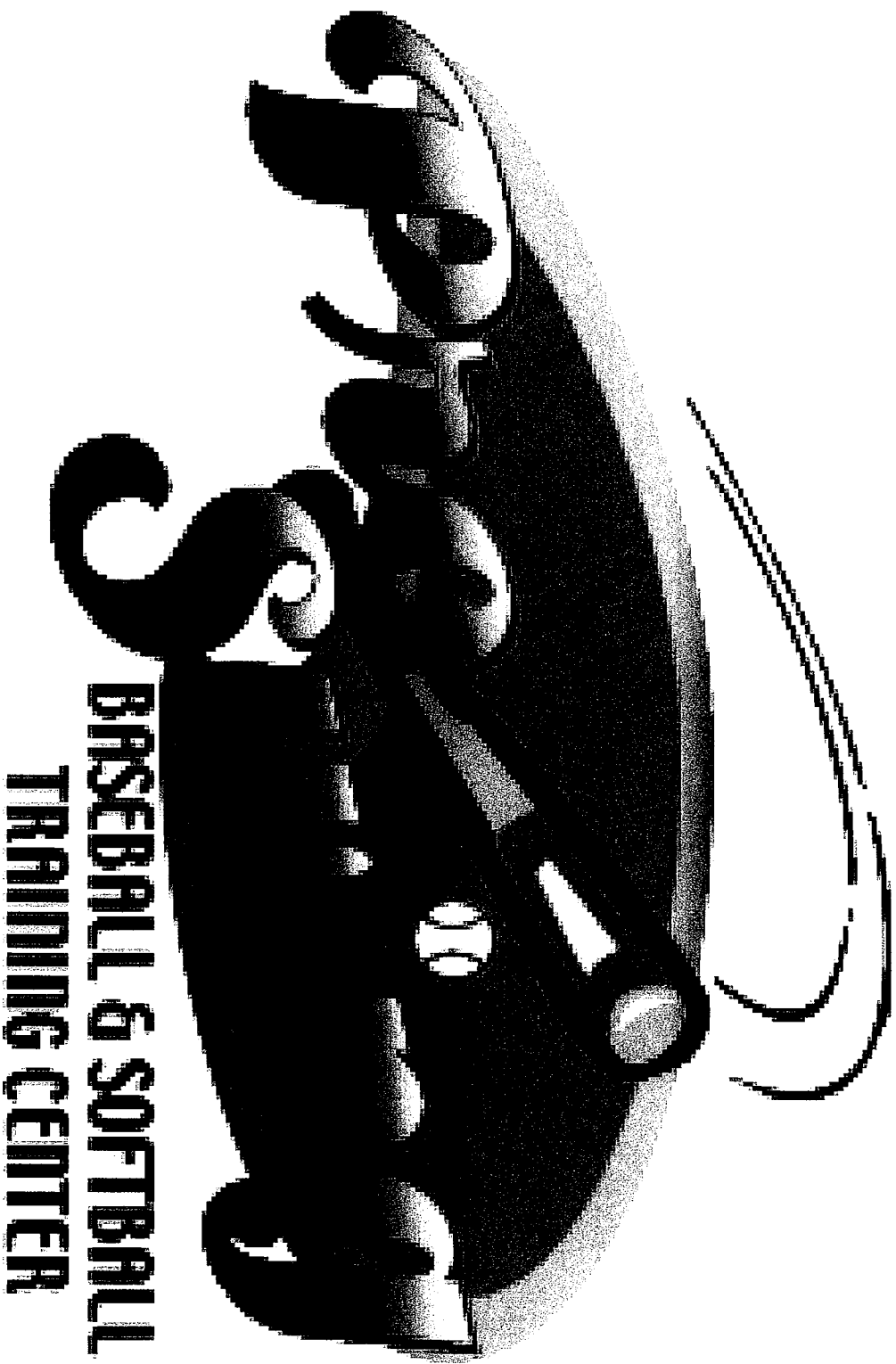


Coaches Clinic



**BASEBALL & SOFTBALL
TRAINING CENTER**



Team Practice

Key Factors

- Active Warm-up
- Hitting Stations (tee work)
- Defensive Stations
- Base Running



Team Practice

- ❖ An efficient, productive team practice must maximize the allotted field space, time available and capabilities of both coaches and players. The goal is to create a practice environment that will reinforce sound fundamentals in order to allow each player to feel confident and relaxed in game situations.

