

2023 COACHES CLINIC
FEBRUARY 18TH, 2023

NEW PALESTINE HIGH SCHOOL BASEBALL



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NPBS Baseball Coaches Clinic February 18, 2023



Agenda:

1. Infield
 - Stance
 - Drills
 - Transitions
2. Outfield
 - Indoor drills
 - Outdoor drills
3. Pitching
 - Stretching
 - Drills without a ball
 - Drills with a ball
4. Catching
 - Stance
 - Receiving
 - Blocking
 - Throwing
5. Hitting
 - Tee Drills
 - Soft Toss Drills
 - Basic fundamentals
6. Bunting
 - Technique
 - Bunt types
 - Drills
7. Baserunning
 - Base by base
 - Moving between the bases
 - Basic Tips
8. Practice Planning
 - Organized
 - Focused
 - Quality reps

INFIELD

1. PROPER READY POSITION

- Creep – no more than a couple of steps
- Small jump to the ready position
 - Do not be moving when the ball gets to the hitting zone
- Hands center of body, slightly out front
 - Be athletic and be ready to run

2. EVERYDAY PARTNER DRILLS

- Two knee drill (Jimmy Rollins & Chase Utley)
Partners roll the ball back and forth, focus on hands being out front and eyes behind the ball, chest forward
 - No glove – throwing hand behind the back (10-12 reps each)
 - With the glove (10-12 reps each)FIELD THRU THE BALL
- Short hop sequence
Hands out front, eyes behind the ball
Before partner throws the ball, be in ready fielding position with the glove out and to the ground (10-12 reps each)
Back hands – field off the throwing side leg (10-12 reps each)
Glove side – field off the glove side leg (10-12 reps each)
FIELD THRU THE BALL
- Back hand catch
Knees bent
Throw between the waist and the knees
Proper glove position
Focus on catching the ball between the thumb and the forefinger (10-12 reps each)
CATCH THRU THE BALL

3. FOOTWORK TO PROPER THROWING POSITION

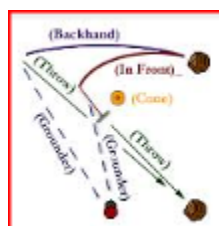
- Ball in glove
2 step approach, preferred method
Step 1 – power thru with the right foot
Step 2 – left foot steps into throwing position
Created forward momentum
Stay on line with the front shoulder to the target
Follow thru
Left -> right shuffle and throw
Follow thru
- Coach roll ground balls from about 15 feet
Repeat process above
Make sure they are in a ready fielding position before rolling the ball
Field the ball out front, create forward momentum to the throw

INFIELD (Cont)

4. SLOW ROLLERS
 - Make sure they start in a proper fielding position
 - Attack the ball to the glove hand side
 - Field the ball off of the glove side foot, chop steps if necessary
5. FUNGO
 - Always emphasize quality over quantity

TWELVE KEYS TO BEING A GOOD INFIELDER

- Take as much pride in your defense as you do in your hitting, be a complete player
- Play defense with your head and your feet
 - Think before the pitch, know the situation
- Good infielders are vocal – TAKE CHARGE
- Want the ball hit to you – visualize the play
- Relaxed athletic position when the ball gets to the hitting zone
- Eyes focus on the hitter, don't track the ball from the pitcher
- Every pitch, expect a laser to be hit at you
- Make the routine play
 - Helps to keep our pitchers pitch count down
 - Force our opponent to EARN their runs
 - Boring baseball is winning baseball
- The ball always travels faster than your glove (snap tag vs. swipe tag)
- Relay – offline or dying is an automatic out – give yourself a chance
- Value every rep, every bad rep leads to a bad habit
- You are supposed to have fun – IT'S A GAME, LOVE IT.



OUTFIELD

1. Indoors:

- Ground ball cut-offs: Players start at corner of court. Coach rolls ball to opposite corner. The player runs it down at the proper angle and works on the turn from fielding it to throwing it. Works on footwork and transition.
- Communication: coaches throw pop-ups from the ground. Spread the outfielders out more and mix in ground balls. MAKE SURE their first step is back, and the other outfielder is talking to the one making the play as to where to go.
- Transitions: outfielders must be able to get the ball out quick and accurately. Coach tosses ball up in front of the outfielder. They come through it (working on catching it MOVING TOWARDS THEIR TARGET) and try and get them to start the crow hop as quickly as possible.
- Do or die: Roll the ball to the outfielder, they charge and make a do or die play. Same drill can be used for getting down on a routine ground ball too.

