



MINOR BASEBALL

***KITCHENER  
MINOR BASEBALL  
ASSOCIATION***

***COACHES HANDBOOK  
2010***

# COACHES HANDBOOK

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## **MESSAGE FROM THE PRESIDENT**

Kitchener Minor Baseball is pleased to provide this Coach's Handbook to each coach. We are really excited about the upcoming 2010 season. The new look and name of our Rep Tier 1 and Tier 2 teams will be just the beginning. Hopefully all the efforts of coaches, parents and players and all the other volunteers will make this a successful season. Let's go Panthers !!!

In your coaching make every attempt to provide a new learning experience for every member of your team each time that you step on the field of play. Thus, each athlete will clearly be excited to come to the baseball diamond and feel very proud to participate in all your team's endeavours throughout the baseball season. At the end, they will be a better person for having been involved.

Thanks also to everyone involved in the production of this handbook. If you have any suggestions for additions please contact the office.

*Remember, good baseball is great fun!!*

***Mike Ignor***

*President, Kitchener Minor Baseball Association*

# COACHES NEED TO KNOW LIST

## Important Dates

- **Wednesday April 21st** - ICBA coaches meeting at North Park Collegiate in Brantford at 7pm. At least one coach from each team must attend.
- **To be advised** - individual player pictures for all Bantams and Midgets at the KMBA office.
- **May 15th** - last day that ICBA team rosters can be submitted to Rick Downton, ICBA Secretary/Treasurer. Please complete and submit your roster as soon as possible. Remember, you can not go in any tournaments without an approved roster on file with the ICBA Secretary/Treasurer.
- **May 21st** - Elmira Poultry Chicken fundraiser sales summary sheets due back at the KMBA office. Please also provide one master sheet that summarizes all of your team's orders.
- **June 1st** - last day to submit applications for Major Peewee, Major Bantam and Major Midget Elimination Tournaments. All Elimination Tournaments will be held Civic Holiday weekend (July 31st to August 3rd).
- **June 7th** - chicken distribution at 173 Washburn Drive, Kitchener from 5:00 to 7:00pm.
- **June 30th** - last day players/coaches may be added or withdrawn from ICBA/OBA team rosters.
- **June 30th** - coaches must have completed all necessary coaching clinics or they will be removed from the team roster.

## Key Information

- The Tier 1 (AAA) and Tier 2 (AA) fee for the 2010 season is \$195.
- KMBA will cover the cost for each team to go into 4 tournaments, including elimination tournaments.
- Book your tournaments between now and April 1st. Tournament information can be found on the Baseball Ontario website. Visit our website, [www.kmba.ca](http://www.kmba.ca) to find a link to the Baseball Ontario website to get the tournament listings.
- Contact KMBA's treasurer, Dave MacMillan, at 519-504-1579 to get cheques to cover tournament entry fees.
- For 2010, KMBA will be running an Elmira Poultry Chicken fundraiser. All teams must participate.
- All new coaches are required to achieve Initiation Coach Trained Status, which consists of 2 parts. The first part is the completion on an on-line module on the Baseball Canada website. After completion of the on-line module, the new coach must then attend the 5 hour Initiation Module Workshop that covers such things as practice sessions, fundamentals of the game and ethical decision making. All costs will be reimbursed by KMBA.
- **IMPORTANT:** All coaches certified in the old stream must take the free on-line evaluation called Making Ethical Decisions by June 30, 2010. A link can be found on the Baseball Ontario website.
- Check the Baseball Ontario website for the additional certification required to coach at the 2010 Elimination Tournaments.
- KMBA has a policy that all new coaches must apply for the Waterloo Regional Police clearance. All other coaches must go through the clearance process every three years. All costs associated are covered by KMBA and all clearance certificates are mailed to an independent third party designate and remain confidential at all times.

- To the ICBA coaches meeting in April, you'll need to provide your convenor and the other coaches with your contact information (phone/cell number and e-mail address) and maps for your home diamond.
- **REMINDER:** Please ensure all of your player's register with KMBA for the 2010 season. Registration can be completed on-line on the KMBA website.
- Book your outdoor practice times by phoning Carol at the KMBA office, 519-741-9999. All rescheduling of games and practices is done through Carol.

### Other Helpful Information

- For 2010, we'll be once again putting together the Team Program for the Tier 1 and Tier 2 Bantam and Midget teams. The Team Program will continue to be a yearbook format and will include a team picture of each of our Bantam and Midget teams, as well as individual pictures and profiles of each player. Dates and times will be advised for the individual player pictures. Each team is responsible for getting their own team picture taken and the cost of the program will be shared by the teams involved. Remember to include this cost in your team budget.
- If you have to cancel a game, remember to phone Carol at the KMBA office, the umpire assignor and the other team. You can call the City of Kitchener at 519-741-2398 to get the latest field condition information.
- Other than games that are cancelled due to rain, cancellation notice must be given **5 business days in advance**, or we are still charged for the diamond by the City of Kitchener. This also applies to practices, as we are also charged for the use of the diamonds for practices.
- If you haven't done so already, make sure you have a parents meeting to talk about and plan for the upcoming season. Provide each parent with a package including such items as a team list with player/coach/parent names; phone/cell numbers and addresses; monthly calendar with games/practices/tournaments; maps to diamonds of the other teams in your division, and; team rules. This is also a good night to discuss the team budget and come to some sort of consensus on how much the budget will be and what it will be used for. Please ensure you get permission from the parents before you include their phone/cell numbers, addresses and any other personal information in any package provided to all of the parents.

### Game Information

- Keep accurate records of how many innings and what position each player has played, and who started each game. If a player doesn't start one game, he should start the next game.
- A statistical computer program is available to you to help keep track of your team stats. It can be obtained by calling Carol at the KMBA office.
- Make sure you have mid season interviews with each player and their parents to discuss how the season is going and to keep the lines of communication open.
- You are responsible for the behaviour of your team's parents.
- We encourage you to e-mail your game and tournament results in and we'll get them posted on the KMBA website.
- **IMPORTANT:** Pitch count limitations are once again in place for the 2010 season. Please see Pitching Rules P2-10 in this handbook, as there have been a number of changes to this rule for the 2010 season.
- **NEW: The start time will be 6:00 pm for all 2010 ICBA regular season games played at parks without lights.**

# ALL-STAR TRYOUT GUIDELINES

1. All players interested in playing All-Star baseball at the Tier 1 or Tier 2 level will attend tryout sessions in the Fall for their age level. The exception is Junior Rookie Ball, where the tryout sessions are in the Spring. The tryout sessions are conducted jointly by the Tier 1 and Tier 2 coaches with all players participating together. Player selections for both the Tier 1 and Tier 2 teams are made after the last tryout session.
2. At the end of all of the tryout sessions, the Tier 1 and Tier 2 coaches will select their respective teams at the same time. Players are selected based on attitude, ability and skill level.
3. Those players who are not selected to either of the All-Star teams will be provided feedback outlining their areas of growth and improvement required for participation at the All-Star level. They will also be informed of the dates and times regarding House League participation.

## Notes:

- Due to Tier 2 teams being composed of Minor and Major aged players in each division, the Tier 2 coaches will have to attend the tryouts at both levels in their respective age group in order to select their teams.
- If a player specifically wishes to play at a particular level (ie. Tier 1 or Tier 2) and they have the attitude, ability and skill level to do so, then his/her wishes will be respected in the selection process.

# TRYOUT SESSIONS

- PLEASE FOLLOW THE ALL-STAR TRYOUT GUIDELINES
- REGISTER THE PLAYERS
- HAND OUT THE TRYOUT INFORMATION SHEET
- COLLECT THE TRYOUT FEE

## TRYOUT SESSION REMINDERS

Start every tryout session with a jog, active stretching and the running warm up.

