

McCormick Ranch Little League Coaching Matrix

Division: T-Ball

Skill Set	Learning Reinforcement	Learning Goals	Drills/Techniques	Additional Information
Throwing Mechanics		<ul style="list-style-type: none"> • 4-seam grip • Proper footwork • Focus on posture • Arm and hand path 	<ul style="list-style-type: none"> • "W" Drill • Throwing into a target • Partner catch 	Have them throw into a target for at least 5 practices before attempting to play partner catch.
Receiving		<ul style="list-style-type: none"> • Athletic position • Catching with 2 hands • "Rules of Thumb" 	<ul style="list-style-type: none"> • Coach tossing to players • Partner catch 	Use the players belt as a point of reference. Thumbs go together above the belt and apart below the belt.
Infield		<ul style="list-style-type: none"> • Ready position • Bend down with knees • Glove out in front • Bare hand near the glove 	<ul style="list-style-type: none"> • Pyramid Drill • Ground balls (no glove) • Ground balls (with glove) 	Progress from rolling balls softly to the players not wearing a glove to eventually hitting them ground balls. Get the glove out front. No "flippers".
Outfield		<ul style="list-style-type: none"> • Ready position • Move to the ball • Keep the ball in front • Catch with 2 hands 	<ul style="list-style-type: none"> • Ground Ball Progression Drill • Fly Ball Progression Drill 	Most balls hit at this level are on the ground so do not make catching fly balls a main focus in your practices.
Pitching		<ul style="list-style-type: none"> • Fielding ground balls 	<ul style="list-style-type: none"> • See Infield Drills 	Teach them that once the ball is pitched they become the 5th infielder.
Catching		<ul style="list-style-type: none"> • Putting on gear • Safe distance behind hitter • Receiving stance • Catching the baseball 	<ul style="list-style-type: none"> • Footwork "T" Drill • Receiving- Tennis Balls no glove • Receiving- Baseballs with glove 	Teach them to stand in front of home plate once the ball is put in play.
Hitting		<ul style="list-style-type: none"> • Proper stance • Rotate with the hips • Finish balanced • "Feet, Hips, Hands" 	<ul style="list-style-type: none"> • Tee- Three middle zones • Combo Drill- Tee & Front Toss • Front Toss • Hip Rotation Drill 	Teach players from the ground up. Start with their feet, bend their knees, rotate hips, extend elbows forward, finish high with hands, head stays still.
Base Running		<ul style="list-style-type: none"> • Run in straight lines • Hustle through the base • Learn how to round bases • Know which bases you can stop on and run through 	<ul style="list-style-type: none"> • The Top Ten: #1 (home to 1st) • The Top Ten: #2 (1st to 3rd) • The Top Ten: #4 (home to 1st) • Inside the Park Home Run 	Have the first base coach positioned ten feet past 1B with their right hand up so players will give them a high five.