

Kids Pitch

Ages: 10 yrs.

OBJECTIVE: To introduce and teach the basic fundamentals of baseball and game situation.

PROGRAM: This group will play in the traveling league and select tournaments.

Skills

Understanding the basic rules of the game:

- * Understand balls, strikes and innings.
- * Understand when runners can advance.
- * Understand force out and tag out situations

Demonstrate throwing Progression and Pitching Progression:

- * Basic Progression Execution:
 - Snaps (Elbow at Shoulder level, square to target, wrist snap, rotation)
 - Skateboard upright or Glove knee down (weight shift & follow through, "T")
 - Stride out (Add feet--step to throw)
 - Hops (Three hops to throw)
- * Keys: Point the front shoulder, step, throw, eyes-nose-chin to target, feet follow through.
"Nose to Leather" Follow through with eyes and body.
- * 6 step Pitching Progression
 - Stance
 - Rocker Step (baby step)
 - Pivot
 - Balance Point
 - Separation / Approach / pull glove in to chest
 - Release / Kick to the sky
- * Demonstrate wind up.
- * Create a downward plane for the ball.

Demonstrate Fielding Basics:

- * Demonstrate fielding ground balls to both forehand (down/out/up/in) and backhand.
- * Demonstrate fly Balls--catch above nose and eye level, two hands, glove foot in front.
- * Demonstrate force outs and basic double play mechanics/footwork
- * Demonstrate 1st base mechanics (straddle, see throw, stretch)
- * Demonstrate position location knowledge (where do I stand?)
- * Demonstrate basic relay throws
- * Catchers demonstrate 3 stances and throw to 2nd base
- * Demonstrate creep step, ready position

Demonstrate base running techniques:

- * Demonstrate 1st three step out of batter's box
- * Safely execute a bent leg slide
- * Demonstrate when and how to tag up
- * Understand when to round 1st base (toward 2nd or foul)

Drills

Pg. 1 - Warm up

Pg. 23 throwing and catching

Pg. 33 - crow hop, stance and step

Pg. 26 - Pitching

Pg. 26 - Fielding

Pg. 26 - short hops

Pg. 27 - Outfield

Line Drill

Pg. 27 - Catching

Pg. 26 - Creep / charge

Pg. 24 - Base running

Demonstrate Hitting Mechanics:

- * Use proper grip (index finger test)
- * Stance: Feet shoulder + wide, knees bent, hands at top of zone, Knob down slightly back
- * Stride: small step, load hands/weight back as coach feeds machine
- * Pivot: Rear leg "show the ump your cleats--belly button on plate"
- * Swing: Hips, arms, two hand follow through
- * Demonstrate pitch selection and bunt fundamentals reliably
- * Comfortable with batting drills (tee, soft toss, batting cage live toss, bunting)

Pg. 2 Coaching thoughts

Pg. 2, 12 - Stance, gril drill

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Pg. 4, 12 - Rhythm and Load, loading

P. 5 - Power Position

Pg. 7, 13 - Through the Ball, throw trthrough

Pg. 9 - Tracking the Ball

Teamwork:

- * Understand and demonstrate coverage and backup responsibilities (Everyone moves)
- * Demonstrate fly ball priority positions and communication

Pg. 26 - Texas / Pg. 32 - two man help

R100+

- * Show support for teammates and enthusiasm to learn
- * Arrive at practice and games at time requested, dressed and ready to play
- * Show respect by listening, keeping dugout clean and organized, wear uniform correctly
- * Set a season improvement goal and demonstrate 100% effort
- * Hustle on and off the field