



12U Majors Curriculum LYBO

1. Throwing
2. Base running
3. Catcher
4. Batting
5. Infield
6. Outfield
7. Pitching (baseball only)

Throwing Curriculum

Objectives:

- Reinforce stretching and warming up arms with exercises ALWAYS before throwing
- Improving accuracy and velocity with proper mechanics
- Proper 4 seam grip
- Squaring shoulders to align glove elbow to align to target for increased accuracy
- Transferring weight and using core for increased velocity

Expectations

- All players should be able to make an accurate 50' throw
- All defensive throws should be done with a 4 seam grip

Curriculum

- Start each practice with stretches and calisthenics and then throwing mechanics drills. As the season starts this will be your pre-game warm up. The premise of the progression is it warms up the players and builds on keys steps of throwing correctly at the same time. Here is the sequence.
- Players stand 15 ft apart and do a wrist waggle flip. (throw with elbow straight out from ear and forearm at 90 degrees with glove under throwing arm elbow) Emphasis is players focus on release that is over the top and proper ball rotation. This also helps player see how getting more wrist in throw increases velocity. I tell player to throw like a dart but I've recently realize most don't know what a dartboard is.
- Players kneel 20 ft apart and throw while kneeling (right knee on ground and left knee up for righties). Emphasis is making circle in throwing motion and follow through where back is bent and throwing arm finishes on outside of knee that is up
- Player stand with chest square at 35 feet. Emphasis is weight transfer from balls of feet, to heels to ball of feet and rotating torso. Complete throwing motion finishing across the body.



- Power position at 60 feet Emphasis here is pointing front shoulder at target and weight transfer. With each of these I teach players to aim with front elbow and move the glove hand out and in.
- Long toss at 70 feet and gradually move to 90 feet. This is where it all comes together or falls apart. If the players aren't doing all the things in steps 1-4 they'll never make this distance and/or hit the target.
- Here are a couple good videos that teach some different steps in throwing progression drills for reference.

<https://www.youtube.com/watch?v=MblA9RhngtI>

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

Base running Curriculum (Majors Level)

Objectives:

- Improve ability to run the bases efficiently
- Increase ability to steal bases and recognize when stealing can be done effectively without base coaches giving verbal direction
- Learn to lead and take secondary leads on every pitch
- Improve upon ability and knowledge at tagging up and/or taking extra bases when possible
- Develop players' abilities to practice situational base running including anticipating opponents' mistakes (stealing home)

Expectations:

- Players should be practicing at least one new base running fundamental (knowledge) or skill as a part of each practice
- Integrate base running skills into the pre practice warm-up each practice for more efficient use of practice time

Curriculum

- How to leave the batter's box when the ball is batted
- Understanding base coaches' role and taking direction from the base coaches while advancing
- Running to first base
 - run through the base, turn head towards foul territory to look for overthrow, stay in foul territory

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- rounding the base on balls hit to the outfield
- Thinking ahead on the bases
 - Know the number outs
 - Know the situation
- Taking a secondary lead on pitch and anticipate overthrow from catcher to pitcher
- What to do if a ground ball is hit
- What to do if a pop fly is hit
 - Know the safe distance to be off a base
- Receiving complex signs from base coaches and executing without hesitation
- How to round each base (bellying out)
- Sliding
 - Players should be learning what a pop-up slide is
- Improve technique for stealing bases
 - Cross-over step, starting low and driving hard with quick leg turnover
- Anticipating balls in the dirt and wild pitches to get a better jump on “taking a base” without verbal direction from the base coach
- Tagging up on fly balls to the outfield



CATCHER INSTRUCTION (Majors)

Objectives:

- Learn proper set-up & stance
- Improve receiving & blocking techniques including framing pitches
- Demonstrate mastery of at least one of the catcher throwing techniques
- Be the field leader, including communication & responsibilities
- Learn to call pitches
- Adjusting location to the tendency of the home plate umpire

Expectations:

- Each team should have a minimum of 2 catchers who adequately master the Majors curriculum by the end of the season
- Catchers are to be given individual or small group instruction on some portion of the fundamental skills outlined in this curriculum at least 1x per week.
- Catchers should be working in full gear with pitchers as a regular part of each practice

Catcher's Curriculum

- **Set-up & stance:** Set-up should be low & wide with both your legs & feet. Weight should be distributed on the inside of your feet with concentration of weight at the balls of your feet.
 - **Bases empty:** lower stance & target with throwing hand behind back for safety.
 - **Runners on 1st or 2nd:** "Ready" position (butt should be positioned higher & throwing hand should be in a fist, behind your catching hand thumb).
- **Receiving & blocking:** When receiving good pitches your body needs to be "quiet". Avoid rotating the shoulders, and also avoid excessive movement up & down and side to side. Catching the ball with your glove hand smoothly and gently. **Framing pitches** when necessary.
 - Thumb up on pitches to your left.
 - Thumb down on pitches to the right