End each tryout session with static stretching and a light jog to cool down.

Limit the amount of throwing as much as possible.

At the start of every tryout, always check for sore arms.

When doing drills, split into smaller groups to limit the amount of standing around.

The tryouts should also be used to teach and review the fundamentals, making them a positive learning experience for all of the players.

## TRYOUT SESSION DRILL INFORMATION

Demonstrate the proper mechanics of throwing using the 4 seam grip.

Warm up the arms using the playing catch routine, starting on one knee.

Demonstrate the proper fielding technique.

Have the players roll ground balls to each other.

Split the players into groups.

Put players in a line. Hit first person a ground ball. He fields it, throws it back to coach and goes to end of the line.

Demonstrate how to catch a fly ball.

Split into groups and have coach throw fly balls.

Start with players on right side of coach. Players run straight out, coach throws the ball so he can catch it.

Switch players to left side of coach and repeat drill.

When hitting fly balls, have the outfielders throw the ball to the cut-off so they don't have to throw the ball too far.

Demonstrate how to properly run the bases.

Home to first, home to second, home to third and all the way around the bases.

Time the players running from home to first.

Don't forget the catchers.

Practice and test how they receive a pitch, as well as their blocking and throwing.

Split the players into two teams and play scrub.

Simulate game situations as much as possible.

For the younger age groups, the coach should pitch batting practice.

At the older ages, the players can pitch batting practice.

## **QUALITIES TO LOOK FOR IN A PLAYER**

Listens and follows instruction (is coachable)

Is positive, hustles and shows enthusiasm.

Has strong fundamentals in all or most areas.

Has a strong and accurate arm.

Shows good baseball sense.

Has good speed on bases.

Makes good contact and consistently hits the ball.

Makes corrections in fundamentals quickly and efficiently.

***GOOD LUCK***

# TRYOUT INFORMATION SHEET SAMPLE

Dear Player and Parent:

Welcome to the tryouts for the insert year insert team name here. We hope that we can make this a valuable experience for you. The coaches for the team are as follows:

Coaches Name (phone number)

Coaches Name (phone number)

After today, our next tryout times are:

1. Date & Time & Location

2. Date & Time & Location

3. Date & Time & Location

Please note there is a \$ insert dollar amount here tryout fee.

The tournaments the team will be involved in are as follows:

1. Date & Location

2. Date & Location

3. Date & Location

## Tryout Tips:

Although talent is an important requirement for being selected to the team, please note that there are other important factors that the coaches take into consideration during the tryouts:

- Are you coachable: (Do you listen and are you willing to learn?)
- Are you a team player? (Do you help out team members when they make a mistake or do you criticize?)
- Are you positive both on the field and on the bench? (Or do you quit when your team is down or things are not going well for you personally?)
- Are you able to help correct errors? (Or do you throw your glove or helmet?)

NOTE: Most players who try out for AAA are very good ball players; part of your responsibility in a tryout is to make the coaches notice you:

- Do you hustle all the time?
- Do you have positive leadership skills?
- Are you able to give more effort when it is required?
- Do you have good “baseball sense”? (Do you know what to do in a game situation?)
- Can you make accurate throws in difficult plays?
- Do you have good speed on the bases?

We hope that these tips will help you to improve your chances of making the insert team here.

There will be a rep fee of \$ insert amount here payable to KMBA if you are selected for our team. Our team will also have a team budget of approximately \$ insert amount here. (\$x per player)

We will notify each player to let him or her know whether or not he or she made the team.

If you have any questions or concerns, please feel free to contact any one of the coaches.

Sincerely,

The Coaching Staff

# RUNNING WARMUP

## 1. Lunges

- Left foot goes forward with left knee bent
- Right knee goes down towards the ground
- Right arm/hand goes forward and up to right cheek of face
- Left arm/hand goes back to left butt cheek
- Go forward making sure opposite arm/hand goes up when opposite foot/leg goes forward
- Continue for about 15 to 20 yards
- Turn around and do lunges back to where you started from

## 2. High Step Jog

- Lift knees as high in front as possible while jogging forward
- Continue for about 15 to 20 yards
- Turn around and do the high step jog back to where you started from

## 3. Butt Kick Jog

- Jog forward kicking butt with heels
- Continue for about 15 to 20 yards
- Turn around and do the butt kick jog back to where you started from

## 4. Karaoke

- Stand sideways with feet a little more than shoulder width apart and arms straight out, with right foot leading towards the direction you are going
- Step left foot in front of and past right foot in the direction you are going, then bring right foot behind and past left foot, then step left foot in front of and past right foot and then bring right foot behind and past left foot and continue repeating; upper body always remains sideways
- Go as fast as possible for 15 to 20 yards
- Make sure you are facing the same direction on the way back, with your left foot leading towards the direction you are going

## 5. Lead-off Practice

- Get in lead-off stance with knees bent, on balls of feet, arms bent and hands in front of body
- Take 5 or 6 shuffle steps simulating taking a lead, do not cross over feet
- Keep head and shoulders level and don't bounce up and down
- Face same direction and take 5 or 6 shuffle steps back to your starting point

## 6. Running Backwards and Sprinting

- Run backwards lifting feet up and pumping arms like a train
- Go as fast as possible for 15 to 20 yards
- On the way back, take lead-off and then sprint full out

# PRE-GAME AND PRACTICE WARM UP

Jog around the field

Stretch

Warm up the arms:

- Ensure the players always have the proper grip on the ball - fingers across the seams. For each of the different components below, have the players make 7 or 8 throws each.
- Each player gets a partner and start on one knee about 3 or 4 feet apart. Throwing elbow in glove and flick the ball using just the wrist. Catch the ball with two hands on bare hand side, thumbs together, hands in front of body, giving partner a good target. Hit the target.
- Still on one knee, a little further apart, throw the ball with the 'down back up' motion. Make sure, when in the 'up' position, the elbow is shoulder height or a little higher and the fingers are in front of the ball. Always look at target when throwing, pointing glove or elbow at partner. Follow through with throwing arm finishing over the opposite front knee, bend the back and pull glove to chest.
- Now stand up and move further apart. Stand sideways with feet wider than shoulder width apart and throw the ball using the same 'down back up' motion as above.
- Move the feet closer together, pick up the front knee and hold for a count of 3. Throw the ball with the same 'down back up' motion, stepping right at partner and then bringing the back leg through to finish square to partner, ready to field the ball.
- Move the players further apart and have them play regular catch, using the mechanics worked on above.
- Move the players even further apart for long toss. Use the crow hop and throw the ball on a line. Put players with same arm strength together.
- To finish, have the players do quick toss, throwing and catching the ball as fast as they can. Catch the ball with two hands on the bare hand side and move feet quickly.

It's always a good idea to have pitchers play catch together. They can also practice their pick-off moves to first and second base together. At the younger ages, have everyone practice to be a pitcher.

In practice's, once the arm's are warmed up, have the player's roll ground balls to each other, working on the proper fielding mechanics. Then have the player's throw fly balls to each other making sure they are catching the ball on the bare hand side, moving in before catching the ball and doing the crow hop before throwing the ball. Finally, have the player's roll ground balls straight at each other, making sure they charge the ball, field it on the glove hand side and do the crow hop before throwing the ball.

