



BASEBALLMILTON

Coaching Handbook, House League 2023

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Chapter 1: ORGANIZATIONAL OVERVIEW

1.1 CONTACTS

1.1.1 CONVENERS

Conveners are your primary point of contact for any issues, concerns, or questions that may arise during the course of the season:

DIVISION	CONVENOR	CONTACT INFORMATION
U5 - T-Ball	Christien Jacobson	tball.baseballmilton@gmail.com
U6 - Grasshopper	Rob Ricci	grasshopper.baseballmilton@gmail.com
U7- Tyke	Stephanie Newell	tyke.baseballmilton@gmail.com
U9 - Rookie	Chris Harwood	rookie.baseballmilton@gmail.com
U11 -Mosquito	Daniella Dhalla	mosquito.baseballmilton@gmail.com
U13 - Peewee	David Belletrutti	peewee.baseballmilton@gmail.com
U15 - Bantam	Dexter Brozo	bantam.baseballmilton@gmail.com
U18 – Midget	Dexter Brozo	midget.baseballmilton@gmail.com

1.1.2 OTHER KEY POINTS OF CONTACT

The following individuals provide additional support to the teams, coaches, and conveners during the course of the season:

Umpire In Chief	Tosha Hains	toshahains@verizon.net
Umpire Scheduler	Lesley Wilkinson	lesleybaseballmilton@gmail.com
Scheduling/Diamonds	Daniella Dhalla	Daniella.dhalla@gmail.com
Uniforms	Reza Khalighi	uniforms.bbmilton@gmail.com
House League Director	Daniella Dhalla	Daniella.dhalla@gmail.com
Registrar	James Shore	mmba.registrar@gmail.com

1.1.3 BOARD EXECUTIVES

The following individuals are available for any escalations:

President	Dexter Brozo	dexter.baseballmilton@gmail.com
1 st Vice President	Piere Lill	pierre.e.lill@gmail.com

2 nd Vice President	Lesley Wilkinson	lesleybaseballmilton@gmail.com
Treasurer	Patti Buckley	vpmiltonbaseball@gmail.com

1.2 KEY DATES

- **Season Open Week:** Sat May 13/Sun May 14, with first games the week commencing May 15th
- **Photo Day:** Saturday, May 27th at Lions Hall (upstairs at Memorial Arena).
- **Last Day of the Season:** Season will end with Champs Day, based on division:
 - T-ball/Grasshopper, Bantam, Midget: Aug 12
 - Tyke, Rookie, Mosquito, Peewee Aug 19

Chapter 2: TOOLS AND EQUIPMENT

2.1 SUPPLIES

Coaches will be provided with the following:

- Coach Bag containing:
 - First Aid Kit and Ice packs
 - Catcher's equipment (applicable divisions)
 - Pitching Helmet(s) (applicable divisions)
- Coach shirt and hat
- Uniforms (shirts, pants, caps) to be distributed to players
- Game and practice Balls (enough for the season)

Any issues with supplies - please contact your convener.

Chapter 3: DIAMONDS/FIELDS

3.1 MILTON DIAMOND LOCATIONS

Beaty	670 Bennett Blvd
Brian Best	400 Commercial St
Bronte Meadows	165 Laurier Ave
Brookville Park	11241 Guelph Line
Campbellville New	2680 Reid Side Road
Ford	1400 Leger Way
Lions Park	1120 Main St E
Maplehurst	661 Martin st
MSC/Community Park	805 Santa Maria Blvd
Rotary Park	150 Garden Lane

3.2 FIELD DIMENSIONS

				Outfield Fence			Grass Radius
	Mound	Bases	Diagonal	Left	Centre	Right	
Midget	60'6"	90'0"	127' 3"	325'	400'	325'	95'
Bantam	54'0"	80'0"	116'0'	325'	400'	325'	95'
PeeWee	50'0"	75'0"	106'0"	270'	335'	270'	80'
Mosquito	44'0"	65'0"	91'11"	235'	290'	235'	70'
Rookie/Tyke	44'0" ±	65'0"	91'11"	235'	290'	235'	70'
	50'0"	60'0"	84' 10"	215'	265'	215'	50'†

T-Ball/ Grasshopper							
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† - measured from the centre of the Playing Line.

‡ - located at the centre point of an 8' diameter safety circle.

Chapter 4: THE COACH'S PLAN

4.1 TEAM GOALS

- Growth (individually and as a team)
- Improve Baseball Skills and Knowledge
- Develop a Good Work Ethic
- Be Respectful and Play Fair
- Build a TEAM
- Of course HAVE FUN!

“Coming together is a beginning. Keeping together is progress.
Working together is a success. Winning together is fun!”

4.2 COACH'S PHILOSOPHY

- TEAM – build a strong team environment that always comes first
- Teach and Portray Respect and Fair Play
- Positive Reinforcement
- Discipline & Accountability – everyone
- Teach the basic skills and build from there
- Encourage/Foster Greatness
- FUN – it still is just a game!

4.3 PARENT EXPECTATIONS

- Respect - players, coaches, umpires, opponent's players and parents, and the environment
- Attendance – for the player
- Punctual – ensure your child arrives on time
- Let the coaches coach and the parents parent
- Support and positive encouragement
- Play catch with them!
- Help with the set-up of the field

4.4 PLAYER EXPECTATIONS

- Respect everyone – teammates, coaches, umpires, opponents, and the environment
- Attendance – practice, games and functions
- Punctual – arrive on time and ready to go
- Listen – to coaches and each other
- Work hard – practice/play hard
- Have Fun with a positive attitude

Chapter 5: PLAYER SAFETY

5.1 INCIDENT REPORTING

- In the event that a player is injured during practice or during a game, coaches must inform Baseball Milton by completing the [this gform](#). The link is also available on the Baseball Milton website.
- Incident report must include
 - the player's name
 - a detailed description of the nature of the injury
 - a detailed description of the events leading up to the injury (to the best of your ability)
 - a detailed description of what was done in response to the injury, e.g. removal from game, administration of first aid, etc.

5.2 PITCHING AND ARM SAFETY

- WE ENCOURAGE ALL DIVISIONS WITH PLAYER PITCHING TO FOCUS ON THE DEVELOPMENT OF ALL PLAYERS TO BECOME CONFIDENT WITH PITCHING.
- For the divisions with player pitching, please limit pitches according to the following guidelines*:
 - Mosquito: 2 consecutive innings
 - Peewee: 3 consecutive innings
 - Bantam: 3 consecutive innings
 - Midget: 3 consecutive innings
- Players can pitch and catch according to the following guidelines
 - Mosquito: 3 innings
 - Peewee: 4 innings
 - Bantam: 4 innings
 - Midget: 4 innings
- Players are not permitted to pitch two days in a row.

** these guidelines have been modified from the OBA guidelines for BaseballMilton House League*

Chapter 6: CODES OF CONDUCT

6.1 COACHES CODE OF CONDUCT

Verbal or physical behaviours that constitute harassment or abuse are unacceptable

- Harassment takes many forms but generally can be described as behaviour including comments and or conduct which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or groups of individuals or which creates and uncomfortable environment.
- Remember that children participate in sports to have fun and doing one's best and working as a team are the most important goals of youth sports.
- Always try to ensure the safety of the athletes and develop age appropriate activities to ensure the safety and well being of the athletes.
- Treat each player as an individual and consider the large range of emotional and physical development for the age group. Respect the dignity of the athlete.
- Be a positive role model and be encouraging, positive and constructive in your words and actions.
- Treat everyone fairly within the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, economic status and skill level.
- Treat our umpires with nothing but respect. (See BaseballMilton Statement on Umpire Treatment Section 6.4)
- Show up for games and practices on time and be prepared for games and practices.
- Recognize player and team achievements.
- Treat opponents, officials, fellow coaches, players and parents with the utmost respect.
- Abstain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of your duties.
- Abstain from the use of tobacco or alcoholic products while in the presence of the athletes. This applies during practices and games and on any part of the playing field.
- Encourage a positive and sportsmanlike manner both in victory and defeat.
- Communicate and cooperate with the athlete's parents or legal guardians and inform them of any injuries their child might have suffered in a game or practice.
- Continue to develop your coaching skills.
- Be selective in the amount of instructions you give players during a game.
- Consistently display high personal standards and project a favorable image of baseball and of coaching.
- Direct comments or criticism at the performance rather than the athlete.
- Complete the Baseball Ontario [SCREENING DISCLOSURE FORM AND PRIVACY STATEMENT](#)

If any coach fails to abide by the aforementioned rules of conduct, they will be subject to disciplinary action by BASEBALLMILTON that could include, but is not limited to the following:

