

VIDEO RESOURCES FOR COACHES AND PARENTS

Base Running:

<https://www.youtube.com/watch?v=E0hQU51ms58>

Points:

Running to 1st base
Through the base
Banana Turn

Hustle - cannot be taught, it is what you have inside

Scenario 1	Run through the base head down, lift head slowly up
Scenario 2	Banana turn, foot on inside turn of the bag, be aggressive
Scenario 3	Running straight through, question mark turn if it gets through the fielder

How to Slide:

<https://www.youtube.com/watch?v=8BlbkFkhAMA>

Momentum going forward
Tuck leg underneath the other one - doesn't matter which one
Left leg tucked, right leg forward (or the other way around)
Core is strong, throw hands up, don't throw your chest up and back
3-5 feet before the base
Use a cone, so you can start

Pop up slide	You can pop up and run to next base Have coach stand and pick up - grab hand
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Infield

Fielding a baseball:

https://www.youtube.com/watch?v=8V_VJVi3268

3 steps
Baseball Ready position
Pre-pitch movements to baseball ready position
Pitcher delivers pitch - be on the balls of your feet
Tall/Upright, glove ready
When the ball is hit to you, attack the baseball
Get down in fielding position: both knees bent, hands out,
butt down, chest and eyes are up
Check to see if you fielding properly by checking to see
if you have made an equilateral triangle - check to see
where the glove is, it should be in front of head
Hands positioned at 6 and 2
Eyes out in front - bring body to baseball
Get through the baseball
Chin to shoulder - to be able to throw the baseball
Use the rhythm - go forward to throw the baseball

How to catch a fly ball:

<https://www.youtube.com/watch?v=1kLwkivjyD8>

How you catch a fly ball:

Glove side foot forward, squared up with the baseball

Keep palm up and get behind it

Don't let that arm turn and let elbow go up

Fly ball over our head

Take a good drop step, go back straight and get underneath the ball

How to field a ground ball outfield/knowing the situation

<https://www.youtube.com/watch?v=EIC4Xn8gUJ8>

How you catch a field outfield ball with no one on base

Glove side knee up, other knee down, protect the ball

How you catch a field outfield ball with runners on base

Field it like a short stop

How you catch a field outfield ball when the ball is hit to the side

Create an angle, so you can field it and throw the ball

Hit the cutoff

How to increase speed & accuracy in throw from outfield:

<https://www.youtube.com/watch?v=JuS6DimRH4s>

Crow hop

Not about the height but about the lateral distance

Momentum going forward

Keep the throws low - cut off man cannot catch high throws

Pitching Mechanics:

<https://www.youtube.com/watch?v=kJ7YIR6bY1M>

Be Relaxed

Weight shift back

Pivot

Lift, balanced, back knee is bent

Stride and Separate

Rotation

Reach, Finish, and Follow Through (Bring leg forward)

Throwing harder:

<https://www.youtube.com/watch?v=Fv6FleZn3TE>

Bottom half - need you legs

Stay in athletic position, drive, and the more you stride the more strength

Allows you to release the ball further down the mound

Do a short turn and pivot - less is more

The Setup:

<https://www.youtube.com/watch?v=6LER7tyf1sE>

Don't set up to far back
No base runners - set up with heels, balls of your heels-
we want to protect the plate
Forearm on Knee

Hips/Chest up
Balls of your feet
Forearm on Knee
Relaxed fist behind glove

Receiving:
Work in straight lines
Soft hands created by loose wrists
Half turns/Shake hands
Move your body, receive between shoulders

Exercise: Squat down all the time - should be very comfortable

How to Block the Plate:

<https://www.youtube.com/watch?v=hFfbMGt4aDw>

When ball goes into the outfield, take your helmet off and put it out of the way
Ball coming from center or left - in front of plate, left foot pointed to third base line
Feet to be moving, just in case the throw is off line - you are the only person
who can see the entire field
Tell cutoff what to do
As you receive - low center of gravity as you go down to the base. Use two hands to hold
ball and tag runner out

From Right field - you can behind the base - and repeat above

How to Throw Out a Stealing Base Runner

https://www.youtube.com/watch?v=iCgR_JahwFw

Transfer, Footwork, and Throw
30% of catchers throw out base runners

Transfer and Footwork are almost simultaneous
Keep glove in front of you, elbow pointing, ready to make throw
Footwork: Gain ground by moving forward, use right foot to stand up,
then left foot towards plate, this leads you to a good balanced
power position to make the throw, then take step and throw.

Practice drill - practice getting to power position

How to field bunts:

<https://www.youtube.com/watch?v=344ehX62zGc>

1st base side, down the middle, 3rd base side

1st base side
Round the ball, get in front, scoop, and step behind to create a throwing lane

Down the middle
Round the ball, scoop, and make throw - no need to step behind angle has been created

1st base side
Round the ball in fair territory, get in front, scoop, step back and throw