Blocking: Keep shoulders square to pitcher so that ball bounces off your body back towards the pitcher. Close the whole between your legs with the glove. Head facing down and chest out so that the ball will be deflected towards the infield.
- **Throwing:** There are two main rules with any of the approaches. 1st stay low, and 2nd avoid stepping on the plate so you do not slip.
 - **Jump Pivot** produces a quick release and requires a strong arm. While staying low you will hop with your feet shifting to the 6 & 12 positions.
 - **Rake & Throw** is for backhand pitches (outside to righties). Keep your right foot planted and pivot off it to throw.
 - **Jab Step** is for catchers with weaker arms. Take a small pivot step with your right foot towards the back point of the plate & stride with your front foot towards second while



raking with the ball back. This approach is slower and more deliberate, but produces a stronger base for throwing off of and thus a stronger throw.

- **Communication & Responsibilities:** Encourage and reinforce good pitching. Take trips to the pitcher's mound to talk to the pitcher when the pitcher is upset or struggling to throw strikes. Tell him that you are going to catch his pitches and get him some strikes. Back-up 1st base on ground balls with no one on base.
- **Being the field leader:** Let the team know how many outs there are with every new batter. Call out who is covering second in a stealing situation.
 - **2nd basemen:** for righties
 - **SS:** for lefties

Advanced Catcher skills & knowledge:

- Learn to give signs to the pitcher
- Fielding Pop-ups
 - Find ball then throw face mask
 - Back to the infield on pop-ups hit behind home plate



Hitting Training (Majors level)

Objectives

- All players will utilize plate discipline and identify strikes for hitting
- Learn to take signs and understand the batters responsibility for each sign/play
- Learn the batters responsibility when there is a passed ball with runners on base
- Recognize how to call time as a batter and when to stay in the batter's box and when to get out
- Pitch count recognition and improved ability to expand zone for two strike counts
- Develop situational approach to hitting; bunting & RBI situations
- Improve ability to bunt and understand why and when to bunt

Expectations

- Goal of 40 swings at every practice (tee, soft-toss, &/or BP)
 - Hitting mechanics can only be taught using a tee. Most coaches forego this. Coaches should always start with tee work and/or soft toss prior to going to coach pitch BP. Avoid using your pitchers for BP.
- Mastery of stance and swing fundamentals should be exhibited as to hitter's curriculum below (all players should demonstrate mastery of #'s 1-4)
- Reinforce players ability to get out of the way of pitched balls: reminding them of which way to turn
- Advanced player skill:
 - All players should be able to perform soft toss with teammates
 - Players should participate in two strike drills where they practice the ability to "waste" pitches by fouling pitches away until they get a pitch they can handle

Hitter Curriculum

1. Grip and hand position
 - Bat in finger tips
 - Line up knocking knuckles
 - NOT in palm
 - Loose hands
2. Stance and Position in box
 - There is no wrong position
 - Feet shoulder width apart (athletic position)
 - Preferably a straight/neutral stance
 - Balanced position achieved by "getting rhythm" (light bounce in knees)
3. Stride and weight transfer



- Slow take back – “bow and arrow” approach
 - Reach with front foot – toe first (DON’T move weight forward) Power transfer thru hips
 - Stay Straight – head & eyes level
 - Transfer weight – hands go straight to ball
 - KEEP FRONT SHOULDER DOWN ON BALL (chin to shoulder)
4. Swing & follow through
- Level swing (for liners and grounders)
 - Do NOT look up! Again, shoulder down!
 - Head Down.

INFIELDER INSTRUCTION (Majors level)

Objectives:

- Demonstrate mastery of “set position”
- Correctly position self independently according to situation
- Learn to effectively turn double plays
- Mastery of cut-off roles and back-up responsibilities
- Utilize advanced tagging techniques like positioning of body at bag and use of the sweep tag
- Improve “drop step” for tracking balls hit in the air

Expectations:

- Infielders should be fielding a minimum of 40 groundballs on each game day and during each practice
- Players should be able to run their own infield drills with teammates hitting grounders to infielders off of a tee
- Develop player knowledge of bunt defenses

Infielder Curriculum

- **Set position and situational positioning**
 - Ready Position – glove at waist facing up, steps in as pitcher delivers, bend at knees and waist
 - Understand double play depth, infield in, and cheating to a base for covering a steal.
- **Receiving ground balls**
 - Proper ground ball fielding technique (head low, glove out front, button of cap)
 - Sense of urgency to get to the ball quickly



