



14U and 13U Juniors **Curriculum LYBO**

- 1. Throwing**
- 2. Base running**
- 3. Catcher**
- 4. Batting**
- 5. Infield**
- 6. Outfield**
- 7. Pitcher**

Throwing Curriculum

Objectives:

- Reinforce stretching and warming up arms with exercises ALWAYS before throwing
- Improving accuracy and velocity with proper mechanics
- Different throwing mechanics for 3rd basemen, middle infield and outfield
- 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 80' throw
- By now 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 25 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 45 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 and gradually move to 80 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 90 feet and gradually move to 100 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 (Juniors Level)

Objectives:

- Learn to take extra bases on a batted ball or an error
- Focus on basic base running fundamentals for competitive baseball
- Reinforce proper technique for the set position at a base as a base runner
- Develop ability to round bases and to slide
- Recognize what to do in situations when the ball is hit in the air with less than two outs
- Learn to listen to and work with base coaches when running bases. Players should never hesitate on a sign. Players should be in sync with signs given to the batter.
- Use ability to think of situations before each pitch is thrown

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 warm-up each practice for more efficient use of practice time
- Players should be focusing on thinking ahead and anticipating situations on every play
- Players will master the fundamentals of running from home to first on a batted ball

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



- when & how to round the base
- Consistently reinforce thinking ahead on the bases. Players should be advancing more on their own at this age.
 - Players should be quizzed on the number outs
 - Base coaches should discuss potential situations before every pitch
- What to do if a ground ball is hit
- What to do if a pop fly is hit
 - Recognizing a safe distance to be off a base
- How to round each base (bellying out)
- Sliding
- Explain the rules of tagging up
- :
- Secondary leads
- Tagging up
- Going "half way" on balls hit in the air
- Advanced skills
 - Stealing home on pitcher
 - Recognizing tendencies of pitcher
 - Checking position of outfielders on each position and knowing when an extra base opportunity exist immediately upon seeing location of hit ball



CATCHER TRAINING (Juniors level)

Objectives:

- Learn proper set-up & stance
- Develop proper receiving techniques
- Learn to become a fielder when ball is in play
- Learn to be the field leader, including communication & responsibilities
- Improve ability to calm pitcher and to work one-on-one with the pitcher as a team

Expectations:

- Each team should have a minimum of 3 catchers who adequately master the Jr.'s curriculum
- 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.
 - Low stance & target with throwing hand behind back for safety.
- **Receiving:** 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.
 - Receive the ball with "soft" hands



- Go out to the ball with the glove, rather than receiving it in close to your body
- **When the ball is put in play:** Once you have identified where the ball is remove face mask and become a fielder.
 - Cover home for any play to the plate
 - Back up the pitcher on balls thrown back to the pitcher from all fielders when there is no one advancing to third base.
- **Throwing:** Stand up after receiving the pitch and step out in front of the plate to throw the ball back to the pitcher. Reinforce good throwing form on every throw back.
- **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.

Advanced Catcher ability:

- Being the leader- there should be at least one catcher who understands the game and their role on the field
- Learn to block balls in the dirt
- Fielding bunt like hits that are between the catcher and pitcher and then throwing the runner out at first



Hitting Training (juniors level)

Objectives

- Develop a consistent mechanics and the ability to put ball in play
- Anticipate pitch type
- Start to take control of the pitcher
- Reinforce hitter discipline in recognizing the dimensions of the strike zone and identify strikes for hitting
- Learn what pitch counts are and improve ability to make contact and expand zone as necessary for two strike counts



Expectations

- Goal of 20 swings at every practice (tee, soft-toss, &/or BP)
 - Don't underestimate tee work. You should never go right to BP without incorporating tee work. As a good practice it's always good to have a tee or hit stick station during BP as warm up and to recycle a player who is struggling at the plate
- Development of stance and swing fundamentals as to hitter's curriculum below
 - (All players should master #'s 1 & 2 below)
- All players will understand the rules that apply to being in the batter's box and when it is appropriate to step out of the batter's box
- Advanced player skill:
 - hitting curve balls and anticipating off speed pitches
 - placing ball in the gaps

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 (Juniors level)

Objectives:

- Getting into the “set position “at each pitch is routine
- Improve ground ball fielding technique, learn proper foot and eye to field ball
- Cut-off roles and back-up responsibilities are routine
- Turning double play is expected
- Learn what foot and eye to field ball
- Learn feeding balls vs throwing

Expectations:

- Each player will have a primary position and secondary position (one infield and one outfield)
- All fielders should be fielding a minimum of 20 ground balls per practice
- All players will develop the in fielding knowledge and skills defined in the curriculum
- Mental errors will be the exception

Infielder Curriculum

- **Set position and situational positioning will be expected**
 - Ready Position – glove at waist facing up, steps in as pitcher delivers, bend at knees and waist
 - Advanced techniques for covering bases to promote double plays
- **Receiving ground balls**
 - Proper ground ball fielding technique (fielding ball of proper foot, soft hands)
 - Quick feet, moving through ball
 - The throw – feet continue moving, staying low, shoulder pointed at target
- **Receiving balls in the air**
 - Calling the ball
 - Get to ball fast, don't float
 - Plant feet and throw ball back into the infield quickly
- **Throwing**
 - Learn to grip, throw and/or feed the ball depending on the situation (depth of play and position of runners). Throw should be more compact at this level
 - Shuffle feet on longer throws from left side of infield
- **Communication & Responsibilities:**
 - Let outfielders know the number of outs before each batter (routine)
 - Back-up on every play
 - Cut-off responsibilities for middle infielders

Advanced Infielder skills & knowledge:

- Situational- key attribute is always knowing where the play is
- Quick transition



- Taking charge, being the leader



Outfield Training (Juniors)

Objectives:

- Learn proper positioning & the outfielder's "set" position
- Always hustling to the ball and get the ball back into the infield quickly
- Develop proper fielding techniques for receiving both ground balls and fly-balls
- Master ability to "crow-hop" in game situations
- Properly judge the flight of a batted ball
- Throw to the appropriate cut-off man without hesitation

Expectations: (Outfielders have 3 major assignments)

- **All** players should practice out fielding skills regularly in practice
- All players should field a minimum of 10 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 fly ball).
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! (*Drop-step, 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

- Players should recognize where to go when assigned to a particular outfield position by the first game of the season

RESPONSIBILITIES

- Calling the ball
- 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 LYBO 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 fast balls
- Learn to throw change-up with effectiveness and when appropriate
- Learn correct mechanics for curve ball
- Master consistent, sound mechanics on all pitches
- Identify how and when to step off the rubber
- Learn how to deliver an accurate pick-off throw to first base
- Learn to receive and incorporate signs from the catcher
- Improve on using location to pitch more effectively
- Teach pitching from stretch and full wind up

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 hit 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 –imperative prior to each session

- 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 to chest (if possible)
 - Hands should not be higher than chin
 - 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

Pick-off moves – ClubHouseGas video

http://www.youtube.com/watch?v=lnRf6Y6ZZOo&feature=player_detailpage

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
- Learn curve ball
- ***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:

Other Resources:

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>



- 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

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>