swinging throwing side foot forward.

THROWING

- 4-seam grip on ball.
- Turn sideways so that glove side shoulder is facing target.
- Form flex-T – Glove side arm is extended in front; throwing arm is extended backward with a slight bend (~45 degrees); throwing palm is facing away from target.
- Step toward target. Foot should be at 45 degree angle from target.

PITCHING

Five Links in the Pitching Chain

- Called links because, like a chain, if one link breaks, the whole chain loses its strength: All five steps must be done correctly to throw consistent strikes.

- The Five Links are explained more in the Ripken Baseball video, “The Fundamentals of Pitching.” This video is geared more toward older kids, but has a lot of useful stuff for Little League level coaches/players.

Some basics:

- For AA players and any new pitcher, try to keep things simple:
 - Throw from the stretch only; no wind up
 - Four-seam fastballs only (Introduce two-seam fastballs and change-ups to AAA pitchers that have command of the four-seam fastball.)
- Emphasize safety – as in so many other activities, the right way to do it is also the safest way to do it. For AA pitchers, this means that they must finish their pitching motion facing the plate with their glove in front of their body, preferably near, but not blocking, the face.

Terminology

- Front Foot: The pitcher’s foot that is closest to home plate. For right handers, this is the left foot. For left handers, this is the right foot.



- Pivot Foot: The foot that is in contact with the pitching rubber. For right handers, it is the right foot. It is called the pivot foot because the foot turns 90 degrees during the pitching motion.

The Five Links

1) Feet

Pivot foot is in front of, but in contact with, the pitching rubber. Front foot is a few inches ahead of the pivot foot with the toe extended a few inches beyond the toes of the pivot foot. The pitcher's weight is on the pivot foot.

- Drill: practice the pre-pitch checklist: Feet, grip, look, breath

2) Balance

Lift front leg until the thigh is parallel to the ground. Hold this position only briefly. Stand tall, back straight. Head should not move significantly. Foot of front leg is loose, not tight or tucked up behind the pivot leg

- Drill – 1,2,3 Balance

3) Flex-T (also called the Power Position)

From the balance position, lower the front foot without touching the ground, slide the front foot out, and plant it on a straight line toward home plate. At landing, the front toe points toward the plate (this is often hard for new pitchers). Extend both arms in unison with front leg. Both elbows are bent slightly and at shoulder height. Pitcher should sight over his/her glove to the catcher (target)

- Drill – Practice quickly moving from the balance position to the flex-T position and back. Front foot moves down then out, not out then down.

4) Hip Rotation

Rotate hips to open toward the plate **WITHOUT MOVING SHOULDERS**. Elbows still high. This creates torque.

- Drill - From the flex-T position, practice rotating hips while holding shoulders still.

5) Bend and Throw

Bring the elbow around and throw the hand down and out toward the plate. Pitcher takes his/her body toward their glove (glove was extended toward the plate when moving to the flex-T position). Arm goes in the space between the glove arm (which is extended toward the plate) and the front knee. Pitcher should finish with back parallel to the ground and glove in front of face. Do not lift the pivot foot until after the ball is released.

- Drill – Flex-T's (cadence: back, front, hips, glove, throw)



RECOMMENDED RESOURCES

- Littleleaguecoach.org
- [Virginia Baseball Club - govbc.org](http://VirginiaBaseballClub.govbc.org) and Vabaseballclub.blogspot.com; [A Complete Baseball Coach's Handbook](#)
- [Positive Coaching Alliance – Positivecoach.org](http://PositiveCoachingAlliance.org); [Positive Coaching in a Nutshell](#)
- Youthbaseballinfo.com
- Pinkmanbaseball.com
- [Coaching Youth Baseball the Ripken Way](#)
- www.qcbaseball.com