# BULLPEN WARM-UP FOR PITCHERS

**Make sure pitchers jog and stretch before they begin to throw.**

- Complete a light jog from foul pole to foul pole across center field.
- Do your stretches including leg dips and hip and shoulder turns.
- Start your throwing from 2/3 distance with full wind-up and an easy fastball toss to get the feel of the ball and the strike zone (7 to 10 pitches).
- Move behind the pitching rubber and throw with a change-up grip, but the same fast-ball motion (7 to 10 pitches).

Now you are ready to move to the pitching rubber.

## **THROW BULLPEN WARM-UP PITCHES IN SETS:**

For pitchers age 13 and under, each set is made up of 6 pitches, as shown below.

For pitchers age 14 and up, each set is made up of 8 pitches, as shown below.

For each set of pitches, picture a right handed and then a left handed batter and alternate back and forth with each new set.

### **Throw the first two sets of pitches from the stretch position**

One set for a right handed batter and one set for a left handed batter.

Throw only at 75 % of your best velocity.

Keep all pitches, especially fastballs, low — from mid thigh to the knees.

### **Throw the next two sets of pitches from the full windup**

One set for a right handed batter and one set for a left handed batter.

Throw only at 75 % of your best velocity.

Keep all pitches, especially fastballs, low — from mid thigh to the knees.

**The 5th and final set is at full velocity, focusing on throwing strikes. This can be from the stretch or the full windup.**

*Complete each set and **DO NOT** repeat a pitch if it goes wild or misses the strike zone.*

After the 5 sets, work on the pitch that was your problem in this warm-up to get it right. **No more than 5 extra pitches.**

The bullpen catcher should call/signal each pitch.

## **PITCHERS AGE 13 AND UNDER:**

**Fastballs:** 3 per set — 1 inside, 1 outside, & 1 up and in to the batter (0-2 pitch)

**Change-ups:** 2 per set — 1 for a strike, 1 low and away from the batter

**Fastball:** 1 per set — 1 for a strike down the middle (3-0 pitch)

## **PITCHERS AGE 14 AND UP:**

**Fastballs:** 4 per set — 1 down the middle, 1 inside, 1 outside, & 1 up and in to the batter (0-2 pitch)

**Curveballs:** 2 per set — 1 for a strike or get ahead pitch, 1 down / out pitch

**Change-ups:** 2 per set — 1 for a strike, 1 low and away from the batter

**Young pitchers should not be throwing curveballs or sliders. If the young pitcher has mastered throwing fastballs for strikes, they can learn the change-up, different fastball grips or even a knuckleball.**

- Remember, the key to a good fastball is location, location, location!
- Work on keeping the change-up low in the strike zone.
- Every time that you throw in the bullpen, simulate game conditions.
- Work on your mental approach using a focused pre-pitch routine.
- Relax, take deep breaths, and commit yourself to trust your stuff.
- Pitchers age 13 and under should throw about 30 to 40 pitches to ensure they are properly warmed up before pitching in a game.
- Pitchers age 14 and up should throw about 50 to 60 pitches to ensure they are properly warmed up before pitching in a game.

**IMPORTANT: Pitchers should run after every time that they pitch, whether they have been in the game or just warmed up in the bullpen. The run should be a minimum of two (2X) foul poles. \*\*\*\*\*( Running foul poles means that you jog using a steady pace on the warning track or just outside of the fence from one foul pole to the other. From one foul pole to the other and back again would be considered one (1X) pole.**

## BASE RUNNING DRILL

Start by lining up players at home plate. Have a coach stand about 5 yards past the bag at first base. Have them take a swing and run through first base stepping on the front part of the base looking to the right after their second step past the bag to check for an over throw and stopping 5 yards past the bag by breaking down with short choppy steps facing the coach. Make sure they run straight through the bag and do not slow down until they are past the bag. Make sure they run with their head up looking where they are going. Do it twice.

Now they from home plate take a swing and run all the way to second base. Make sure they about half way to first base curl into foul territory like a banana[not a question mark] and step on the inside corner of the base not running to far towards the out field. Have a coach stand 3-4 steps back off the base line so they do not take a wide turn. Do 2 times.

Next they line up by first base with one player starting on the bag and taking a lead off with the rest of the players in foul territory. Make sure their eyes stay on the pitcher when they are taking their lead off. They lead off by taking 3 -4 side steps of first base not crossing their feet. Have them dive back to the base making sure their first step is right foot crossing over their left touching the corner of the base farthest from home plate with their right hand and with their head turned looking to the out field. Have them all do this.

NOTE: When stealing the player should watch [right handed pitcher] the pitchers right heal. If he picks his heal up he is coming to first base. The runners first step to steal is crossing his left foot over his right foot just the opposite of going back to the bag. Do not try to steal if you do not get a good jump.

Next they take their lead off , then they take a secondary lead which is hopping off 2-4 side steps and then running all the way to third base touching the in side corner of second base.

They come back to second base. To lead off second base they angle back and angle in always keeping their eyes on the pitcher. Take a secondary lead and run all the way to home making sure they touch the inside corner of the bag and do not take a wide turn around third base.

Now they line up behind third base with the first player taking a lead off in foul territory well off the third base line. He takes a secondary lead then hustles back like a fly ball is hit [a coach can throw a ball to the out field to another coach] touching the base with his left foot and in a sprinters stance . He watches the ball and when the ball hits the coaches glove he runs home.

When on third base any ball hit in the air [fly ball or line drive] the players first movement is back to the bag to tag up.

NOTE: After they take their secondary lead if the ball is not hit they should angle in towards the foul line and then go back to the bag. They do this so if the catcher throws the ball to third they have to hit them in the back or throw the ball over his head into left field.

You can do this after every practice and when they are done this they can run poles. [A pole is jogging from one foul pole to the other foul pole and back.

## **BATTING PRACTICE DRILL**

- **Start with a runner on first base and a batter at the plate. All other players are positioned defensively in the field. The offense and defense should try and execute just like in a game throughout this entire batting practice drill.**

### **Bunting**

- Batter sacrifice bunts the runner to second base (runner only goes when ball is bunted on the ground). Keep trying until it is done right.
- Runner returns to first base while the batter lays down 4 more bunts (2 down first base line and 2 down third base line - not back to the pitcher). The first 3 bunts are sacrifice bunts and the last one is for a base hit.
- **The batter returns to the plate and the runner is on first base again.**

### **Hit and Run**

- Now the batter and runner execute the hit and run. The batter should try and hit the ball the opposite way and on the ground. The runner goes as if stealing second base, but after 3 or 4 strides looks toward home plate to try and pick up the ball and see where it is hit. Once again, the batter, runner and defense should execute as if in a live game. For example, if it is a fly ball that could be caught, the runner should freeze and then react accordingly, continuing to second base if it is not caught or returning to first base if it is caught.
- **The batter returns to the plate and the runner is now positioned at second base.**

### **Advancing the Runner**

- Now the batter should try and hit the ball to the right side of the field on the ground to advance the runner to third base.
- **The batter remains at the plate and the runner is now positioned at third base.**

### **Sacrifice Fly**

- Now the batter should try and hit a fly ball to score the runner from third base. The runner should be tagging up at third base on any ball that is not hit on the ground and then reacting accordingly — if the fly ball is too shallow to score the runner, he should be tagging up and then running hard part way toward home, forcing the defense to execute properly - if the fly ball is deep enough to score the runner, he should be tagging up and scoring.
- **The batter remains at the plate and the runner returns to third base.**

## **Squeeze Bunt**

- Now the batter should try and squeeze bunt the runner home. The runner does not break for home until the pitcher is just about to release the ball and the batter does not square around until the pitcher is just about to release the ball. The batter should try to just bunt the ball anywhere on the ground.
- **The batter remains at the plate and takes usual batting practice - 10 to 20 swings.**
- **On the batters last hit, he runs to first base and then stays there to become the runner for the next batter.**
- **The new batter then goes through the entire batting practice drill.**
- **Make sure every player hits once and runs once.**

If a player is having trouble hitting the ball, try the following:

- Have him bunt the ball, instructing him to watch the ball hit the bat.
- Have him choke up on the bat and hit the ball taking no stride or step. The feet should be spread fairly wide apart.
- Have him try to hit the ball to the opposite field. This makes him watch the ball longer and once again, instruct him to watch the ball hit the bat.
- If you are throwing the ball hard, slow it down.