- Verbal warning by BASEBALLMILTON
- Written warning by BASEBALLMILTON
- Official disciplinary meeting with BASEBALLMILTON executive to determine further action or coach's continued participation with BASEBALLMILTON
- In extreme cases of abuse or harassment, proper authorities will be advised accordingly

6.2 PARENTS CODE OF CONDUCT

- I will remember that children participate to have fun and that the game is for youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- I will treat our umpires with nothing but respect. (See BaseballMilton Statement on Umpire Treatment Section 6.4)
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- I will refrain from berating or abusing a coach via email to multiple recipients.
- Any anonymous letters or emails will NOT be taken seriously.
- If I have a complaint about my coach I shall submit a letter with my name and contact information to the league convener requesting a meeting to discuss my complaint.
- Following the meeting, where necessary, the convener shall arrange a meeting between the coach and parent to be mediated by a league official (BASEBALLMILTON board member or their designate)

As in any competitive sport, the rules of good conduct, good sportsmanship and manners shall always apply. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of BASEBALLMILTON
- Written warning from BASEBALLMILTON
- Meeting to determine future player and or parent participation in BASEBALLMILTON

6.3 PLAYERS CODE OF CONDUCT

- I will respect my coach, myself, be courteous, listen, focus and try to the very best of my ability during all games and practices.
- I will respect and follow the rules of baseball as they pertain to my division.
- I will respect my teammates and treat all other players the way i would like to be treated, regardless of gender, race, creed, religion or ability.
- I will respect my opponents and never criticize or make fun of another team's play or abilities.
- I will treat our umpires with nothing but respect. (See BaseballMilton Statement on Umpire Treatment Section 6.4)
- I will compete fairly and demonstrate good sportsmanship no matter if my team wins or not.
- I will have a positive attitude at all times and never quit.
- I will encourage and cheer on my teammates.
- I will advise my coaches immediately during a game or practice if i feel sick or have injured myself in any way.
- I will respect and accept the decisions of game officials and never engage in a dispute directed towards an official.
- I will try to the best of my ability to attend all games and practices.
- I will notify the coach if I'm unable to attend an upcoming game, practice or meeting at least 24 hrs prior to the event.
- I will learn the rules, policies and procedures of my team.
- I will become a model student of the game and obey its' rules and laws at all times.
- I will show up to all games and practices with the proper attire (uniform) and equipment.
- I will never leave a game or training field without the express permission of my coach.
- I will never use profane or vulgar language and never use alcohol or drugs during a game or at practice.
- I will never leave the bench during a game for any reason without the permission of my coach or engage in eating on the bench.
- I will never participate in excessive or irresponsible horseplay during a game or practice.
- I will never criticize a teammate for a perceived lack of performance or error.
- I will never make excuses if my team loses a game.
- I will congratulate my opponent after the game win or lose and game officials.
- I will demonstrate respect for team/public property and equipment.
- I will approach my coach if I'm having a problem or an issue with another teammate or for any reason.
- I will strive to have fun above all and not be afraid to try my hardest.
- I will try to be team leader and lead by example.

If a player fails to abide by the aforementioned code of conduct, they may be subject to disciplinary action by BASEBALLMILTON which may include, but is not limited to:

- Verbal warning by head coach or BASEBALLMILTON executive
- Written warning from BASEBALLMILTON
- Meeting with coach, parent (s) and BASEBALLMILTON executive to determine a further course of action or that player's future with the team.

○ **6.4 STATEMENT ON UMPIRE TREATMENT - MILTON BASEBALL**

Umpires are an essential part of any baseball organization. We respect and honour their valuable contribution to our sport. As such, Milton Baseball maintains a Zero Tolerance stance on any kind of verbal or physical abuse directed at our officials. These behaviours include but are not limited to: questioning calls or ability, threats, or any other comments that are disrespectful. Any and all forms of physical intimidation or contact will also not be tolerated. These expectations extend to players, coaches and all spectators. Coaches bear the ultimate responsibility for the actions of their players and spectators as well as their own behaviour. Members of Milton Baseball who do not adhere to these expectations can expect to face disciplinary measures at the local organizational level.

Chapter 7: ONLINE RESOURCES

7.1 GENERAL

- a) Baseball Milton: www.baseballmilton.com
- b) Field playability conditions:
<https://facilities.milton.ca/?CategoryId=&FacilityTypeId=30668&Keywords=&ScrollTo=google-map-trigger&CloseMap=true&HasAdvancedSearch=false>
- c) Ontario Baseball Association (OBA) Rules:
<https://ondeck.baseballontario.com/page/4325/official-baseball-rules>

7.2 SKILLS & DRILLS

- Teamsnap: <https://www.teamsnap.com/community/skills-drills/category/baseball>
- ProSwingNY: www.youtube.com/user/ProSwingNY
- YouGoPro Baseball: <https://www.youtube.com/user/YouGoPro>
- Rally Cap program: <https://www.baseball.ca/rally-cap-initiation-program>
- Baseball Ontario Drill of the Week:
<https://www.youtube.com/watch?v=2s4CGaat6VE&list=PLIZqdgdqoqml-L-II648JtD3vNuNqBPhO>

Chapter 8: HOUSE LEAGUE RULES

8.1 GENERAL RULES FOR TYKE AND ROOKIE

- b) All games will be a maximum of six (6) innings with three (3) innings constituting a game.
 - o Tyke - no new inning after 1h15m; dead ball at 1h30m
 - o Rookie - no new innings after 1h30m; dead ball at 1h45m
- c) If final inning is not completed before dead ball time is reached, the score is reverted to the last completed inning.
- d) It is necessary to have at least one (1) Umpire during regular season games
- e) If, in the judgment of the Umpire, a batter throws a bat, the batter will be called out, the ball ruled dead and no runner will be allowed to advance except when it is "last batter", in which case the ball is live and play will continue and when play is finished, the last batter will be declared out.
- f) A minimum of seven (7) players will constitute a team for starting purposes
- g) All players will sit out in fair rotation. No player more than one (1), unless all have sat once. No player three (3), unless all players have sat two (2), etc. VIOLATION: FORFEIT OF GAME.
- h) During their defensive innings, each player must play one infield position before any player plays a second one and no player three (3), unless everyone has played two (2), etc. VIOLATION: FORFEIT OF GAME.
- i) No player can play the same infield position for two (2) consecutive innings. VIOLATION: FORFEIT OF GAME.
- j) The rotation and sit-outs must be recorded on the official game report and provided to opposing coach a minimum of five (5) minutes prior to game start. Once game reports are checked and accepted, no protests will be entertained based on rules (k) through (m) unless a coach deviates from the recorded rotations and sit outs.
- k) In order to stop play in Tyke and Rookie Ball, the baseball must be in the hands of a player playing an infield position. Should a player playing an outfield position field the ball; it must be thrown to a player playing an infield position. Penalty for failure to throw the ball to an infielder will be an additional base awarded to each runner.
- l) Each batter shall receive a maximum of five (5) pitches, unless the fifth (5th) pitch is a foul ball, or ball is above head/below shins.
- m) A mercy rule of five (5) runs per inning will apply, unless it has been declared at the beginning of that particular inning, that it is an open inning.
- n) The offensive team coach will feed the pitching machine.
- o) **Machine speed is to be a maximum of 35 MPH for Tyke and 40 MPH for Rookie.** The pitching machine speeds cannot be altered, except at the end of an inning. Any tampering with the machine speed by any coach feeding the machine shall result in a warning to the coach. If the machine speed is erratic, the Umpire shall correct it. (This can be done at any time.) Height can be adjusted at any time with Umpire supervision.
- p) Three (3) outs will end the inning for the offensive team. When the team returns to bat the batter would be the next person in the batting order.
- q) Each team shall field a maximum of ten (10) players, which shall include: a 1st baseman. 2nd baseman, 3rd baseman, a shortstop, a left fielder, a right fielder, one (1) pitcher, a catcher and two (2) centre fielders.
- r) If a pitch from the machine hits a batter, it will be considered a 'dead-ball', the batter will be awarded first base and runners will advance 'if forced'.

- s) Players playing the pitcher position shall not enter the safety circle of the pitching machine. Balls that hit the machine or rest in the circle is a 'dead ball', the batter will be awarded first base and runners will advance 'if forced'.