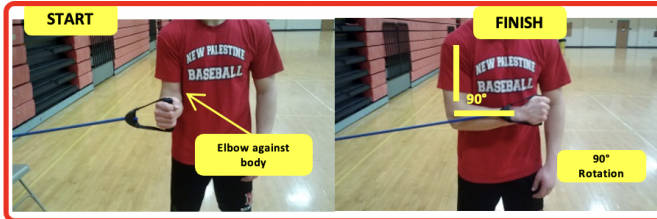
2. Outdoors:

- Don't drift on the ball.
- Always TRY and get behind the ball and when throwing back to a cut-off, throw thru the ball.
- Throw the ball off the fence, pick the ball up with their bare hand without taking the ball back to their mitt and throwing to a cutoff man, proper feet placement prior to picking ball up.
- Knowing situations, before ball is pitched. Like when a runner is on second and a ball is hit on the ground to the outfield, at what base the throw should be.
- When throwing long, always throw over the top, so the ball won't tail.
- Work on chopping your steps to setup a catch and throw to the cutoff man.

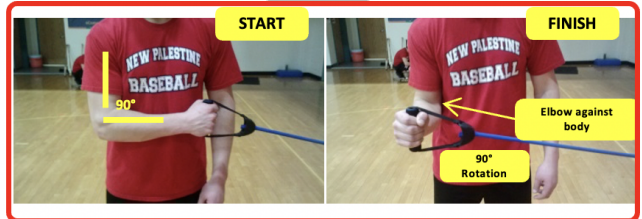


BAND EXERCISES

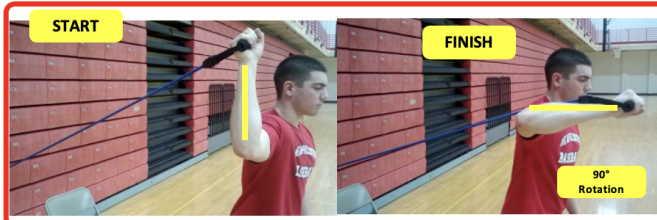
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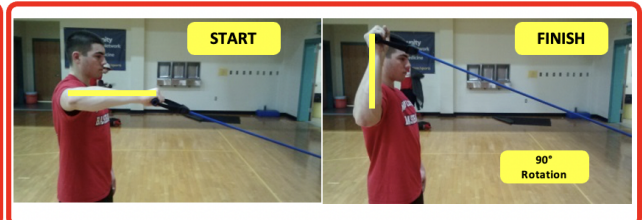
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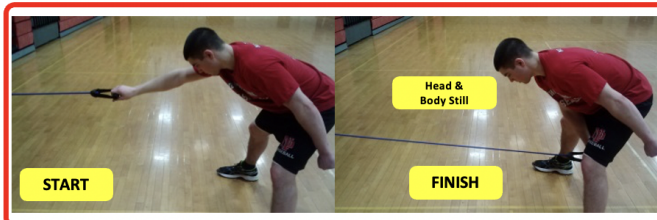
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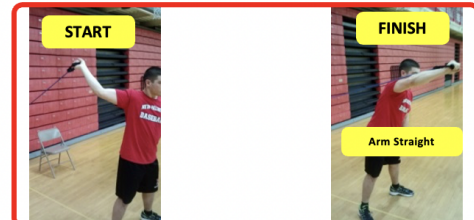
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- Band exercises can be done by all players, but pitchers should definitely be doing them
 - Purpose is to 'warm' up joints BEFORE throwing
 - Reps are 10 for each exercise, key is 90° and extension under control

PITCHING

1. Without a ball:
 - Straight line mechanics
 - Pick-offs
 - Balance
 - Leg Drive
 - Overall motion smoothness

2. With a ball:
 - Proper mechanics
 - Rocker step
 - Balance
 - Chair
 - Finish
 - Flat ground work
 - Side sessions
 - Slide step
 - Grips
 - 4 SEAM FASTBALL



- 2 SEAM FASTBALL



- CIRCLE CHANGE



CATCHING

1 Stance

- Signal
 - Hand high and tight
 - Glove shielding
- Relaxed
 - Inside balls of feet – no heels
 - Balanced, comfortable, fluid
- Ready
 - “load” by flexing – don’t stand up
 - wider, athletic, anticipating