## **Wiffle Ball Hitting Drill**

- When hitting wiffle balls, practice having the batter hit the balls the opposite way (right handed hitter hit the ball to first base side and left handed batter hit it to the third base side)
- When hitting the wiffle balls the other way the batter should not change their swing, they should just wait until the ball gets further back in the strike zone and then swing.
- Then have the batter try to hit ground balls and then fly balls.
- Then have the batter try to hit the balls back at the pitcher (pitcher can have a soft toss net in front of him for protection).

# **GROUND BALL DRILL**

Split players into 3 groups on the infield. One group at third base, one group at shortstop and one group between first and second base.

Have the coaches hit ground balls to each group. The coaches hitting to the players at third base and shortstop should stand on the first base side. The coach hitting to the players between first and second base should stand on the third base side.

1. Hit easy ground balls straight at the players so they can get warmed up and comfortable with the infield.
2. Hit ground balls, first to the right of the players and then to their left. Keep the groundballs close enough so that the players can practice getting in front of the ball and squaring up to it.
3. Hit groundballs that the players have to backhand.
4. Hit the ball hard down into the ground so it bounces high up so the players can practice charging the ball, fielding the ball on the short hop or waiting for the good bounce.
5. Move the players back and hit slow rollers so the players can practice charging the ball, fielding and throwing the ball on the run.

6. Hit slow rollers and have the player's practice fielding the ball with their bare hand and throwing it on the run.

Make sure the players field the ball properly and stress the importance of strong, accurate throws. The coach catching the ball should hold his glove up and provide a good target for the players to hit.

Turn this drill into a game whereby players who miss the ground ball or make a throwing error are eliminated and the last player left wins.

## INFIELD DRILL

### **Infielders positioned in:**

- Hit 2 ground balls, one after another, to each player and have them throw the ball to the catcher. Ensure the catcher catches the ball with two hands, knees bent, left foot on the corner of the plate pointing straight up the third base line. The catcher should always wear a mask during infield drills.

### **Infielders move back to normal position/depth:**

- Hit 2 ground balls, one after another, to each player and have them throw the ball to first base. The first baseman throws the ball back to the catcher. When the first baseman fields his ground balls, he should throw to third base.
- Hit 1 ground ball to the third baseman who throws it to first base. The first baseman throws the ball to the catcher who then throws it to the third baseman covering third base, who then throws it back to the catcher. The shortstop must cover the throw to third base.
- Hit 1 ground ball to the shortstop who throws it to first base. The first baseman throws the ball to the catcher who then throws it to the shortstop covering second base, who then throws it to the third baseman covering third base, who then throws the ball back to the catcher. The second baseman must cover the throw to second base.
- Hit 1 ground ball to the second baseman who throws it to first base. The first baseman throws the ball to the catcher who then throws it to the second baseman covering second base, who then throws it to the third baseman covering third base, who then throws the ball back to the catcher. The shortstop must cover the throw to second base.
- Hit 1 ground ball to the first baseman who throws it to third base. The third baseman throws the ball to the catcher who then throws it to the first baseman covering first base, who then throws it to the shortstop covering second base, who then throws the ball to the third baseman covering third base, who then throws the ball back to the catcher. The second baseman must cover the throw to first base.
- Hit one or two rounds of double play ground balls.
- Hit 1 ground ball to the third baseman who charges the ball and throws it home to the catcher. The third baseman continues charging toward home and the catcher throws a slow roller that the third baseman fields and throws to first base. The third baseman returns back to third base.
- Hit 1 ground ball to the shortstop who charges the ball and throws it home to the catcher. The shortstop continues charging toward home and the catcher throws a slow roller that the shortstop fields and throws to first base. The shortstop is then finished and hustles off the field.
- Hit 1 ground ball to the second baseman who charges the ball and throws it home to the catcher. The second baseman continues charging toward home and the catcher throws a slow roller that the second baseman fields and throws to first base. The second baseman is then finished and hustles off the field.

- Hit 1 ground ball to the first baseman who charges the ball and throws it home to the catcher. The first baseman continues charging toward home and the catcher throws a slow roller that the first baseman fields and throws to third base. The first baseman and the third baseman are then finished and hustle off the field.
- To finish the infield practice drill, have the catcher get in the catchers position behind home plate. Throw or hit a few pop ups for the catcher to practice catching. Ensure that the catcher catches the pop ups with his back to the infield; if the catcher is wearing a goalie mask, he should always keep it on when catching pop ups or making plays at home plate. The catcher should always wear a mask during infield and outfield practice drills.

**Position the pitchers on the mound:**

- Hit the pitchers ground balls and have them run towards first base a few steps before they throw the ball to the first baseman, to cut down on the distance of the throw.
- Hit the first baseman ground balls away from the bag and have the pitchers run towards and then parallel up on the inside of the first base line to cover the bag. The first baseman should flip the ball underhand (in most cases) to the pitcher before he gets to the bag. The pitcher should catch the ball, touch the bag and then run in towards the infield. To avoid collisions with the runner, the pitcher should never run on or cross over the first base line and should always try to touch the inside (toward the infield) part of the bag.
- Have the pitcher pitch the ball to the catcher. The coach then hits the first baseman a double play ground ball. The first baseman throws the ball to the shortstop covering second base who then relays the ball to the pitcher who's run over to cover first base. The pitcher then throws the ball to the catcher. Remember, to avoid collisions with the runner, the pitcher should never run on or cross over the first base line and should always try to touch the inside (toward the infield) part of the bag.
- Have the pitcher pitch the ball to the catcher. The coach then hits the pitcher a double play ground ball. The pitcher throws the ball to the shortstop covering second base who then relays the ball to the first baseman covering first base. The shortstop should always take double play throws from the pitcher unless he is way over in the hole towards third base, in which case the second baseman would take the throw at second base.

**Practice bases loaded situations by moving the infielders in:**

- Hit a ground ball to the third baseman who throws it home to the catcher who touches the plate and then relays the ball to the first baseman covering first base. Ensure the catcher touches home plate with his right foot, quickly moves in towards the pitcher's mound and then throws the ball to first base.
- Do the same routine with the rest of the infielders and the pitchers

# OUTFIELD DRILL

## Left fielder:

- Hit a ground ball or fly ball to the left fielder who throws the ball to the second baseman covering second base. The shortstop goes out towards left field to act as the cut-off man. The second baseman lines up the shortstop so that he is in a straight line between second base and the left fielder. The right fielder comes in and covers up the throw to second base. Repeat 2 more times.
- Hit a ground ball or fly ball to the left fielder who throws the ball to the third baseman covering third base. The shortstop goes out towards left field to act as the cut-off man. The third baseman lines up the shortstop so that he is in a straight line between third base and the left fielder. The pitcher covers up the throw to third base. Repeat 2 more times.

## Centre fielder:

- Hit a ground ball or fly ball to the centre fielder who throws the ball to the second baseman covering second base. The shortstop goes out towards centre field to act as the cut-off man. The second baseman lines up the shortstop so that he is in a straight line between second base and the centre fielder. The pitcher covers up the throw to second base. Repeat 2 more times.
- Hit a ground ball or fly ball to the centre fielder who throws the ball to the third baseman covering third base. The shortstop goes out towards centre field to act as the cut-off man. The third baseman lines up the shortstop so that he is in a straight line between third base and the centre fielder. The pitcher covers up the throw to third base. Repeat 2 more times.

