



**WOODSTOCK ACADEMY
BASEBALL CLINIC**

Woodstock Academy Youth Baseball Coaches and Players Clinic

Location: Woodstock Academy Field House

Time: 9:00am-12 noon

Target Audience: Coaches at all levels of Little League

***Players are welcome if accompanied by a player or coach. Have them bring their glove.**

Clinic Objective: Review of fundamentals of throwing, hitting, fielding, pitching, and how to conduct a practice. Live demonstrations.

Agenda

- 1. Introduction-Coach Murphy**
- 2. Hitting**
- 3. Throwing mechanics and practice routine**
- 4. Catching the baseball**
- 5. Fielding, ground balls, fly balls**
- 6. Basic pitching**
- 7. How to conduct a practice**
- 8. Questions-Wrap up**

Fundamentals of Hitting : The Five F's

I. Feet

- a) Feet-- shoulder-width apart
- b) Feet--square
- c) Stand on the balls of your feet

II. Flex

- a) Good athletic stance
- b) Some bend in the knees

III. Fingers

- a) Line up your knuckles that you knock on the door with.

IV. Flashlight

- a) The bat should be angled toward the catcher's opposite knee

V. Face

- a) Focus both eyes on the pitcher

VI. Different Types of Hitting Practice

- a) Tee work
- b) Soft Toss
- c) Short Toss with Screen
- d) Batting practice with "L" Screen
- e) Fence Drill

VII. Some Important Hitting Tips

Throwing Key Points

1. Four seam grip
2. Take the ball down, out, and up out of the glove
3. Hand above the ball, shifting to behind the ball at release point
4. Keep shoulder and front hip closed, pointed at target
5. Step towards target, stride with glove side, elbow above shoulder, L position
6. Release ball, follow through to glove side

Throwing Sequence

1. One Knee. Throwing knee down, 8-10 feet apart-take ball down, out and up out of the glove (circular motion). 10 reps
2. Power Position Drill. Wide base with their feet, 4 seam grip, weight shifts to the backside, hands above the ball, fingers pointing away from the target, weight back, elbow above the shoulder. Front shoulder points at target. Hand shifts from above the ball to behind the ball. Ball is thrown (not hard). Watch for follow through to glove side, back foot rotates so hips turn. Front toe points forward. 10 reps, 10-15 feet apart (adjust distance to age)
3. Balance Position Drill. Start motion from stretch, lift leg and pause for a 3 count, hip and behind face target, glove slightly above knee. On 3 count, they stride forward and release the ball to follow through to the glove side, and bring their backside through. 15-20 feet apart, adjust up or down for age. 10 reps.
4. Game of Catch. Have players back up to a comfortable distance to have a game of catch. Have them incorporate the basic techniques, 4 seam grip, hand over the ball to behind, arm circle, elbow above the shoulder, and follow through. Work on them hitting their target, stepping and throwing. 10 15 reps.
5. Long Toss. Have the players back up to a distance that is almost at the end of their longest range or distance of their throw. Have them take a large step (crow hop) towards their target and throw. 10 reps.
6. Quick Toss. Players a comfortable distance, slightly shorter

Catching The Ball

1. Start or ready position, feet shoulder width apart

a. Ball Above The Waist

- Glove just above the waist, fingers of glove up
- Throwing hand behind glove
- Player watches ball in to glove
- Catch ball in pocket of glove
- Close glove, catch with two hands. Transition in to Throwing Keys Points

2. Ball Below the Waist

- Same start position as above
- Player adjust to throw below waist, fingers down, heel up-
- Player watches ball in to glove
- Catch ball in pocket of glove
- Capture or cover with throwing hand. Transition in to Throwing Key Points

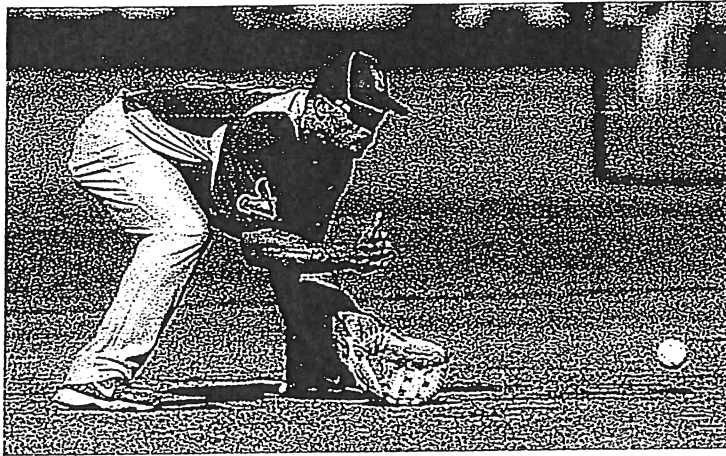
Instructional Points

- *Keep your eye on the ball
- *See the ball in to your glove
- *Close the glove when ball hits the pocket
- *Transition to throwing

Fielding

Infield

- Feet wider than shoulder width, Weight evenly distributed, knees bent, waist bent
- Extend arms all the way to the ground and out in front of you with slight bend in arms
- Throwing hand covers the ball when entering the glove
- Suck glove into stomach
- Transfer ball into throwing hand and point non-throwing shoulder to target



Outfield

- First 2 steps are always back
- Drop step and open up to ball
- Always run/ never back peddle
- Get to a spot where you think the ball is going to land

- Get behind the ball and get momentum going back towards the infield
 - Catch ball with two hands on throwing arm side
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Pitching

Key Points

1. Feet-small step back with non throwing side foot
Keep weight over stationary foot that maintains contact with the rubber
2. Balancing Position-non throwing side leg comes up, glove at waist level, weight centered over pivot foot
3. Power Position-hand above ball, take the ball down and out of the glove,(circular motion) as the front foot strides towards home plate
4. Rotation-hand goes from above ball to behind it as release approaches, elbow above shoulder
5. Follow through-to glove side, lead foot toe pointing towards home plate, bring backside through
6. Field position-be ready to field position

Emphasize

- Throwing strikes
- Four seam and two seam fastballs
- Change ups
- Keeping front shoulder and hip closed
- Consistent delivery, release point, and follow through

Basic Practice Format

The key to running a productive practice is to have a plan, and keep things moving. There are basic activities that need to be done at every practice (throwing, fielding, and hitting). These activities are at the foundation of the game.

Breaking down your practice into small working groups or stations is key to accomplishing your goals, and keeping the practice moving for the players. Outline a set amount of time for each activity, and know when the players, based on age, have reached the point where they have accomplished your objective, or the drill is not being productive any longer.

The following is a basic practice outline that should be accomplished:

- *Dynamic Warm Up-jogging, high knees, skipping, shuffle-shuffle-go
- * Stretching-shoulders, wrists, quads ,core, hamstrings, back. Good time to talk with the kids, days practice
- *Throwing
- *Fielding-ground balls, fly balls
- *Hitting Stations-T-work, soft toss, live pitching or short toss
- *Situational-full infield, cutoffs, relays, backing up, 1-3 defense, etc
- *Baserunning-"Big League". Make fun, races

***Times at each station can vary based on age, and size of your group
***Younger players should move quicker through the stations

Practices can be adapted and varied to having players in positions and having 3 players bat, basically playing a mini game. Players bat for 6 or 9 outs, then rotate to a field position. This is a good opportunity for you to see the players in game situations, where you can review plays and instruct immediately after the play. You can also have the players compete for points or runs.