8.2 GENERAL RULES FOR MOSQUITO, PEEWEE, BANTAM, AND MIDGET

- a) The catcher must wear a catcher's mitt and facemask with neck protector during all games and practices.
- b) In all games and practices, metal-cleated shoes are prohibited.
- c) All players must bat whether they are scheduled to play in the field, or not.
- d) Anybody warming up a pitcher must wear a facemask.
- e) If two (2) are out and the catcher is on base, he/she may be replaced by the last out, to allow the catcher more time to dress for the next inning.
- f) A mercy rule of three (3) runs per inning for the first two (2) innings, and a mercy rule of five (5) runs per subsequent inning will apply, except for open innings.
- g) A minimum of eight (8) players will constitute a team
- h) For games delayed due to rain, delay time will be added on subject to playing and safety conditions.
- i) A pitch thrown will constitute an inning pitched.
- j) All players will sit out in fair rotation. No player more than one (1), unless all have sat once. No player three (3), unless all players have sat two (2). VIOLATION: FORFEIT OF GAME
- k) For Pitching and arm safety rules, please see section 5 above.
- l) A pitcher who hits three (3) batters in a game will be removed from the mound for the duration of the game.

8.2.1 MOSQUITO RULES

- a) Each game will be a maximum of six (6) innings; with three (3) completed Innings will constitute a game.
- b) No new inning after one and three-quarter hours (1 hour 45 minutes) from game start time. Dead Ball at 2 hours
- c) A half-inning will be considered complete when either max mercy runs have been scored, or three (3) offensive players have been put out.
- d) There will be no infield fly rule. When the pitcher assumes his/her position, on the rubber, all runners must return to their bases. There will be no lead-offs until the ball has left the pitcher's hand. VIOLATION: ONE WARNING PER TEAM, AFTER THAT RUNNER IS OUT.
- e) A batter is automatically out and may not run on a third (3rd) strike, even if the catcher does not catch it.
- f) *For regular season games only (excluded playoffs), during their defensive innings, each player must play one (1) infield position before any player plays a second one and no player three (3), unless everyone has played two (2). VIOLATION: FORFEIT OF GAME.
- g) *The rotations and sit-outs must be recorded on the official game report and provided to the opposing coach a minimum of five (5) minutes prior to game start. Once game reports are checked and accepted, no protests will be entertained based on rules (F) under Mosquito rules and (1) under 'A' Ball rules unless a coach deviates from the recorded rotations and sit-outs.

8.2.2 PEEWEE RULES

- a) Peewee games will be seven (7) innings duration. If a game is called, it is a regular game:
 - i. If three (3) innings have been completed.
 - ii. If the home team is ahead after three and a half innings (3 ½), then the home team is declared the winner.
 - iii. If the home team scores more runs in its half of the fourth (4th) inning to tie the score.
- b) No new inning after two (2) hours from game start time. Dead Ball at two (2) hours and fifteen (15) minutes
- c) The dropped third strike rule does apply (ie - a batter may run on a third (3rd) strike if the catcher does not catch it)
- d) A half inning will be considered complete when either max mercy runs have been scored, or three (3) offensive players have been put out, except open innings when only three (3) offensive players have been put out.

8.2.3 BANTAM RULES

- a) Bantam games will be seven (7) innings duration. If a game is called, it is a regular game:
 - i. If three (3) innings have been completed.
 - ii. If the home team is ahead after three and a half innings (3 ½), then the home team is declared the winner.
 - iii. If the home team scores more runs in its half of the fourth (4th) inning to tie the score.
- b) No new inning after two (2) hours from game start time. Dead Ball at two (2) hours and fifteen (15) minutes
- c) The dropped third strike rule does apply (ie - a batter may run on a third (3rd) strike if the catcher does not catch it)
- d) A half inning will be considered complete when either max mercy runs have been scored, or three (3) offensive players have been put out, except open innings when only three (3) offensive players have been put out.

8.2.4 MIDGET RULES

- a) Midget games will be seven (7) innings duration. If a game is called, it is a regular game:
 - i. If three (3) innings have been completed.
 - ii. If the home team is ahead after three and a half innings (3 ½), then the home team is declared the winner.
 - iii. If the home team scores more runs in its half of the fourth (4th) inning to tie the score.
- b) No new inning after two (2) hours from game start time. Dead Ball at two (2) hours and fifteen (15) minutes
- c) The dropped third strike rule does apply (ie - a batter may run on a third (3rd) strike if the catcher does not catch it)
- d) A half inning will be considered complete when either max mercy runs have been scored, or three (3) offensive players have been put out, except open innings when only

three (3) offensive players have been put out.

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Chapter 9: PRACTICE DRILLS

9.1 OVERVIEW

The drills presented here are general drills as presented in the Ontario Baseball Association's OCCP Resource Guide. Please note that these drills are not applicable at every level of baseball played in BASEBALLMILTON and will need to be modified accordingly to suit each age level.

9.2 WARM-UP AND DYNAMIC STRETCHING

A proper warm-up and stretching regimen is an integral part of any baseball practice. Dynamic stretching should be done **AFTER** a cardio-vascular warm up.

- **Warm-up and stretching exercises decrease the risk of injury.**

The following is a suggested sequence of warm-ups and dynamic stretches. Feel free to modify as required. Please note, dynamic stretches are preferred over static stretches.

- Light jog around the infield
- 10 Jumping Jacks
- 30 Yard High Knee to Chest
- 30 Yard Backpedal
- 30 Yard Low Side Shuffle (switching halfway)
- 30 Yard Lunge and Torso Twists
- 30 Yard High Kicks With Hand Reach
- 30 Yard Sprint
- 20 Seconds Arm Circles (10 sec forward, 10 sec backward)
- 20 Seconds Shoulder Shrugs (10 sec forward, 10 sec backward)
- 3 Front Swimmers/3 Back Swimmers (each arm)

9.3 RECEIVING

9.3.1 SOFT HAND DRILLS

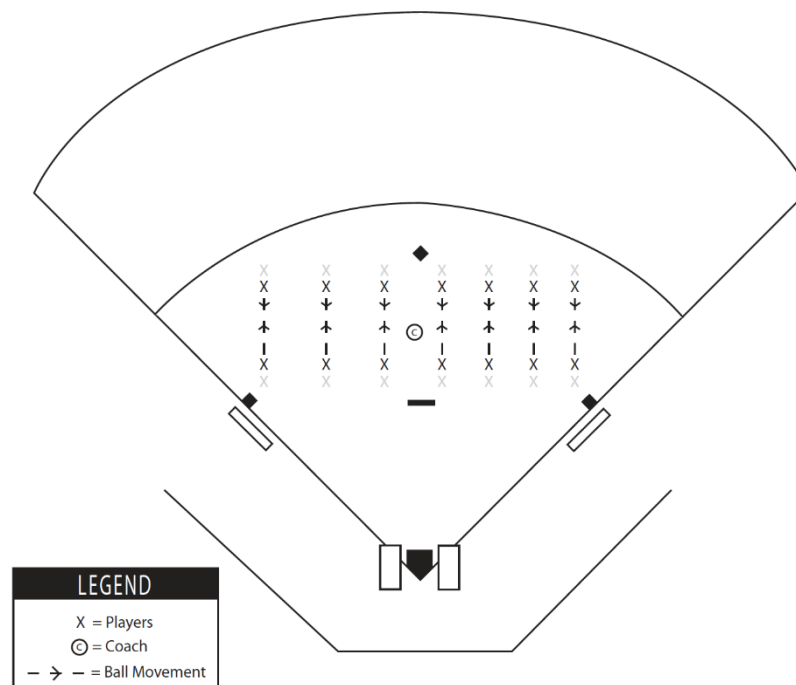
Split team up into partners. It is best if the partners are of similar ability. Align team in two rows facing each other spread out far enough so that errant throws will not hit another player. This drill is intended to illustrate the importance of having “**Soft Hands**” or “**Give**” when receiving the ball. Position players 15 feet (5 metres) apart. Start with a tennis ball, wiffle ball, nerf ball, bean bag, eggs etc. and no gloves. Lightly, gently, softly toss the object to partner. Partner receives (catches) the object as softly as possible. Stress two hands, thumbs correct, arms out front.

KEY POINTS

- use two hands to catch
- thumbs together for above waist
- little fingers together for below waist
- arms extended for first touch
- give or cradle ball to body
- watch ball all the way into hands
- set up to catch ball in front of body, chest high - in front of throwing shoulder

VARIATIONS

- a) use baseball no glove
- b) use baseball with glove
- c) extend distance
- d) throw object harder or overhand
- e) throw each other pop ups



9.3.2 BACK HAND DRILLS

Pair up players, same alignment as soft hands drills, with one exception: player receiving ball turns 90° from player throwing ball. Receiving player has glove arm closest to throwing player. Player receiving the ball is forced to catch the ball one-handed in glove. Depending on throw, often the catch will be backhanded.