## Right fielder:

- Hit a ground ball or fly ball to the right fielder who throws the ball to the first baseman covering first base. The catcher covers up the throw to first base. Repeat 2 more times.
- Hit a ground ball or fly ball to the right fielder who throws the ball to the shortstop covering second base. The second baseman goes out towards right field to act as the cut-off man. The shortstop lines up the second baseman so that he is in a straight line between second base and the right fielder. The left fielder comes in and covers up the throw to second base. Repeat 2 more times.
- Hit a ground ball or fly ball to the right fielder who throws the ball to the third baseman covering third base. The shortstop acts as the cut-off man for the throw to third base and the second baseman covers second base. The third baseman lines up the shortstop so that he is in a straight line between third base and the right fielder. The pitcher covers up the throw to third base. Repeat 2 more times.

## Keep the Catcher Busy:

- When the left and centre fielders are doing their throws in the above outfield drill, have a coach put 4 or 5 balls in a semi-circle in front of home plate, including 1 in foul territory on the first base side. The catcher should start in the catching position behind home plate and run out and field each ball and throw them to first base. For the balls in fair territory, the catcher should yell “inside” as he picks up the ball and throws it to the first baseman, who should be positioned in fair territory to receive the throw. For the ball in foul territory, the catcher should yell “outside” as he picks up the ball and throws it to the first baseman, who should be positioned in foul territory to receive the throw.

- When the right fielder is throwing the ball to third base in the above outfield drill, have a coach pitch balls to the catcher who practices throwing the ball to the second baseman covering second base.

### **Completing the Outfield Drill - Throws to Home Plate:**

- Hit a ground ball or fly ball to the left fielder who throws the ball to the catcher covering home plate. The third baseman acts as the cut-off man. The catcher lines up the third baseman so that he is in a straight line between home plate and the left fielder. The shortstop heads out toward left field as the ball is hit, but once he sees the left fielder field the ball, he hustles over to cover third base. The pitcher covers up the throw to home plate and should be positioned well behind the catcher. Repeat 1 more time.
- Hit a ground ball or fly ball to the centre fielder who throws the ball to the catcher covering home plate. The first baseman hustles over to about the pitcher's mound to act as the cut-off man. The catcher lines up the first baseman so that he is in a straight line between home plate and the centre fielder. The second baseman or shortstop heads out toward centre field as the ball is hit (they must talk to each other), and then the other one then covers second base. The pitcher covers up the throw to home plate and should be positioned well behind the catcher. Repeat 1 more time.
- Hit a ground ball or fly ball to the right fielder who throws the ball to the catcher covering home plate. The first baseman acts as the cut-off man. The catcher lines up the first baseman so that he is in a straight line between home plate and the right fielder. The second baseman heads out toward right field as the ball is hit, but once he sees the right fielder field the ball, he hustles over to cover first base. The pitcher covers up the throw to home plate and should be positioned well behind the catcher. Repeat 1 more time.

### **Important Reminders:**

- All throws from the outfielders need to be low enough and accurate enough so that they can be caught by the cut-off man. The throws should bounce far enough out in front of home plate so that they are caught by the catcher on one bounce.
- All cut-off men should have their arms up over their head to provide a good target for the outfielder. As the throw is coming in, the cut-off man should be ready to, or act as if they are going to catch every ball. The cut-off men should be turning and getting into a throwing position when the ball is in the air, so that they can cut the ball and quickly make a throw if needed.
- The catcher needs to yell loudly when lining up the cut-off men between the outfielder and home plate. If the catcher wants the ball cut and then thrown to home plate, he yells loudly "cut 4"; to third base "cut 3"; to second base "cut 2"; to first base "cut 1".

# INDIVIDUAL POSITION DRILLS

## CATCHER TIPS AND DRILLS

Signals - lay glove arm across leg

Framing the pitch - catch the ball out front and hold it there

Pop-ups - make sure the catcher's back is to the playing field when catching the ball - leave mask on or hold onto it until find the ball and then throw it far enough away so don't step on it

Blocking home plate - make sure the catcher's left foot is pointing straight up the third base line - catch the ball and then put the ball in bare hand, with the hand in the glove, to tag the runner - leave mask on

Work with the pitcher - on all ground balls to the right side of the infield, yell a reminder for the pitcher to get over there and cover first base - on ground balls fielded by the pitcher, yell a reminder for the pitcher to step and throw

### Receiving drills:

- have 3 coaches/players spread out in a semi-circle about a third of the distance between home plate and the pitcher's mound, one straight ahead, one to the right and one to the left
- each coach/player has 3 balls
- catcher is in normal receiving position behind the plate
- starting at either the right or the left side, the first coach/player throws one ball to the catcher who catches the ball and drops it at his side, the middle coach/player then throws one ball to the catcher who catches the ball and drops it at his side, the coach/player on the other side then throws one ball to the catcher who catches the ball and drops it at his side, then back to the middle coach/player and so on until each coach/player has thrown all 3 balls
- also have the catcher receive pitches while standing on a 2 by 4

### Blocking balls drill:

- have catcher put arms behind their back
- have coach bounce one hoppers in front of the plate
- the catcher uses just their chest protector to block the ball, trying to angle their body so that the blocked ball ends up by home plate
- the catcher must move forward as they block the ball

### Fielding bunts drill:

- spread out 4 or 5 balls on the ground in a semi-circle in fair territory in front of home plate
- from their normal receiving position behind home plate, have the catcher bounce out and pick up the first ball and throw it to first base, then go back to their receiving position, then bounce out and pick up the next ball in line and throw it to first base and so on until they have fielded and thrown all of the balls
- on the ball closest/right down the first baseline, make sure the catcher steps away from the line in towards the infield so that when they throw they don't hit the runner
- on the ball closest/right down the third baseline, make sure the catcher spins to throw

In all of the drills the catcher must wear full equipment.

# PITCHER TIPS AND DRILLS

Ground balls fielded by the pitcher - move towards first base to make an easy throw - step and throw

Ground balls fielded by the first baseman - the pitcher must hustle over to cover first base - curl over, run up the line in fair territory, call for the ball, step on the base and curl in towards the infield - never cross the foul line - the pitcher should hustle over to cover first base on all ground balls to the right side of the infield

Runner on first base with less than 2 outs - tell the shortstop it's you and him for the double play

Double play ball fielded by first baseman - the pitcher must hustle over to cover first base and receive the throw from the shortstop

Help the catcher - when the ball is in the dirt, yell 'feet'; on pop-ups to the catcher, point to where the ball is and yell 'up'

Bunt fielded by third baseman with runner on first base - the pitcher must hustle over and cover third base

Fly ball/pop-up to short center field and both second baseman and shortstop go for it - the pitcher must cover second base

Runner on second base and there is a base hit - the pitcher must cover up behind home plate

Balls hit to the outfield - the pitcher must always cover up behind the base the throw is going to

Have the pitcher's work on their pick-off moves to each base

# FIRST BASEMAN TIPS AND DRILLS

Footwork for the first baseman when ball is thrown to them:

- have base between feet, with feet on ground and heels touching the corners of the base - never stand on the base
- don't stride toward the ball until you know where it is going
- make sure the foot that is touching the base (not on top of base) when stretching to catch the ball is sideways so that they don't get spiked
- from a short distance, throw balls to either side of the base so the first baseman can practice shuffling their feet