2 Receiving

- Give low target
- Quarter turn relax – straight arm is slow
- Go get the ball
- Frame “strikes” only
- Frame the square
- Keep the lower half fluid
- Move towards the ball (don’t reach right and move left)
- Receiving Drills:
 - Glove off ball in hand drill
 - Glove on catch and drop

3. Blocking

- Glove first
- Follow your glove
- Gain ground
- Notes :
 - Don’t stand up (shoulders should not rise)
 - Sit low (lower the backside is the safer)
 - Keep throwing hand behind the glove
 - Don’t “catch” the ball – square it up on the chest
 - Roll the shoulders to create “soft spot” on chest protector
- Blocking Drills:
 - Chin to chest – hold block position, bounce ball while catcher watches ball in to chest. Teaches to keep chin down for safety
 - dry block (fast and slow)
 - live blocks – can start with tennis balls or smooch balls
 - block and go get – teaches the quickness to complete the block

CATCHING (cont)

4. Throwing
 - Transition
 - 4 seam grip, straight line, ball in hand is quicker than ball in glove
 - Gain ground, Keep momentum moving towards target, follow through
 - Throwing Drill:
 - T Drill : sweep glove side pitch, don't "click" heels
5. Bunts- get chest over ball, field moving ball with 2 hands, stopped ball press into ground
 - 1st base line – be sure to clear runner
 - up middle – get around ball
 - 3rd base line – arch on field side of ball, plant foot and make sure momentum towards first not falling away
6. Fly balls
 - Find ball then get rid of mask
 - Keep the ball between you and backstop as spin brings it back
7. Tags – sweep tags for safety, no blocking the plate
 - Stay front corner of plate not blocking it
 - Keep toe pointed at runner – keeps from spraining knee if slid into
 - Tag with two hands – hand on ball
 - Sweep tag

TEN KEYS TO BEING A SUCCESSFUL CATCHER

- Love the game – Catching is a physically and mentally demanding position
- Anticipate – anticipate a runner to steal, a ball in the dirt, a bunt...
- Be aggressive – frame and block aggressively
- Be a leader – 8 teammates are looking at you – no negativity, in control
- Win pre-pitch – know every situation
- Work with your pitcher - the two of you are in it together
- Practice makes it routine – blocking, throwing, and receiving success comes from repetition
- Be the best – why do it if you aren't going to give 100%
- Keep focus – stay in the game mentally – difference between good and great
- Take pride – Everyone wants to play flashy positions, few are willing to catch, and even fewer want to catch. Take pride and do it right.

HITTING

NP Baseball - Hitting 101 - Nick Butcher (317) 501-9528 nick.butcher259@gmail.com

My goals as a hitting coach:

- Create drills/feels that allow them to be their own hitting coach (I know this isn't possible at 7U but the principles can be instilled young).
- Ask questions to get them thinking about their swing. What did you feel there?
- Not every kid swings the same. Build fundamentals that will play as velo increases.
- Use analogies and real world examples when trying to get something to click.
- Encourage failure in the cage. Let them fail on their own and help them figure it out.

Our goals for players. They should be able to...

- Know their own swing! Don't just swing to swing. Have a plan.
- Create a swing that allows you to hit to both sides of the field - not just pull side. Think middle-away, and react to a ball inside. We want to drive balls gap to gap.
- Create a swing that is quick and instant. Quick trigger. Slow swings with loopy/pushy hands do not get it done as players get older.
- Get in the zone as early as possible, stay through it as long as possible.
- Be on time. Be aggressive. Box mindset should be one of two things: 1) yes...yes... yes... swing OR 2) yes... yes... yes... no. Always ready to hit!

Principles > 'Feels' > Drills

- 1) Use the ground to generate force. Swing from the ground up. Stay balanced.

Feels/Queues:

- "Grab the ground with your toes. Stay anchored to the floor."

Drills:

- Shoeless swings (two-legged, rear-legged, front-legged, two-legged again)
- Swing against your front side. Wedge under front foot.