- Circling the ball to get in a better throwing position when there is time
- The throw – transition feet to get glove shoulder pointed at target, stay low and athletic and make strong accurate throw
 - Teach players a “feed”
- **Receiving balls in the air**
 - Drop step on balls hit beyond infield (no back pedal)
 - Calling the ball
 - Get to ball fast, don’t float
 - Plant feet and throw ball back into the infield quickly
- **Communication & Responsibilities:**
 - Let outfielders know the number of outs before each batter
 - Let catcher know when a runner is stealing
 - Back-up on every play
 - 2nd &/or SS back-up pitcher on throw back from catcher with runners on base
 - Cut-offs

Advanced Infielder skills & knowledge:

- Bare handing slow rollers
- Defending the bunt
- Turning double plays

Outfield Training (Majors)

Objectives:

- Master proper positioning & the outfielder’s “set” position
- Improve fielding techniques for receiving both ground balls and fly-balls
- Master the “crow-hop”
- Properly judge the flight of a batted ball
- Throw to the appropriate base (ball in front) or cut-off man when necessary (when ball hit behind fielder)

Expectations: (Outfielders have 3 major assignments)

- All players should field a minimum of 20 fly balls or pop-up at every practice
- Players should be aware of the 3 major assignments (below for outfielders)

1. **Take a base hit away** from a batter whenever possible. (Catch the flyball).
2. **Cut down the length of base hits.** (Hustle and work together to hold the batter and/or runners to the minimum number of bases).



3. **Keep runners from advancing** whenever possible. Get to the ball fast and get it in fast! (Throw to the right cut-off or base; throw strongly and accurately).

Outfielder's Curriculum

ON EVERY PITCH – an outfielder must:

- Be in the correct position. (see positioning below)
- The outfielder should watch the batter and **not** the pitcher, as the ball is being delivered to the plate
- As the batter strides to hit, the outfielder should be moving forward slightly in the set position.
- He should **listen to the sound of the bat meeting ball**. With a little experience it will tell him how hard the ball is hit.
- The outfielder *always* breaks FAST! (*crossover step & pivot step*)

ON BALLS TO THE OUTFIELD – an outfielder must:

- **Fly balls:** Get to the ball fast and wait for it. Never drift to a ball.
- **Ground balls:** Try to get it off an early hop. The longer and slower it rolls the trickier the hops become. Get to grounders FAST!
- Run on your toes, not your heels. Running on heels makes your head bounce and makes tracking a fly ball more difficult. Especially important on balls hit over your head where you have to turn and run.
- Use your bare hand to block the sun. (if necessary)

POSITIONING

- Opposite field outfielder should move in closer than pull side outfielder.
- Play power hitters to pull (shift).

RESPONSIBILITIES

- The center fielder makes the "call" on all balls hit to his right or left.
- The outfielder makes the call on all fly balls dropping behind the infield.
- Outfielders should **back each other up on every outfield play**.
- Each outfielder should **back up the base in front of him on every infield play**.



PITCHER INSTRUCTION (Majors BB)

The CBB Pitcher Curriculum is based on using athletes' natural throwing motion to create the most effective, efficient throwing motion for their particular body type. It is important to value the fact that each pitcher has a unique muscular make up and therefore allow them to be unique in their throwing motion. The most important aspects of youth pitcher development are to foster sound mechanics that are safe, focus on consistency in the delivery and to emphasize the mental approach to pitching.

Objectives

- Master two and four-seam grips
- Learn to throw change-up with effectiveness
- Master consistent, sound mechanics on all pitches
- Identify how and when to step off the rubber
- Learn to receive and incorporate basic signs from the catcher
- Learn to use location to pitch more effectively based on hitters tendencies and home plate umpires strike zone

Expectations

- Pitchers should be working regularly in practice with the team's catchers
- Catchers should be able to give locations for certain out pitches and pitchers should be able to come reasonably close to hitting those locations
- Reinforce the importance of a mechanically sound delivery (preferably from the set position) and be sure to also reinforce the importance of consistency with the delivery.