Take throws from third base:

- have third baseman throw one hoppers to the first baseman - the first baseman must stay back and let the ball come to them - don't over stride

Turning double plays:

- make sure throw to shortstop is on the inside of second base

Pick-off a runner at first base:

- once the first baseman catches the ball, they should step towards the pitcher to get a better angle to throw to the shortstop on the inside of second base

Bunt situations:

- first baseman needs to tell the second baseman they are charging and he needs to cover first base

Pop-ups in foul territory:

- try and get to the fence or dugout before the ball gets there - don't drift over - or try to run parallel to the fence or dugout

## **SECOND BASEMAN & SHORTSTOP TIPS AND DRILLS**

Show proper footwork to both the second baseman and shortstop

Turning double plays:

- the player turning the double play (receiving the ball at second base) must always be yelling 'two, two, two'
- the shortstop always takes the throw from the pitcher when turning two - shortstop needs to let the pitcher know they are covering the base for two
- when the shortstop takes the throw from the first baseman when turning a double play, they should be on the inside of the base (same as a pick-off)
- start with ground balls to the shortstop and have the second baseman turn double plays 3 different ways
  - step back - right foot against the back corner of second base, catch the ball, step straight back away from the base towards the outfield, plant right foot and throw to first base
  - go across - under control, touch second base when catching the ball and momentum carries second baseman across the base towards third base, plant right foot and throw to first base
  - behind base - once catch ball and touch second base, step behind the base (away from first base), using the base for protection from the sliding base runner, plant right foot and throw to first base
- then ground balls to the second baseman and have the shortstop turn double plays - shortstop needs to use short, choppy steps as they get close to second base to get their body in control and to time the throw from the second baseman
- then ground balls to the shortstop near second base (hit ball in between where the shortstop is positioned and the base) - have the shortstop field the ball and flip it underhand to the second baseman - the shortstop's momentum should follow the flipped ball towards second base - the wrist does not break when making the flip - the shortstop should yell 'flip, flip' to let the second baseman know the underhand flip is coming
- then ground balls to the second baseman near second base (hit ball in between where the second baseman is positioned and the base) - have the second baseman field the ball and flip it underhand to the shortstop - the second baseman's momentum should follow the flipped ball towards second base - the wrist does not break when making the flip - the second baseman should yell 'flip, flip' to let the shortstop know the underhand flip is coming - also hit some ground balls almost up the middle just on the second base side and have the second baseman do the backhand flip

- more ground balls to the shortstop and have them flip the ball to the second baseman using their glove - more ground balls to the second baseman and have them flip the ball to the shortstop using their glove
- hit ground balls to the shortstop in the hole towards third base - shortstop fields the ball, plants right foot and throws to second base
- hit ground balls to the second baseman in the hole towards first base - second baseman should field ball, spin (back to infield), plant right foot and throw to second base

Hit ground balls to the shortstop in the hole towards third base and have the shortstop throw to third base

Hit ground balls to the second baseman in the hole towards first base and have the second baseman spin and throw to first base

Hit high choppers to both the second baseman and the shortstop and have them throw to first base - make sure they field the big hop or the short hop, not the in between hop

Hit slow rollers to both the second baseman and shortstop and have them charge the ball and throw to first base - make sure they circle the ball - have them field with two hands and then just with the glove - work on transferring the ball quickly to the throwing hand and releasing the ball quickly

## THIRD BASEMAN TIPS AND DRILLS

Hit slow rollers that come to a complete stop - third baseman should charge in hard, press down on the ball with bare hand, picking up the ball outside of the throwing foot while on the run and release quickly - the least amount of steps as possible

Hit slow rollers that are still moving - have third baseman practice fielding the ball with his bare hand - cup hand, picking up the ball outside of the throwing foot while on the run and release quickly - the least amount of steps as possible

Hit ground balls right down the third base line - have third baseman field balls behind third base, plant back foot and make long throw to first base - it is ok to throw one hoppers to first baseman, just make sure it is not a short, difficult hop

Hit high choppers to the third baseman - charge hard and field on big hop or short hop, not in between hop - on big hop, get body in throwing position before catching the ball in order to get rid of the ball quickly

Hit ground balls right at the third baseman or to their left with runner on first base and two out - practice throwing to second base for the third out - shorter throw than to first base - third baseman should always take any ground balls to their left that they can reach

Hit ground balls right at the third baseman or to their left with runner on first base and second base and less than two out - practice throwing to second base to turn the double play - hit ground balls to the right of the third baseman and have them step on third and then throw to first base for the double play

Hit pop-ups in foul territory near the fence and dugout - have the third baseman try and get to the fence or dugout before the ball gets there - don't drift over - or try to run parallel to the fence or dugout

# OUTFIELDER TIPS AND DRILLS

## Circle Cone

- Outfielder gets back behind the ball and moves through the ball
- Short, choppy steps to get body under control before fielding the ball
- Use the crow hop

## Ground Balls

- No runners on base - get directly behind and block the ball
- Charge the ball, pick up the ball outside of the throwing foot and crow hop
- Throw balls on one hop to base - bounce the ball far enough out so it is easy for the infielder to handle
- Balls against the fence - get body turned to throw and hit first cut-off man

Put players in two lines 50 or 60 feet apart - throw the ball in the middle - one player calls the ball and makes the catch - the other player goes in behind to cover up.

## Covering the bases

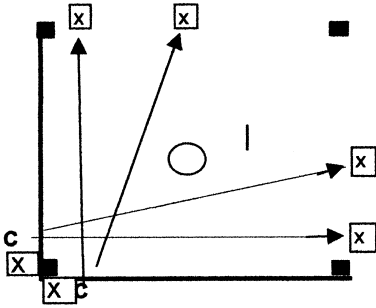
- Ensure the outfielders always hustle to cover- up on bunts, steals, ground balls to the infielders and some throws from the outfield
- Runner on second - left fielder needs to cover third base if runner steals or goes on a pass ball
- Runner on first and ground ball to first baseman - left fielder needs to hustle into position to cover the throw to second base
- Any and all bunts - the right fielder must hustle to cover the throws to first base
- Runner steals second base - center fielder must hustle to cover the throw from the catcher - don't get too close - must not let ball get past

Outfielders must take charge and call off the infielders on short fly balls.

Outfielders must help each other out on fly balls - yelling 'in', 'back' and how much room to the fence.

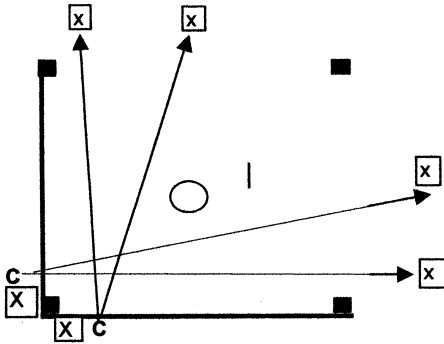
Outfielders can use the baseball slide to catch short fly balls.