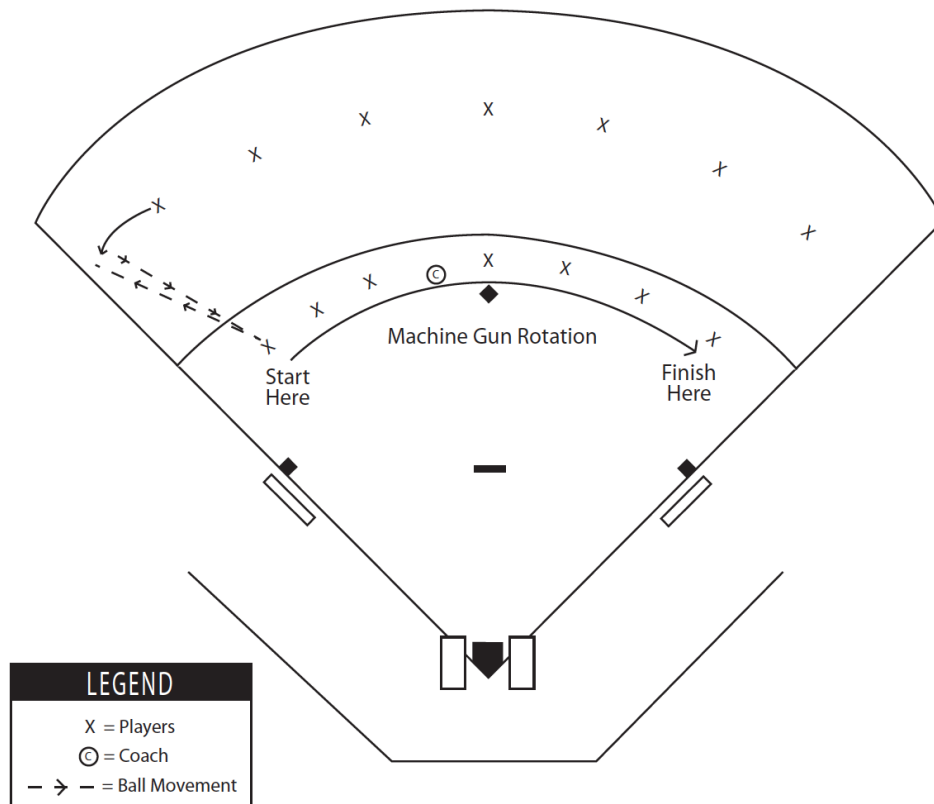
KEY POINTS

- make sure glove is open
- catch ball in pocket not web
- turn glove upright quickly
- get throwing hand in glove quickly
- give or cradle ball

VARIATIONS

- bounce ball and force backhanded pick-up
- turn receiving player so that player's back is facing player throwing ball
- have players walk toward each other; thrower releases ball as they pass
- do both ways: x ⇒ walk walk back ⇐ x
 x thrower

so that glove is on both sides



9.3.3 CHALLENGE DRILL

(Can be used for receiving and throwing)

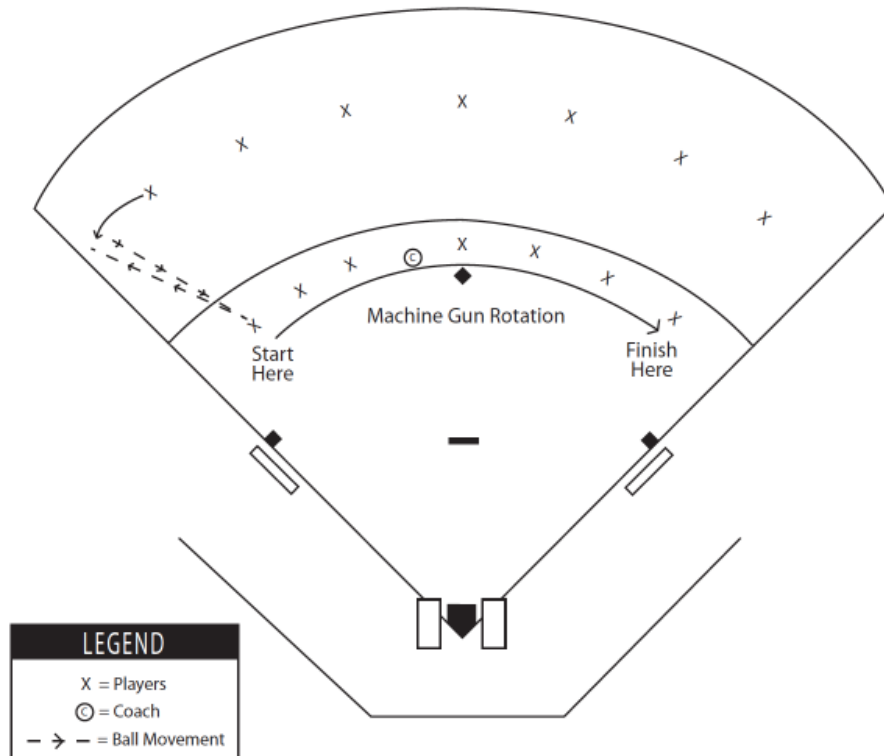
Pair players up. One player with ball is on the infield. This player will throw the ball to partner who starts at least 50 feet (15 meters) from partner. The challenge is to make it difficult **but not impossible** for partner to catch ball. Do drill in machine gun fashion. As soon as one pair completes attempt, next pair starts. Move across field one after another. Coach can determine where ball is to be thrown.

KEY POINTS

- coach must emphasize to thrower that ball must be catchable
- coach must emphasize to the receiver:
 - to be in ready position
 - to cradle the ball
 - get to throwing position quickly
 - two hands if possible

VARIATIONS

- a) make all throws target accurate
- b) everyone throw at same time to same place for each partner
- c) receiver in machine gun format catches ball and throws it to coach or person at home plate or any specific place good “fly ball” drill for outfielders



9.4 THROWING

9.4.1 THE GRIP

The basis of throwing is a proper grip on the ball. The grip is facilitated with the fingers and not the palm of the hand.

KEY POINTS

- place two or three fingers on the top of the ball and the thumb underneath
- hold the ball with the fingers and thumb, not in the palm of the hand
- place the fingers on the 'C'
- fingertips cover the seams

9.4.2 FLICK OR SNAP DRILL

The purpose of this drill is to get the player to realize that there is wrist action at the end of the throw. This wrist action largely determines the rotation of the ball and the direction of the ball. Pair up, face each other 10 feet apart (3 meters) and grip the ball correctly. Glove supports elbow of throwing arm at, or a little above chest height. Throwing arm has elbow bent at 90°. Bend wrist back so palm faces sky. The ball is now above eye level. Now **without using any arm action** flick the ball to partner using only wrist action.

KEY POINTS

- make sure player uses no arm action
- watch rotation of ball. It should be 12 to 6 rotation. If it is 10 to 4 or 9 to 3 wrist is turning over incorrectly or grip is wrong
- as skill is mastered encourage player to put more power into action

9.4.3 ONE KNEE DRILL

To develop good gather and arm route, pair up, facing each other 10 feet (3 metres) apart. Throwing side knee on ground, glove side knee bent at 90° angle, foot flat on the ground pointing at target. Upper body is erect, do not slouch or put weight back on heel. Start facing partner with throwing hand holding ball in glove close to body immediately in front of chest. Break hands slowly with thumbs down and rotate to good "T" position. Now throw ball to partner releasing ball out in front, with throwing arm coming down past lead knee on the glove arm side and slapping side.