- 2) Get to 50/50 launch position. Hip loaded (hip hinge) + back ready to fire (scap load)

Feels/Queues:

- PVC front rack 50/50 launch position

Drills:

- 50/50 launch position swings
- Hook 'em (front foot in front of back foot)
- Bow and arrow swings

- 3) Hip-shoulder separation. Build up tension/slack to be able to fire quickly/instantly.

Feels/Queues:

- Hold the players hands back while they try to swing. Feel the hips go first
- PVC in the ground. Player can do it themselves (same feel as above ^)

HITTING (cont)

Drills:

- Line up on multiple tees, get to 50/50 launch, say "Go!" Who can fire the quickest?
- Rapid fire toss

4) Turn the barrel - Hands stay connected high - Don't push - Hand-eye coordination

Feels/Queues:

- PVC slow motion swings

Drills:

- High tee
- Side/front toss mini wiffle balls. Make them hit with a broomstick when they are ready.

5) Swing 'direction' should be middle-away. Barrel is 'released' through the middle of the field. Use your core to both swing and 'stop' the barrel to deliver force.

Feels/Queues:

- PVC shoulder turns > "Swing path resembles an angled tetherball pole"
- Attack the top+inside part of the ball > "Hit me a hard ground ball to second base."
- Aqua bag swing stops > "When you are driving a car and slam on the brakes, which direction does your body go?"

Drills:

- Split grip (hockey) swing stops - stop as you exit the zone, before the hands roll over.
- Top/bottom hand. Stop as you exit the zone, before the hands roll over.
- Open stance
- Closed stance
- PVC max effort swings to hear it "whoosh" through the zone

Hitting Resources

- 1) Social media! There are thousands of hitting gurus out there. My favorites are:
 - a) Casey Smith - @outfronthitting (Instagram)
 - b) Trey Hannam - @tjhannam10 (Twitter)
 - c) Joey Cunha - @_joeycunha (Instagram)
 - d) Lane Adams - @okswings (Instagram)
- 2) Utilise tools that help you accomplish swing goals. 'Feel' versus 'real'. Get creative.
 - a) Aqua bag
 - b) PVC pipes
 - c) Med balls & plyo balls

Notes

- Have fun. At a young age, let the kids swing it. It doesn't have to be perfect. Try to build the basics and we will develop as they get older.
- Do you want videos of these drills? Email me and I will send you this guide as well as linked videos of every drill mentioned here.

BUNTING

1. Proper Technique
 - Players should move to the front of the batter's box, to ensure that the bunt is fair.
 - Players should not wrap their bunting hand around the bat.
 - Proper technique calls for a "thumbs up" grip with the knuckles facing the pitcher.
 - Players should open up their stance, so that knees are facing the pitcher.
 - Players should have a good athletic stance, where they are on their toes.
 - Players should bend their knees up/down to the pitch location.
 - Players should slightly "catch" the ball with their bat, instead of pushing at the ball.
 - Players should close the angle between bat and third base if they would like to bunt down that line, for right-handed batters
 - Players should open the angle between bat and third base if they would like to bunt down first baseline, for right-handed batters.
 - Players should show bunt when pitchers begin their release.
 - If the pitch is not a strike, players should pull back.
2. Sacrifice Bunt
 - Players should only bunt strikes.
 - Players should try and bunt the ball about halfway up the line and in fair territory.
 - Remind players that they are bunting to move the runners and not for a base hit.
3. Squeeze Bunt
 - Players should tap helmet to let coach know that the squeeze is on.
 - Players must get the bunt down, NO MATTER where it is pitched.
 - When pitcher breaks home, runner at third sprints home.
 - Bunter must get on top of the bunt to prevent a double play.
4. Slap Bunt
 - Players will show the bunt earlier than usual.
 - When pitcher breaks home, players will pull back and prepare to swing.
 - Players should choke up and have a two-strike approach.
 - Defense will be out of position, so players should to hit to the open infield gap.
 - Players should only hit strikes.
5. Bunt for Base Hit
 - Players will still only bunt strikes.
 - Players will try to push their bunts close to the line, still about halfway up the line.
 - Players will need to work on getting out of the box quickly, as they are trying to get a base hit.
 - This is a great option to use with your faster players, especially when the defense is not expecting it.
 - Look for third or first base to be playing back.