**Infield Practice and Execution**



**A) First round**

Infield in: work footwork to throw to the plate

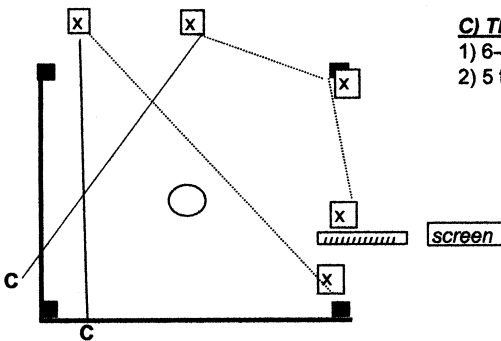


**B) Second round**

Infield back: 1) right at them, then,  
2) glove side, then,  
3) backhand side

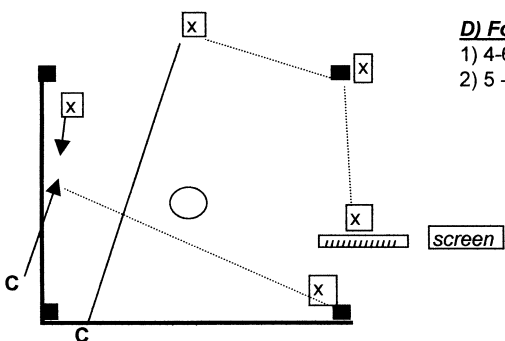
\*\*\*\* Have players to set up for a throw to first before throwing the ball into the coach

**Mass Infield Drill - Set up two fungo hitters.**



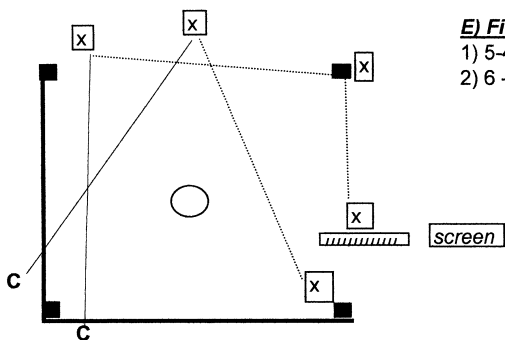
**C) Third round:**

1) 6-4-3 DP's with SS, 2B, & 1B & screen  
2) 5 to 3 in all directions



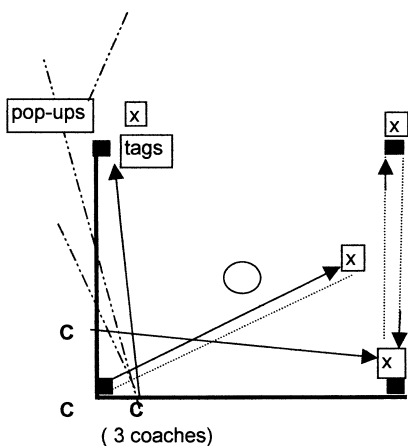
**D) Fourth round:**

- 1) 4-6-3 DP's with SS, 2B, 1B & screen
- 2) 5- 3 slow rollers



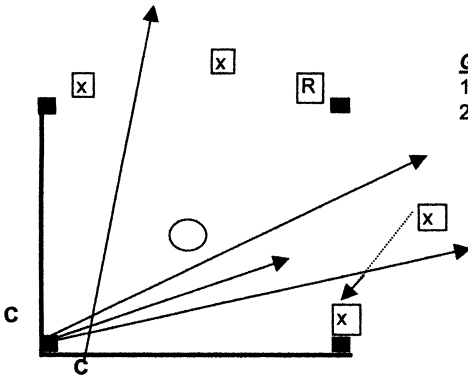
**E) Fifth round**

- 1) 5-4-3 DP's with 3B, 2B, & 1B & screen
- 2) 6 -3 balls in all directions



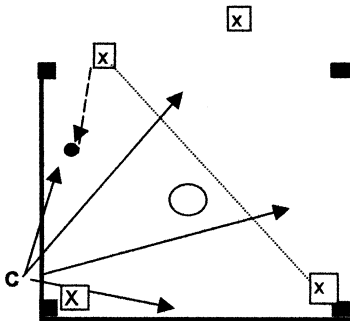
**F) Sixth round**

- 1) 3-6-3 DP's
- 2) 4-2 infield in
- 3) 3rd baseman work pop-ups & tag plays



**G) Seventh Round**

- 1) 4-3 ( balls in all directions)
- 2) 6-5 balls in the 5.5 hole w/R on 2B



**H) Eighth round**

Slow rollers one after another all around the infield AND/OR big hops

- 1) Throw to 1B for the out
- 2) Throw to home

- 1) Build up slowly to do all the drills ( do one at a time well )
- 2) Have infielders count the hops
- 3) On backhand fielding plays have infielders catch the ball in the web of the glove ( in this drill footwork doesn't matter as long as players bend knees and field the ball inside of extended foot )
- 4) All these drills are done hitting the ball easy. If a bat is not used just roll the ball to isolate the moves and create 100 % success. Parents or players can be used if you are short of coaches.
- 5) Make sure all your players get an opportunity to do this at least once a week. ( the goal is every practice )

Adapted from Ken Joyce ( Toronto Blue Jays )

*Mike Ignor*

5/2/06

# TIPS FOR COACHING THE BASES

**A good base coach is always aware of what inning it is, the score of the game, how many outs there are, the count on the hitter, the ability of the hitter, the speed of the runner(s), the positioning and throwing abilities of the defensive players and any offensive plays that have been signaled - you must know this information in order to do your main job, which is to assist the runners.**

## **First base coach:**

- With no runner on first base:
  - the first base coach should be positioned at the front of the coach's box, cheering on the batter
- Once the ball has been hit:
  - encourage the batter to run hard to first base
  - alert the runners to fielding errors, overthrows or the ball going through the infield to the outfield
  - use short, easy to understand voice commands like 'run hard', 'round the base', 'take two', or simply 'two, two, two'
- With a runner on first base:
  - the first base coach should be positioned in the coach's box according to the location of the first baseman
  - if the first baseman is playing behind the runner, the coach stands at the front of the coach's box and watches the first baseman for potential pick-off plays and watches the third base coach for any offensive signals; advise the runner how far away the first baseman is and how big a lead-off they can take
  - if the first baseman is holding the runner on, the coach moves towards the back of the coach's box to get a good view of the pitcher in order to alert the runner to pick-off moves
  - once again, always use short, easy to understand voice commands like 'lots of room', 'get off', 'back!!' - and shout it out so everyone in the whole ball park can hear you
  - always remind the runner of how many outs there are and other important things like to stay on the base when getting the signals from the third base coach and to never take their eye off the pitcher when taking their lead-off; if the pitcher has got a good pick-off move, let the runner know while they are standing on the base; if there are less than two out, remind the runner to freeze on a line drive, go halfway on a fly ball, go hard on a ground ball and break up two; if there are two out, remind the runner to go on anything

## **Third base coach:**

- Once a runner leaves first base, they become the responsibility of the third base coach
- In addition to assisting the runners, the other key responsibility of the third base coach is to give the offensive signals to the hitter and the runners - move as necessary in the coach's box to ensure any and all runners have a clear view to see you and the signals
- Both visual arm signals and voice commands should be used, but the best way to assist the runner is with arm signals because they can't always hear the voice commands:
  - to stop a runner or instruct them not to slide - hold both hands high with palms facing outward towards the runner
  - to instruct a runner to slide - lower the arms toward the ground with the palms facing downward - you may make a waving motion by moving your arms up and down quickly a few times to ensure that the runner sees your visual arm signals, emphasizing the downward motion so the runner knows to get down or slide