KEY POINTS

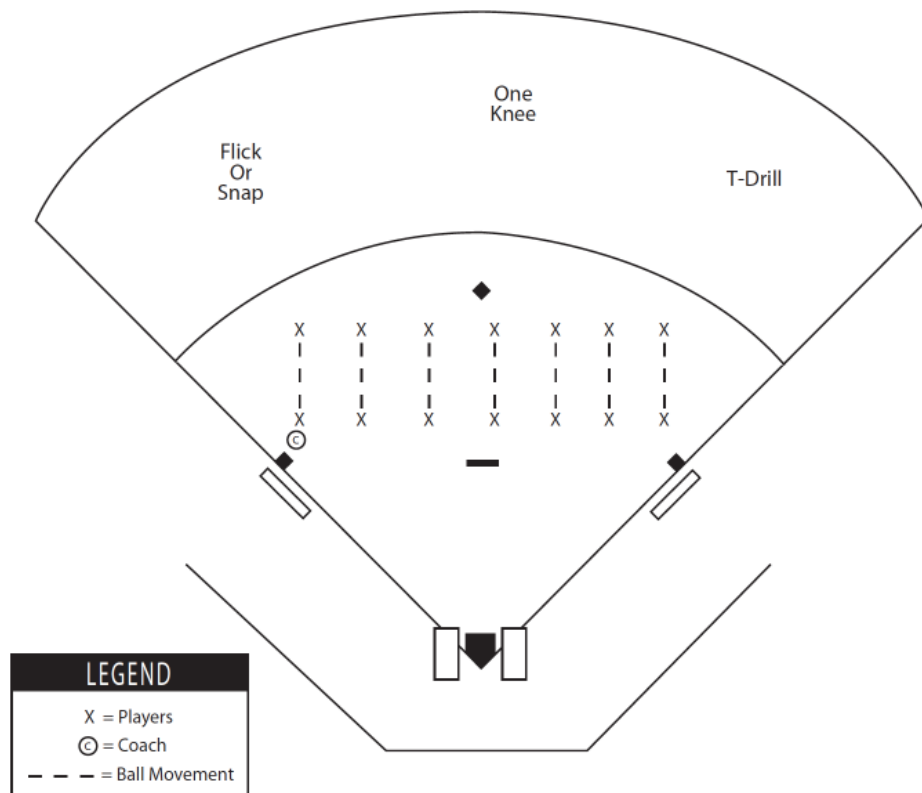
- good arm break with thumbs down
- player is "sitting" tall
- good "T" position
- full extension on release
- arm stays up
- good rotation on ball

9.4.4 T-DRILL

Move players back to 20 feet (6 meters). Have the thrower adopt the “T” position as described above. Thrower tosses the ball to the receiver, completing the throwing action as described above.

KEY POINTS

- Retain mechanics from “Flick or Snap” Drill and “One Knee” drill.
- Try to throw the ball on a line to the receiver’s throwing shoulder.
- Be sure receiver uses proper mechanics as taught in the “Receiver” section.



9.4.5 STRIDE DRILL

This drill is to demand a good stride from the player when throwing the baseball. Pair up facing each other at a distance of approximately 40 feet (13 meters).

Start with back foot squared to target. Stride foot is at a comfortable distance and the toes of the stride foot are pointed at the target. Weight on balls of feet. Head aligned at mid-point of body. Start with hands together in front of body, slowly break to "T" position. Throwing elbow up, throwing arm extended, glove arm out. Throwing action starts, accelerate to release point, push off back foot, weight transfers to front foot, follow through when throwing ball to partner.

KEY POINTS

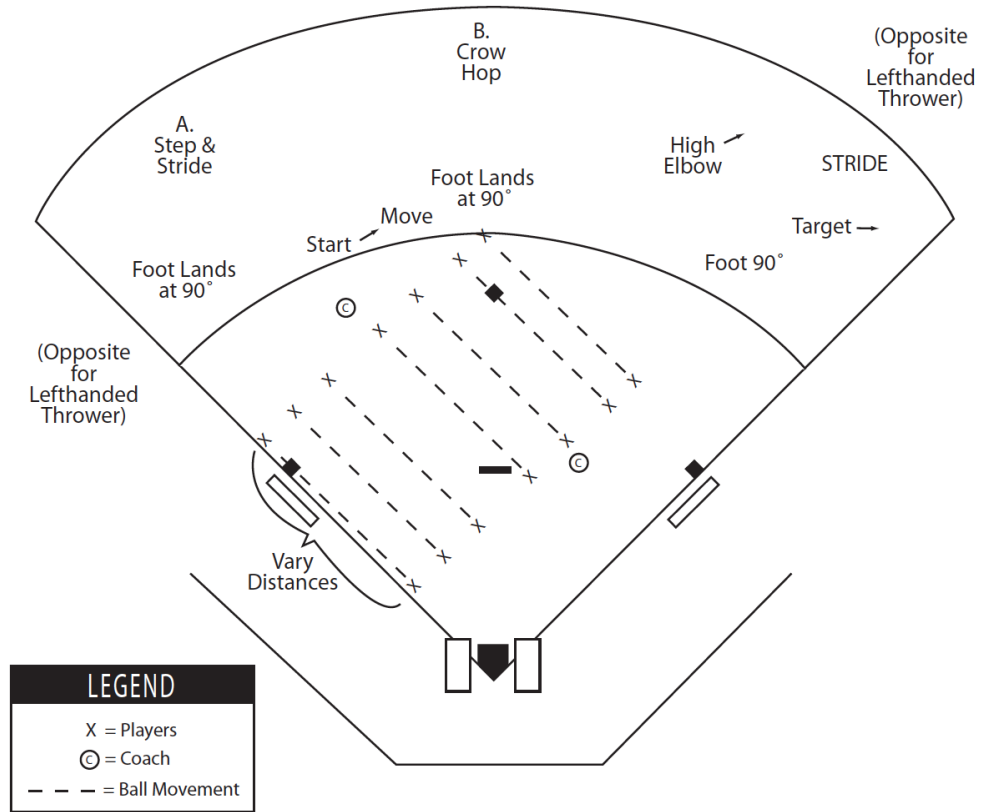
- make sure back foot is square 90° to target
- make sure front foot is not too far in front
- make sure back foot does **not** remain planted
- throwing elbow high
- good weight transfer
- keep balance

VARIATIONS

Step and Stride Drill. Stand sideways with glove arm closest to partner. Take cross over in front of front leg with back foot landing square to target, now initiate same process as in stride drill. This provides momentum.

Crow hop Drill. This is a very important skill for baseball players. Increase distance between partners to approximately 60 feet (20 meters). Start with hands together in front of body, both feet pointed at partner. Place a base, a glove, a hat, or something on the ground about 1 foot (35 cm) in front of thrower. Right handed thrower will push off with left foot while stepping with right foot over the object, Land on right foot 90° to target. This turns body and allows full throwing progression to happen. Left handed throwers push off with right foot and land 90° on left foot. Speed and balance become very important to this.

STRIDE DRILL w/ VARIATIONS



9.4.6 ACCURACY DRILL

To work on mechanics of throwing accuracy and strength of arm.

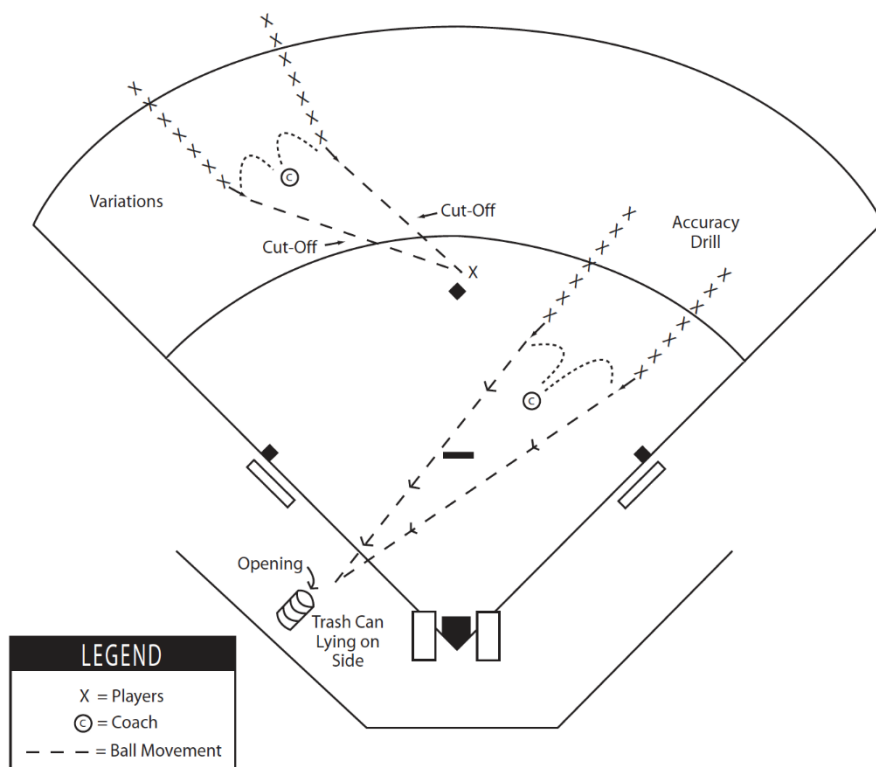
Split the team into 2 groups. Align groups 25 feet (8 meters) apart, facing coach. Turn trash can, cardboard box, bat bag, etc. on side with open end facing two lines of players. Coach tosses the ball into the air. First player in line sets up on the ball, catches it and throws the ball at the trash can or target. One point for hitting target, 2 points if ball goes in, 0 points for bad mechanics or poor trajectory on ball.