BUNTING (cont)

6. Sacrifice Accuracy
 - Coach will be pitcher
 - Progress back and increase velocity as players improve bunting accuracy.
 - Have players only bunt strikes and keep track of how many successful sacrifice bunts they complete.
 - Rounding the base
 - Coach can add a bargain-bunting round where each player gets to stay up and bunt until they are unsuccessful.
 - This is a great drill to have players do while they are waiting to hit in the tunnel or on the field.
7. Squeeze Accuracy
 - This drill is very similar to sacrifice accuracy.
 - Coach will need to add in some bad pitches as well.
 - Coach will need to emphasize the importance of getting the bunt down and not trying to bunt for a base hit.
8. Sacrifice Competition
 - Coach can split players into two teams or have an individual competition.
 - Coach should place helmets/buckets at desired locations for sacrifice bunts.
 - Coach can award points for successful bunts into helmets/buckets.
 - Coach can also award points successful sacrifice bunts.
 - Coach can add a variation where players/teams lose points for missed/foul bunts.
9. Miscellaneous
 - Coach will want to go over situations when bunts should be used.
 - Coach should have a basic, yet unobvious signal to tell batter to bunt.



BASERUNNING

1. Going to First Base
 - expect double out of the box
 - take a peak on ball in front of you to the outfield
 - run through the bag (break down and look right)
 - rounding 1B (inside front corner with right foot)
 - never slide unless avoiding a tag (never head first)
2. At First Base
 - know where the outfielders are
 - leadoffs (Left-slide-slide)
 - jumps (go somewhere, stay low, build up) LH vs RH pitchers
 - reading “dirt balls” (can you advance)
3. Going to 2B
 - know where the ball is headed
 - picking up 3B coach (between $\frac{1}{2}$ way and $\frac{3}{4}$ way)
 - sliding (head first vs. feet first)
 - Rounding the base (inside front corner with right foot)
 - fly balls (halfway, tagging, etc)
4. At Second Base
 - know the situation
 - thinking score
 - leadoffs (trailing runner, 1B open)
 - reading “dirt balls”
 - jumps (know the pick off moves)
5. Going to 3B
 - chance to score (trailing runner, open base)
 - sliding (head first vs. feet first)
 - advancing on a ground ball (behind the runner, hard hit vs soft hit)
 - Rounding the base
6. At Third Base
 - know the situation
 - leadoffs (cut of grass, aware of 3B)
 - advancing on a ground ball
 - advancing on a fly ball
 - advancing on a line drive
7. Going Home
 - on deck batter
 - trailing runner, open base

PRACTICE PLANNING

New Palestine High School Baseball Coaching Clinic - Practice Planning

Key Points for a GREAT Practice Plan!

- 1) Know what you want to accomplish that day. Be specific! Fall back on the fundamentals and what will happen the MOST during the games.
- 2) Depending on your age group and playing level,
REPETITION > teaching DOING > talking
GAMES are a great way to teach and learn at ALL ages!
- 3) Find parents who are willing to help! Everyone will have different skill levels so put people where they are most comfortable.
- 4) You need baseballs, tennis balls, wiffle balls - ANYTHING you can hit!
- 5) Keep the kids moving! 9-man standaround while a coach is pitching and 1 player is hitting is NOT a plan! Prioritize developing skills over working on situations.

Sample Hitting Plan -

One-Cage Setup:

- Split the cage! Use a popup net, sock net, box net, etc. so 2 kids can hit at once.
- Place 2 tees outside of the cage hitting into one side of the net.
- On other side create 2 side toss stations
- Open field: use wiffle balls, mini wiffle balls, tennis balls, or plyo balls to create another spot to hit
- Bunting station

Sample Defensive Plan -

- Everyone is a pitcher and catcher! Great time to work on pitching is right after warmups when their arms are ready to go.
 - Station work (Focus on making routine plays that will happen most often in the game:
 - Ground balls, throw into a net at first base
 - OF fly ball running catches
 - Pitching station: Kids throw into a net or to a coach and get points for strikes
 - Double Fungo (or more)
 - All players take positions around the field (2-3 at each spot).
 - 2 coaches hit (or throw) grounders to each spot and throws are made to bases.
- For example:
- 2B to 1B, SS to 3B
 - SS to 1B, 3B to 2B
 - 3B to 1B, SS/2B to 2B/SS
 - Players alternate so they play each position

Links and Resources -

@devenmorgan
@ThatGuy_Kai
<https://www.mlb.com/pitch-smart/pitching-guidelines>

Contact Information -

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