- to instruct a runner to round third base and try to score - use the right arm to point toward home plate while at the same time using the left arm in a windmill waving motion to instruct the runner to keep going
- With a runner on second base and the ball hit to the outfield:
  - if there is no play at third base, the coach moves toward home plate to get a better view of the developing play, while maintaining visual contact of the runner - moving down the line towards home plate also puts the coach in a better position to be seen by the runner as they round third base
  - if the runner should round third base and try to score, as mentioned above, use the right arm to point toward home plate while at the same time using the left arm in a windmill waving motion to instruct the runner to keep going
  - if the runner should round third base but stop, hold both hands high with palms facing outward towards the runner
  - if the runner should stop at third base but not round the base (ie. stop and stay right on the base), hold one arm high with palm facing outward towards the runner while at the same time using the other arm to point at third base
- For all close plays at third base, the coach should be positioned directly in line with third and second base and as close to third base as possible
- With a runner on third base:
  - always remind the runner of how many outs there are and other important things like to stay on the base when getting the signals, to never take their eye off the pitcher when taking their lead-off and to watch for a pass ball; remind the runner to take their lead-off in foul territory and to come back to the base in fair territory; if there are less than two out, remind the runner to freeze on a line drive, tag on a fly ball, and what to do on a ground ball - this depends on a number of factors like the position of the infielders, the speed of the runner and the score and inning of the game - but basically the instructions would be to go on any contact or go on contact if the ball is hit to the middle infielders or only go if the ball gets through the infield; if there are two out, remind the runner to go on anything
- Along with the visual arm signals, always use short, easy to understand voice commands like 'down', 'up', 'score', 'tag' - and shout it out so everyone in the whole ball park can hear you

# HERE ARE 15 POINTS OF WHAT GOOD PITCHERS SHOULD BE THINKING OF

1. Keep your eyes on the catcher at all times.
2. When starting your wind-up remember to bring your front leg up to a good balanced position before bringing your foot down and out.
3. When bringing your front foot down balance on your back foot.
4. When bringing your front foot out towards the catcher keep your weight back.
5. When your front foot is going out, your hands should be breaking.
6. When your front foot lands, your front elbow should not be open, it should be in line with your catcher.
7. When your front foot lands, the trunk of your body should be following through straight to your catcher.
8. Keep your front elbow and shoulder closed as long as possible.
9. When following through, your front lower rib should be touching or close to touching your front thigh.
10. Keep your back foot on the rubber as long as possible; this will ensure a balanced follow through.
11. Allow your throwing hand a good path to throw and follow through.
12. Let your back foot “peel” off the mound naturally, don’t think about it.
13. Create a consistent point of release.
14. Finish balanced, ready to field your position.
15. One out of your first two pitches thrown should be a strike. Two out of your first three pitches should be a strike.

**Many amateurs make the same mistake. Their body starts to rush forward when they are lifting their front leg up. Stay back, just like good hitters do.**

# COACH'S TIPS FOR A HEALTHY PITCHER'S ARM

(A) Recommended age for learning various pitches

Pitch	Age/years
Fastball	8
Change-up	10
Curve ball	14
Knuckleball	15
Slider	16
Forkball	16

(B) Suggested Pitch Counts (See Pitching Rules P2-10)

Age/Years	Max. Pitches per Game	Max. Pitches per Week
8 — 10	50	75
11 — 12	75	100
13 — 14	75	125
15 — 16	90	2 games/week
17 — 18	105	2 games/week

(C) Suggested Recovery Times

Age/years	1 day rest	2 days rest	3 days rest	4 days rest
8 — 10	21	34	43	51
11 — 12	27	35	55	58
13 — 14	30	36	56	70
15 — 16	25	38	62	77
17 — 18	27	45	62	89

\*\*\* Taken from the American Sports Medicine Institute (ASMI)

Notes:

- 1) The number of pitches thrown is more important than the number of innings.
- 2) Improper technique is a major factor in injury to a pitcher's arm.
- 3) Conditioning of the arm and the whole body can reduce injury.
- 4) Young pitchers should be encouraged to play catch everyday.

# PITCHING RULES (P2-10)

- a) Any player advancing to play in a higher series shall be restricted to the pitching rule of the series in which he/she is registered.
- b) In Minor Mosquito and Mosquito games, the number of trips to the mound by the manager/coach shall not be limited except when the umpire rules that the purpose of the trip is to delay the game.
- c) In Peewee Girls, Minor Peewee and Peewee games, a third trip by a manager/coach to the same pitcher in the same inning shall result in the pitcher's automatic removal from the pitching position.
- d) In Minor Mosquito, Mosquito, Peewee Girls, Minor Peewee and Peewee games, a pitcher once removed from pitching, regardless of the number of trips to the mound by the manager/coach, may continue in the game at another position, but shall not be permitted to return to pitch in that game.
- e) From Minor Bantam to Senior, a second trip by a manager/coach to the same pitcher in the same inning shall result in the pitcher's automatic removal from the pitching position. The pitcher, once removed after the second trip in an inning, may continue in the game at another position but shall not be permitted to return to pitch in that game.

## Pitch Count Limitations

- f) A pitcher may not pitch more than the following limits in a calendar day. If the limit is reached while facing a batter, the pitcher may pitch to the earlier of: (i) the completion of that batter or (ii) the end of the inning.

Minor and Major Mosquito – 70 pitches

Minor and Major Peewee, Peewee Girls – 80 pitches

Minor and Major Bantam, Bantam Girls – 90 pitches

Minor and Major Midget, Women – 100 pitches

- g) If a pitcher throws more than the following limits in a calendar day he/she cannot pitch the next day – the player must have 2 nights rest.

Minor and Major Mosquito – 45 pitches

Minor and Major Peewee, Peewee Girls – 55 pitches

Minor and Major Bantam, Bantam Girls – 65 pitches

Minor and Major Midget, Women – 75 pitches

- h) If a balk is called but the pitcher throws the ball it will count as a pitch thrown, even if it is not counted as a pitch for ball/strike purposes.
- i) The official scorekeeper shall designate the official pitch count recorder.
- j) The official pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or the umpire.
- k) The official pitch count recorder shall inform the home plate umpire when a pitcher has delivered his/her limit of pitches for the game. The home plate umpire will then notify the pitcher's manager that the pitcher must be removed.

**Note:** It is the responsibility of the manager to remove a pitcher when that pitcher is no longer eligible, even if the pitch count recorder and/or the umpire fail to notify the manager.

- l) If a team has no remaining players eligible to pitch in a game, the opposing coach may designate a player who has yet to pitch in the game. This pitcher may not throw more than 30 pitches. If the limit is reached while facing a batter, the pitcher may pitch to the earlier of (i) the completion of that batter, or (ii) the end of the inning.
- m) Illegal pitching penalty: Where a player throws more pitches than is permitted under (f); or pitches on 3 consecutive days in violation of (n); or pitches and catches in the same game in violation of (o), the penalty shall be forfeiture by the player's team. A second violation by a team will result in the manager/head coach's indefinite suspension.
- n) (i) At Minor Mosquito, Mosquito, Minor Peewee, Peewee, Peewee Girls, Minor Bantam, Bantam, Bantam Girls, pitchers may not pitch on 3 consecutive calendar days. (ii) At Minor Midget, Midget, pitchers may not pitch on 3 consecutive calendar days unless: (1) the pitcher threw 30 pitches or less on each of the first two days (2) the maximum number of pitches which may be thrown on the third day is 50. (iii) At Junior, Senior and Women's, there is no restriction on pitchers pitching on 3 consecutive calendar days.
- o) At Minor Mosquito, Mosquito, Minor Peewee, Peewee and Peewee Girls, a player may not be a pitcher and a catcher in the same game.
- p) Pitches shall count on the calendar day on which the pitch is thrown. An exception may be made where a game commences on one day and is played continuously past midnight. In that case, the pitches shall count as being thrown on the day on which the game commenced. In the case where a game is suspended, for whatever reason, on one day and resumed on a second day, pitches shall count on the calendar day on which the pitch is thrown (ie. both parts of the game shall be considered on separate days). Where weather or other reasons cause the delay or postponement of a game or games, the time of the delay can count towards the nights rest required under (g) and can constitute a break in the 3 consecutive day rule under (n).