KEY POINTS

- keep track of score, have some fun
- when splitting team, make each group as equal ability wise as possible

VARIATIONS

- do this drill deep in the outfield, have players throw to player at second base
 - a) first throw must bounce once before getting to target
 - b) second throw must reach target in the air
 - c) 2 points if target catches ball without moving feet
 - d) 1 point if target has to move or if bounces are not correct
- this drill adding cut-off person,
 - a) 2 points if throw could have been cut off but wasn't, and throw reached target without having to move
 - b) 1 point if ball is cut off without hitting ground



9.4.7 SPACE DRILL

Object is to get as much space between partners as possible while throwing and receiving baseball correctly.

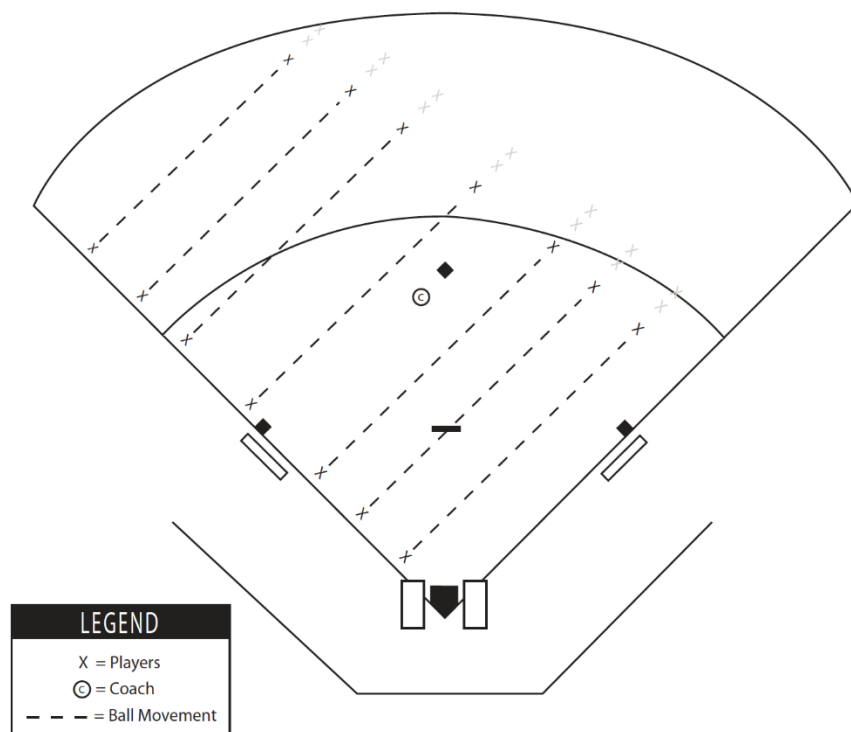
Pair up one partner standing on third base foul line facing toward fair territory. Other partner facing partner at a distance where all players can complete throw and catch. Ball starts with partner on foul line, on command of coach “STRIDE”, each player with a ball will stride in unison and throw to partner. Receiving partner catches ball like a first baseman. If receiver does not have to move and catches ball, 2 points. If movement with feet but catches ball 1 point. Receiver now becomes thrower and throws ball back to partner in unison, on coach’s command. After each round of 2 throws, player not on foul line moves back 5 feet (2 meters), carry on drill as long as players can complete throws and catches, count total points.

KEY POINTS

- coach demands good fundamentals
- keep players spread out
- do not allow throws to become too long

VARIATIONS

- a) have first throw a fly ball to partner, after catching ball, receiving partner makes a good hard throw back
- b) have first throw to partner a ground ball, after catching ball, receiving partner makes a good hard throw back
- c) reverse roles of partners



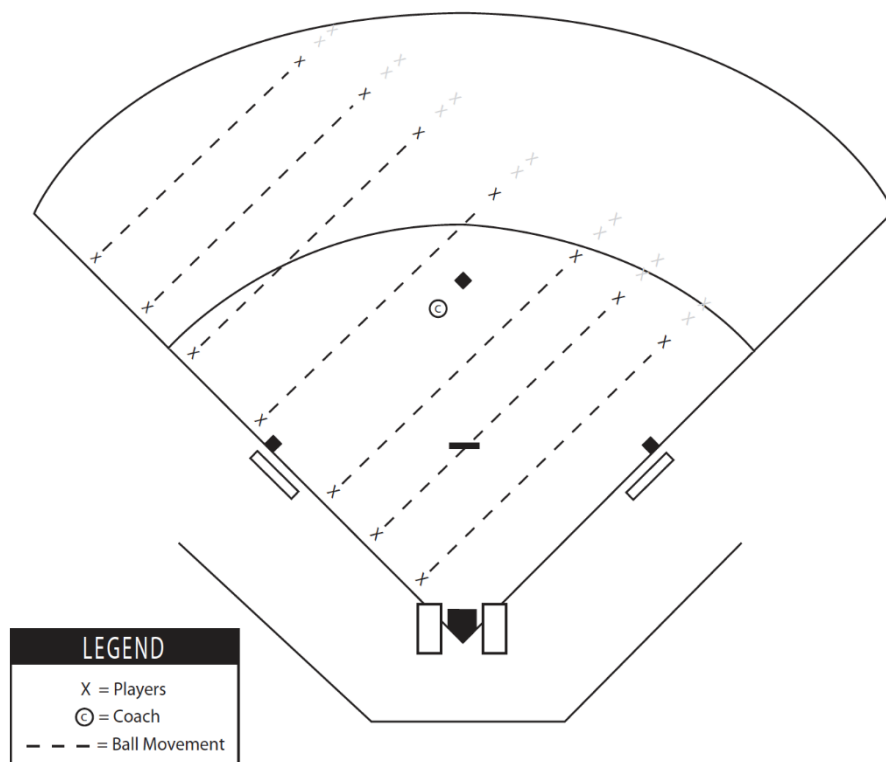
9.4.8 LONG TOSS

This is a variation of space drill which is a very important aspect of all team's workouts. Long toss is meant to increase player's arm strength, mechanics, conditioning and confidence. Same alignment at short distance always conscious of fundamentals of throwing and receiving. (Back foot square, separate hands, step at target, follow through etc.)

- increase distance every five throws until player reaches maximum throwing distance.
- when throwing a long distance, make player throw ball on a 45° trajectory to strengthen arm

KEY POINTS

- start off slowly
- maximize correct fundamentals
- as distance increases, do not allow "rainbow"
- throws with one hop are O.K. Get good flat hop
- do not allow player to throw long toss with "tired arm"



9.4.9 BOX DRILL

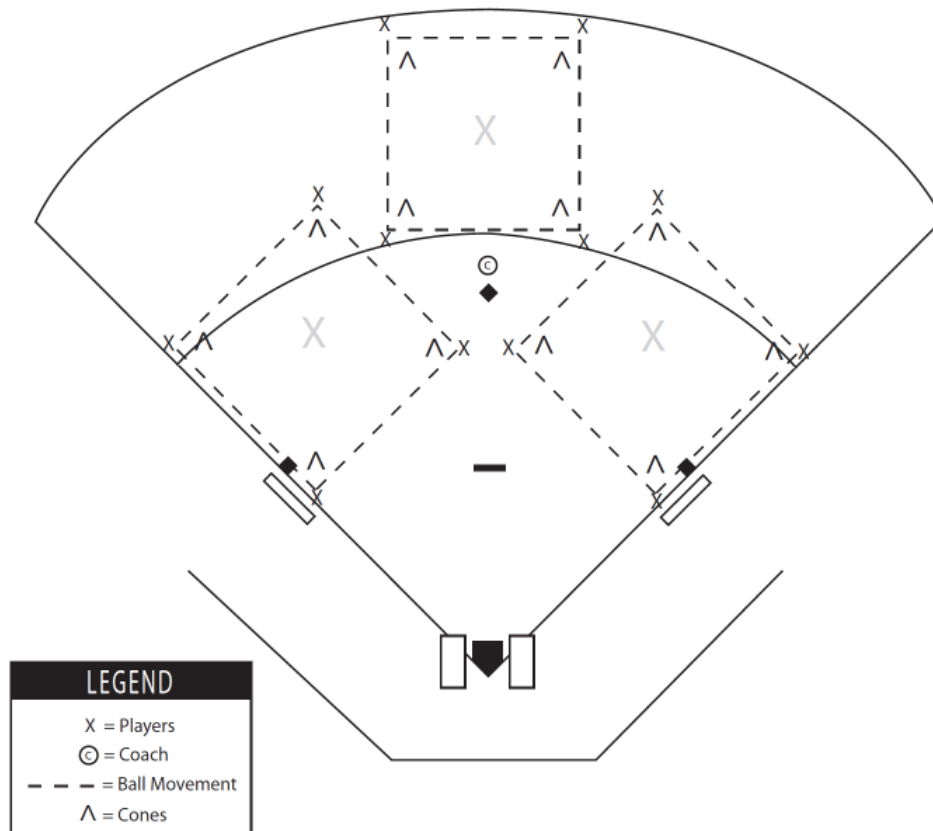
Break team into groups of 4, set up squares of 50 feet on each side. All players facing centre of square. On coach's command "throw left", player with ball throws ball to player on left, each player upon receiving ball throws ball to left until coach changes command to "throw right". Object of this drill is to throw and receive ball quickly and correctly. Coach emphasizes fundamentals.

