

2008 COACHES CLINIC-
BASICS OF BASEBALL AND
SOFTBALL
LEMONT LITTLE LEAGUE

TECHNIQUES & TIPS FOR
MANAGERS, COACHES AND
PARENTS

FIELDING

- PROPER FIELDING POSITION- FEET SHOULDER WIDTH APART
- BEND AT THE WAIST ABOUT ½ WAY
- BOTH HANDS DOWN TO THE GROUND (MONKEY BALL)
- GLOVE FACING UP AND OPEN; OTHER HAND NEXT TO IT. ALWAYS USE 2 HANDS
- EYES ON THE BALL AT ALL TIMES; TUCK CHIN WHEN FIELDING
- 2 HANDED SCOOP TO FIELD ALL GROUND BALLS
- 2 HANDED CATCH OF POP-UPS; CATCH OVER NOSE

THROWING

- AFTER CATCHING BALL, FOCUS ON YOUR THROWING TARGET
- 2 STEP THROW; PLANT AND STEP TO TARGET
- SEPERATE HANDS/"SPREAD YOUR WINGS"
- TOE AND THROW- STEP TO AND THROW TO YOUR TARGET
- ALWAYS THROW TO A TARGET- GLOVE, CHEST, STOMACH, BELLY BUTTON.

HITTING

- SAFETY- NEVER SWING A BAT BEFORE LOOKING AROUND YOU
- BATTING STANCE SHOULD BE JUST LIKE YOUR FIELDING STANCE-SHOULDER WIDTH, BEND AT THE WAIST, EYES ON TARGET
- GRIP- LINE-UP “KNOCKING KNUCKLES”, RELAXED GRIP IN THE FINGERS, NOT PALMS
- BAT SHOULD BE UNDER RIGHT EAR(RH)
- LEVEL SWING TO MEET BALL W/SWEET-SPOT OF BAT MEETING BALL. FINISH W/ FULL SWING-
“BARREL TO THE BACK” FINISH
- FOLLOW-THROUGH AND STEP TO 1ST BASE

BASERUNNING

- ALWAYS LOOK TO SEE WHERE THE BALL IS, THEN “TURN AND BURN”
- PUMP ARMS AND RUN W/ HEAD UP
- RUN HARD THROUGH 1ST BASE OR HOME PLATE
- RUN HARD TO 2ND AND 3RD BASE
- LISTEN TO YOUR COACHES
- ALWAYS BE READY TO ADVANCE
- IF SLIDING, “FIGURE 4” POSITION WITH LEGS; TUCK DOWN LEG, AND BASE LEG SLIGHTLY BENT, HANDS UP TO AVOID HAND INJURIES
- ALWAYS PAY ATTENTION TO WHAT IS HAPPENING ON THE FIELD!!

PITCHING- BOYS

- FOR YOUNGER PLAYERS(BMA AND YOUNGER), USE 5 -STEP SET POSITION INSTEAD OF WINDUP.
- 1- HANDS AT SIDE IN SET POSITION; FEET SPREAD SHOULDER WIDTH APART; BACK FOOT TOUCHING RUBBER.
- 2- HANDS TOGETHER @ BELT; FRONT HIP POINTED AT HOME PLATE. THIS IS THE “SET POSITION”
- 3- SEPERATE HANDS-”SPREAD WINGS”, THUMB TO THIGH/FINGERS TO THE SKY, SHOW BALL TO SHORTSTOP, STRIDE KNEE UP TO BELLY, “FLAMINGO POSE”
- 4- “DROP AND DRIVE” PUSH HARD OFF OF RUBBER W/ BACK LEG, TOE DOWN STRIDE TO PLATE. THROWING ARM FINISHES @ OPPOSITE KNEE
- 5- FOLLOW-THROUGH - LET BACK LEG SLIDE FORWARD, CHEST FACING BATTER, BEND AT THE WAIST, BOTH HANDS FORWARD, READY TO FIELD.

PITCHING - GIRLS

- USE 6 POINT- WINDUP- THIS IS THE PROPER MOTION FROM BEGINNING GIRLS MINORS TO HIGH SCHOOL & COLLEGE.
- 1- START W/ BOTH FEET ON THE PITCHING RUBBER, STEP BACK WITH STRIDE LEG, KEEP RIGHT FOOT IN CONTACT W/ FRONT EDGE OF PITCHING RUBBER
- 2- HANDS TOGETHER AT WAIST, HIPS ARE BEGINNING TO NATURALLY ROTATE OPEN
- 3- BRING STRIDE LEG FORWARD, PUSH HANDS OUT (K-POSITION)
- 4- EXTEND PITCHING ARM OVERHEAD, ARM TO EAR(L-POSITION), BALL TURNED OUT, "TRACE THE HULA HOOP"
- 5- EXTEND PITCHING ARM STRAIGHT BACK; GLOVE HAND AND PITCHING HAND SHOULD RESEMBLE 3:00 & 9:00 ON THE FACE OF A CLOCK. THIS IS THE SPREAD YOUR WINGS POSITION.
- 6- STRIDE FOOT FOLLOWS POWER LINE STRAIGHT TO HOME PLATE, HIPS ARE NOW ROTATING CLOSED. PITCHING ARM IS NOW IN BOTTOM POSITION OR 6:00 POSITION, PITCH IS RELEASED NEXT TO HIP BONE. WRIST IS SNAPPED FORWARD TOWARD HOME PLATE, HAND/ WRIST CURLS UPWARD. POWER LEG SLIDES FORWARD, HANDS COME UP READY TO FIELD IN FRONT OF CHEST, ARMS EXTENDED. BODY SHOULD BE FACING HOME PLATE FULLY

MANAGERS, COACHES AND PARENTS...

- PLAY AND COACH HARD AND FAIR
- DON'T BE AFRAID TO ASK OTHER MANAGERS, COACHES AND BOARD MEMBERS FOR HELP; WE ARE ALL IN THIS TOGETHER FOR THE KIDS.
- RESPECT THE GAME; ALWAYS GIVE YOUR PLAYERS AND PARENTS YOUR BEST EFFORT
- NEVER UNDERESTIMATE THE IMPACT THAT ONE SUMMER OF COACHING HAS ON YOUR PLAYERS LIVES....
- THANK YOU MANAGERS, COACHES & PARENTS FOR COMING TO THE COACHES CLINIC TODAY. WE HOPE YOU LEARNED SOMETHING NEW AND HELPFUL FOR YOUR PLAYERS TODAY.