Have Fun!!!



Team Practice

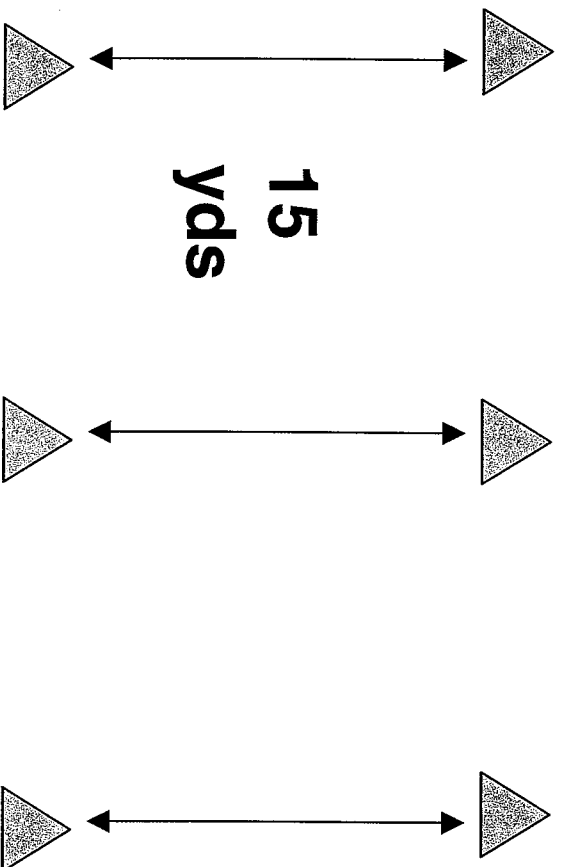
Active Warm-up (10 minutes)

(gets body loose and strengthens muscle groups specific to baseball movements on the field)

- Light jog (twice)
- Side shuffles
- Carioca
- High knees, butt kicks
- Frog jumps
- Duck walk
- Sprints (twice)
- Pushups into sprints
- Reactionary sprints – go on hand clap

Progressive Practice

Active Warm-up (10 - 12 minutes)



Preparation

There is no off-season for hitting

I. The Batting Tee

- a. The importance of the tee:
 - Ability to focus on swing mechanics and set-up
 - No distractions of a moving ball
 - Outstanding self-correcting tool and teaching device
- b. Batting Tee set-up:
 - The tee with ball at waist – not knees or chest
 - Hitters front foot – 3-8 inches behind the ball. This is accomplished by the hitter placing bat down as an extension of the tee.
 - Hitter should be one bat length plus a 3-8 inch gap between the end of the bat and the ball. This is accomplished by hitter placing knob of bat to the back hip bone and pointing bat to ball on tee until desired position is reached.
 - Hitter should begin their “checklist” in order to be in a strong, athletic position for the upcoming swing.

Preparation

There is no off-season for hitting

- II. The Batting Tee (*continued...*)
 - c. The Tee swing
 - Contact with the ball should always be made in front of the body.
 - Every swing should have a purpose. Always take a "game swing".
 - d. After the swing
 - Eyes, nose, chin should remain at tee, where ball was.
 - Hitters should be in a balanced "power" position.
 - Bat should be in a finished position resting on front shoulder.
 - Hitter should remain in "power position" in order to allow corrections by player or coach.



Hitting

Keep it simple:

The “checklist” – 6 step approach to the pre-swing set-up

1. Feet more than shoulder width apart – “No Stride Phase”
2. Knees bent – “Athletic Stance” (reference other sports)
3. Toes pointed parallel to each other
4. Feet and shoulders in a straight line to the pitcher
 - Place bat down at feet or draw line in dirt
5. Take a deep breathe to relax
6. Eyes, nose, chin, remain focused on where the ball was, not where it goes after it leaves the bat

Hitting

Keep it simple:

“Pop the Hip” – Swing mechanics; lower half (power)

- 1.** Swing begins with back hip aggressively “popping” down and forward
- 2.** Front knee should remain flexed (Back hip has strong base to drive down and forward)
- 3.** Back foot is turned with the ball of the foot remaining on the ground
- 4.** Front foot remains closed (begin with no stride or timing mechanism)
- 5.** Very slight weight shift

Mental Cue: Pole is going through the middle of the body starting at top of head, going into ground, limiting weight shift