Pitcher Curriculum

Warm-up --

- Starting pitcher
 - Light Jog followed by running 2x from foul pole to foul pole in the outfield
 - Full body stretching focusing on legs, shoulders, arms and wrists
 - ***See recommended dynamic stretching at end of Majors BB pitcher curriculum**
 - Throw casually to take an inventory of how arm and body feels
 - Start at about 25-30 ft. and stretch out distance to at least 60 feet
 - Once loose – begin with about 5-10 throws doing a casual delivery
 - Progress to about 80% effort at regulation distance
 - Number of throws depends entirely on the pitcher and how they feel
 - Finish with a few near game speed pitches that are thrown to specific locations

Proper way to hold/grip the ball –

- The farther apart your fingers are the weaker they become for throwing. The proper distance between fingers is just about an index fingers width apart.
- Use two or four-seam grip for fastball

Wind-up – Coach Corral video

http://www.youtube.com/watch?v=Gj4SNscPlbc&feature=player_detailpage



Basic steps of pitching motion

- The Set-up
 - Offset foot angle (about 40 degrees from center)
 - Rest hands under chin
 - Both elbows relaxed and at side
- The step back
 - Baby step back
 - Nose over toes
- Plant foot
 - Plant foot against rubber
- Leg lift/balance point
 - Turn hip and lift knee
 - Balance point – head over back leg
- Separate hands and drive
- Land at Power position
 - Hips and shoulder align with target
 - Get arm up and out – ball pointed back to SS for RHP, 2B for LHP
- Release and follow through

Stretch – SportsMED video

http://www.youtube.com/watch?v=tMgfz1X9bmc&feature=player_detailpage

- Start position
 - Aligned with plate
 - Knees bent and relaxed
 - Feet spread comfortably wide
- Come set
 - Stay “square” to the plate – feet should stay in alignment
 - Bring feet to shoulder width by stepping in with lead leg
 - Hands come together with elbows now at sides and relaxed
 - Hands just below chin
- Leg lift/balance point
 - Turn hip and lift knee
 - Balance point – head over back leg
- Separate hands and drive
- Land at Power position
 - Hips and shoulder align with target
 - Get arm up and out – ball pointed back to SS for RHP, 2B for LHP
- Release and follow through

Covering first on grounder to first basemen

- Pitcher runs as fast as (s)he can for a spot near the foul line that is about 10 feet to the home plate side of 1st base.
- Turn left to run along the inside of the base line (but not in the base line!)



- Hands should be up near chest and open as a good target
- After catching the ball, look down for the base
- Hit 2nd base side of bag with right foot and continue with momentum towards second to avoid entangling with base runner running up the foul line
- If runners are on base: after tagging 1st quickly face the infield ready to make the next throw

Additional considerations

- **Mental approach on the mound**
 - Work on slowing down and focus on every pitch
 - Pitching is not a sprint, stress not rushing
 - The best pitch in baseball is a strike
- **Proper positioning of feet on the pitching rubber**
 - Right side or left side of rubber
 - Arm angle and throwing motion decide
- **Positioning the catcher/target**
 - Teach focus – stress throwing from pitcher to catcher
 - Majors should begin mastery of throwing to edges of plate
- **How to take the throw back from the catcher**
 - Position oneself at the foot of the mound and give a chest high target
 - Catch the ball with 2 hands
 - 2nd base or SS must backup the throw from catcher
 - Be aware of pitch count
 - Be aware of where runners are on base paths and recognize that you will need to return to stretch position if runners are on
- **The correct way to turn back to the mound**
 - Teach head on swivel and be aware of the situation
 - When pitcher on the rubber, play stops at Instructional, Junior and Minor levels
 - Major's pitch from stretch with runners on base, must be aware of runners on base and the situation (Outs, Forces, etc....)
- **Backup responsibilities**
 - Pitcher backs up 3rd on a throw to 3rd base
 - Pitcher covers home on a passed ball
 - Pitcher backs up home on a throw to the plate from outfield or cutoff man

Advanced pitcher knowledge & skill

- Use of signs and location in games
- Learn effective pick-off moves to all three bases
- ***Dynamic Stretching Warm-up**
 - Toe Touches Right foot over Left and then Left over Right
 - Side lunges – Twice each side
 - Sumo Squat - 10
 - Lunges with Hands on hips – 20 yards / 2 times



- High knees for 20 yards – 2 times
- Jog 10 yards / sprint for 10 yards – 2 times
- Jog foul pole to foul pole – 2 times



Other Resources:

Little League University:

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Little League University:



- http://www.littleleagueu.org/#user_type=league_official:
- Sections for:
 - Parents
 - Umpires
 - Coach
 - League Officials
- Categories for all ages
- Topics from hitting to fielding to communication to fun drills and skills

Social Media:

- Facebook
 - CoachLisle.com

The Matheny Manifesto:

- <http://mikematheny.com/sites/default/files/docs/MathenyManifesto.pdf>

Videos:

- Power Stance Throwing
 - <https://www.youtube.com/watch?v=f3pvKlkjSKY>
- Infield Fielding Drill
 - <https://www.youtube.com/watch?v=xbZDmXPgRWE>
- Beginners Catching Drill
 - <https://www.youtube.com/watch?v=2mRuWPJS64E>
- Hitting for youth (More Advanced)
 - <https://www.youtube.com/watch?v=73Ljh3gELfg>