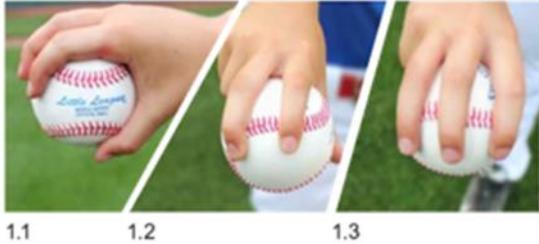


### Baseball Grip:



- Proper four-seam grip (See Fig. 1.1). Hold the baseball using a four-seam grip.
- Show two-finger (Fig.1.2) and three-finger (Fig. 1.3) grips. Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Players will grip the ball across the horseshoe or "C".

### Catching Ball:

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.  
The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs towards each other, once the thrower sees this, they may deliver the ball.  
This is the 2HT. (See Fig. 2.1)
- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.  
This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)
- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.  
Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)





## Basic Baseball Fundamentals Excerpts from LLI Coach Pitch 12 Week Program



### Throwing Ball:

- Do not throw the ball until you see a Two-Hand-Target (2HT) – Use a four-seam grip.
- Explain and demonstrate the Five Steps of Throwing

#### FIVE STEPS OF THROWING

##### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner.

##### Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step.

##### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver.

##### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver.

##### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT.



3.1 Start



3.2 Shoulder-to-Partner



3.3 Launch



3.4 Delivery



3.5 Finish

### Hitting:

#### One: Grip

Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knuckles up. The knuckles can be in a straight line or slightly shifted either way. (Fig. 3.1)

#### Two: Stance

Have the players get into an athletic position with knees bent slightly and shoulder width apart. There should be more weight on the back foot, with the weight distribution being about 40 percent on the front foot and 60 on the back foot. (Fig. 3.2)

#### Three: Coverage

The bat needs to cover the entire plate. Have the player get in their stance; place the bat at the corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch. (Fig. 3.3)

3.1



3.2



3.3





## Basic Baseball Fundamentals Excerpts from LLI Coach Pitch 12 Week Program



### Base Running:

#### – Purpose of Base Running and How to Score:

Explain that the idea is to score more runs than the other team. To score you need to get on base. You are a game piece and you need to get on the board. The board is the bases. The first thing you need to do is go from home to first, then first base to second base, second base to third base, and finally third base to home plate. Once you or your teammate crosses home plate your team scores a run. The team who scores more runs wins. It doesn't matter how you get on base. You could get on first base by a walk, hit, or an error. All that matters is you are on base and have a chance to score.

#### – Run through 1<sup>st</sup> Base

On a ball hit in the infield you want to run as fast as you can through first base. Do not slow down in front of the base. Once past 1<sup>st</sup> base turn to dugout fence.

#### – Do Not Run through 2<sup>nd</sup> or 3<sup>rd</sup> Base

During live play, a baserunner will be called out when tagged with ball if the runner's foot/body is not touching 2<sup>nd</sup> or 3<sup>rd</sup> base.

#### – Do Not Head First Slide

Little league rules prohibit head first slides when advancing to the next base. Due to safety issues.



### Fielding:

#### FIVE STEPS OF FIELDING

– **Step One: Creeper Steps**

Player will take two steps towards the hitter. First step is with the throwing hand, second step is with the glove hand. The glove foot will be slightly out front of the throwing foot. (Fig. 4.1)

– **Step Two: Bend Knees / Lower Torso Down**

Player will have knees bent and will have their body lowered down so that their glove is touching the ground in a “ready” position. Imagine sitting down on a chair; now come off of that chair where you are barely standing above it. This will be the position that you need to be in. (Fig. 4.2)

– **Step Three: Glove Out Front**

Player will be in ready position with their arms extended out in front of their body. The palm of the glove will be facing the hitter and low to the ground. The throwing hand should be above the glove forming the mouth of an alligator. (Fig. 4.3)

– **Step Four: Receive / Suck / Funnel / Move**

Players will field the ball out in front of their body with “alligator hands” and bring the ball into their mid-section. At this time the player will use the throwing hand of the alligator hands to grip the ball in a four seam grip. At the same time the player should move their body, throwing foot then glove foot towards the direction where the throw will be made. When finished with this step, the shoulder of the glove hand should be pointed at the target. (Fig. 4.4)

– **Step Five: Throw to Target**

See throwing ball section. Tip: When fielding a ground ball always try to move to the ball and use forward momentum to make a strong throw to target.



4.1 Creeper Steps



4.2 Bend Knees /  
Lower Torso



4.3 Glove  
Out-Front



4.4 Receive / Suck /  
Funnel / Move



4.5 Throw to Target