KEY POINTS

- accuracy, speed and mechanics
- stress proper throwing and receiving techniques
- change direction often

VARIATIONS

- shorten/lengthen sides of square,
- make square rectangle where short sides must toss underhand



9.5 INFIELDING

9.5.1 LINE DRILL

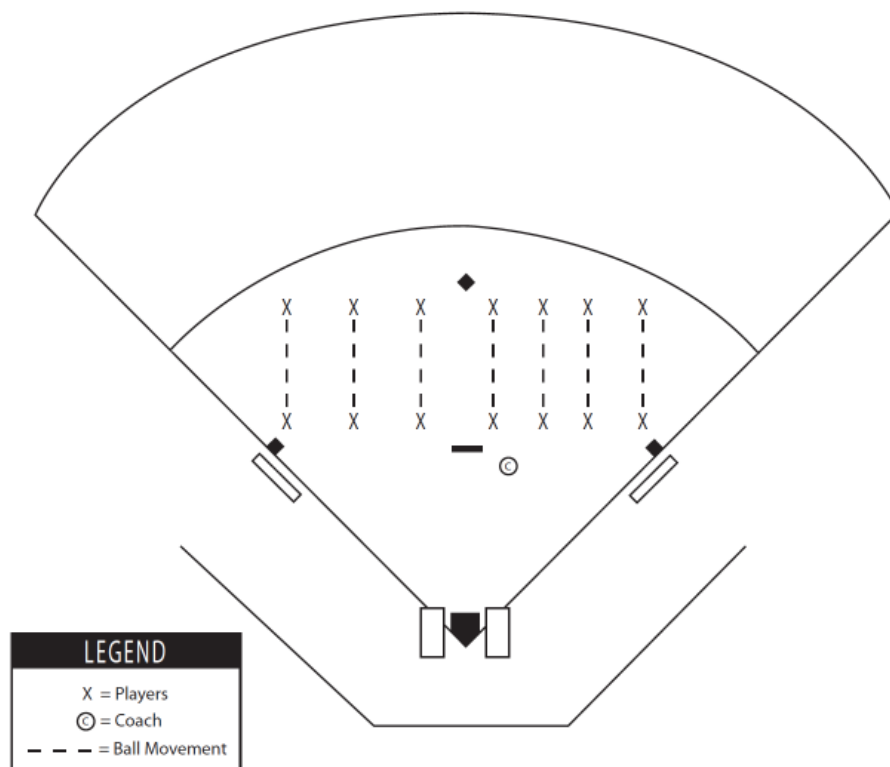
Align players in the infield with partners facing each other. Partners roll each other a ball, receiving player starts from “Ready Position” and fields ball correctly, then rolls ball back to partner, coach correcting.

KEY POINTS

- start from “Ready Position”
- approach ball under control
- head up
- knees bent
- hands out front
- ball on mid point or mid line of body
- watch ball all the way to glove
- “cradle” ball to body
- transition to throwing position

VARIATIONS

- a) bounce ball
- b) do drill from knees
- c) go right and left
- d) throw ball back every other time



9.5.2 CONTINUOUS LINE DRILL

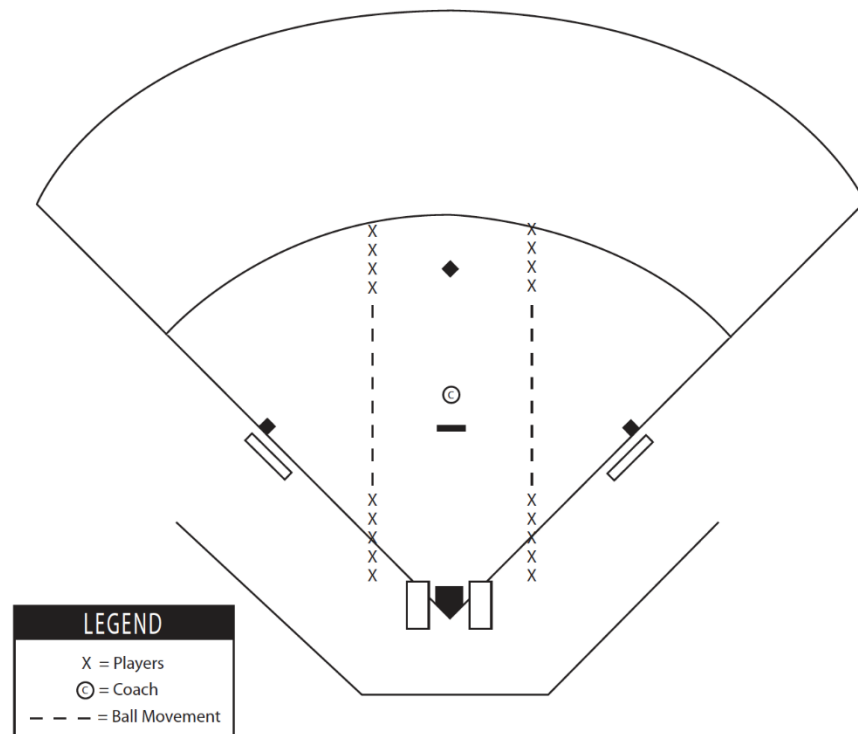
Group players into lines with at least two players in each line. Player from first line throws ground ball to first player in other line. Player in second line starts from “Ready Position” and fields ball, then throws ground ball to first player in the other line, player follows the ball and goes to the back of that line.

KEY POINTS

- start from “Ready Position”
- approach ball under control
- head up
- knees bent
- hands out front
- ball on mid point or mid line of body
- watch ball all the way to glove
- “cradle” ball to body
- transition to throwing position

VARIATIONS

- have one line always throw ball in the air to the other line
- speed up drill
- reduce number of players in each line
- increase distance between lines



9.5.3 SETUP DRILL

Break team into two groups. Half on either side of infield. Best to have two coaches, one for each group, but player can run one group. Need player with coach to receive balls being thrown in.

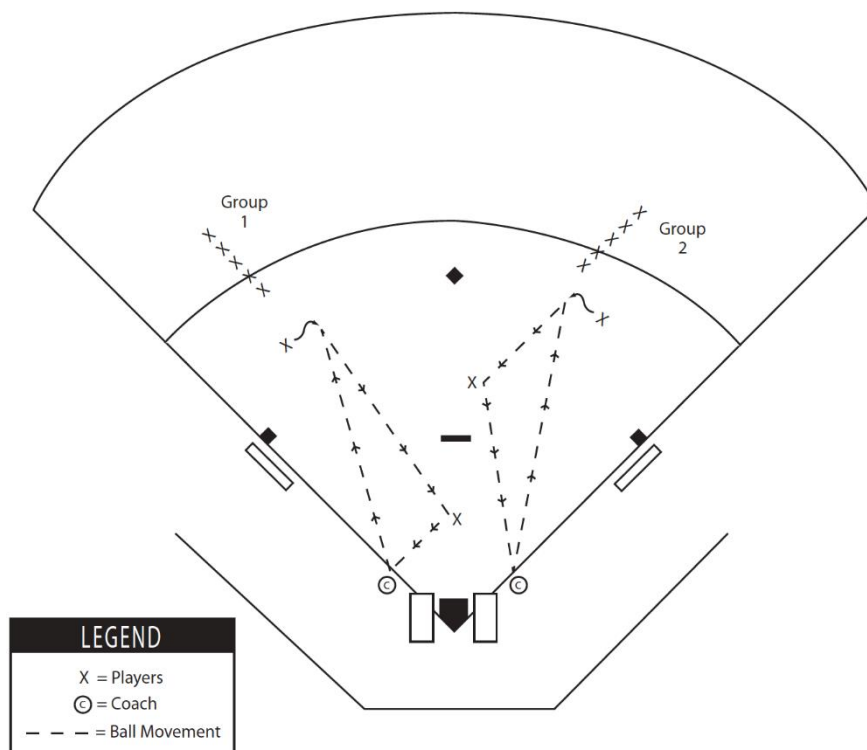
Start by throwing ground ball from plate angled to player. Get player familiar with angle required to get to the ground ball. Set up on ball. Field ball and throw ball to coach's assistant, return to back of the line

KEY POINTS

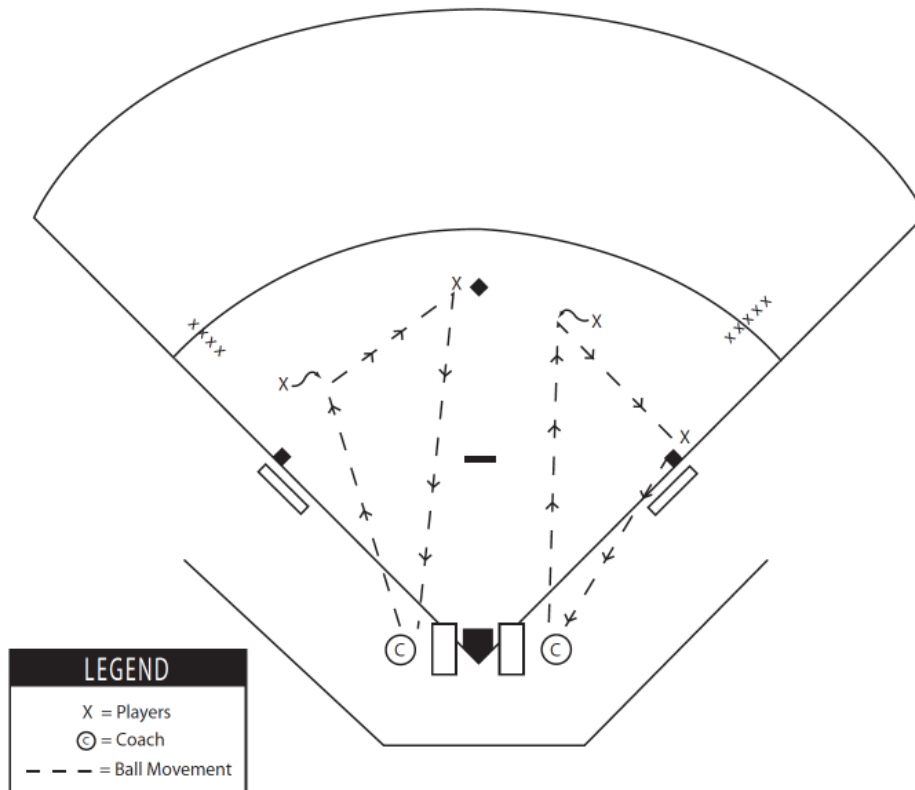
- Quickness
- Set-up
- Release

VARIATIONS

- a) Coach hits ground ball
- b) Alternate groups and throw to first base
- c) One group throws to first base, the other to second



SETUP DRILL VARIATION



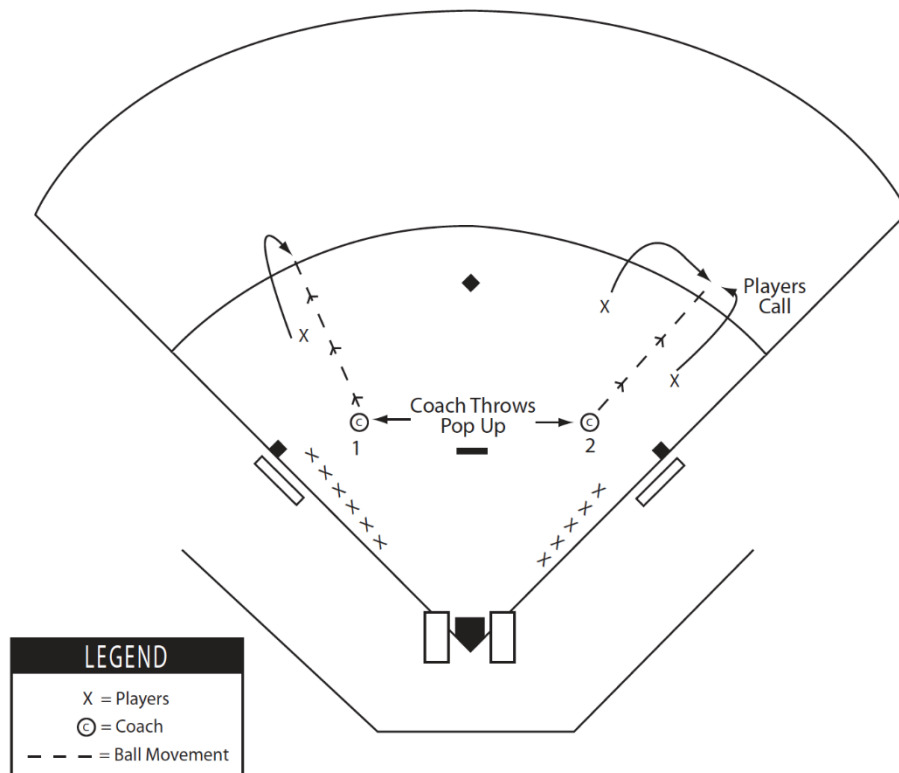
9.5.4 POP UP DRILL

Coach has player in “Ready Position” with head down looking at ground. Coach throws pop up behind player and simultaneously yells “go”. On “go” player locates ball and goes to catch it, calling ball when player knows the ball will be caught.

Coach has two players in “Ready Position” head down looking at ground. Coach throws pop up and yells go, players locate ball and “Call it”. Coach teaches when & how to call.

KEY POINTS

- set up on ball correctly
- catch ball high
- call “ball” or “I got it” or “mine, mine, mine” when sure of catching ball
- give way when other player calls



9.6 OUTFIELDING

9.6.1 TOUCHDOWN DRILL

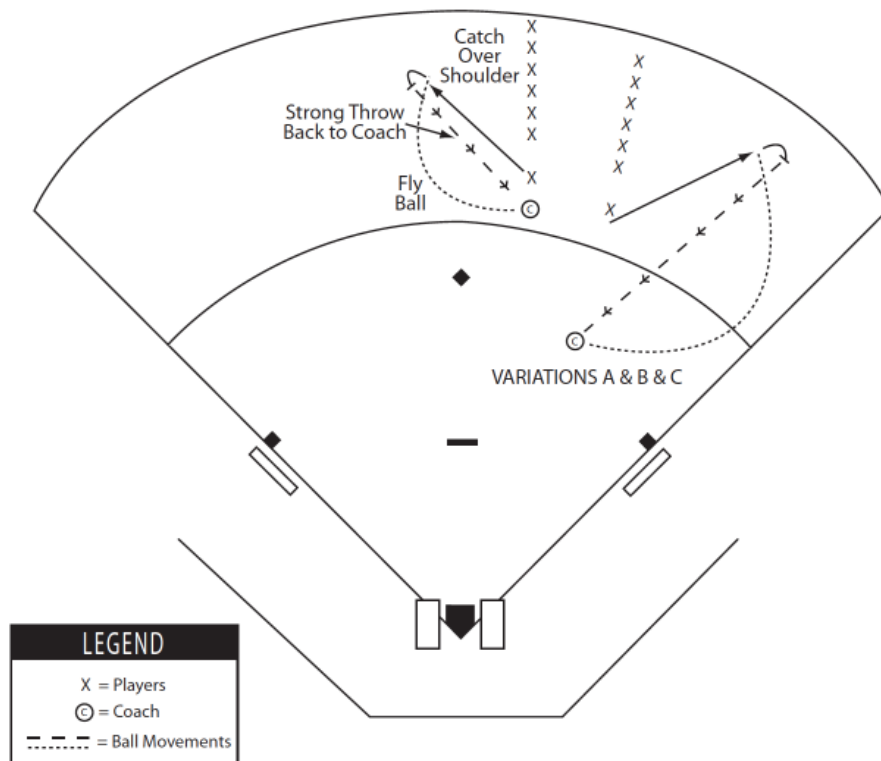
Players line up in single line in front of coach, player assumes “Ready Position”, coach calls “Ball”, fielder performs quick drop step and looks at coach. Coach throws fly ball making outfielder make good over the shoulder catch. Fielder gathers self, sets up and makes strong throw back to coach. Player goes to the end of the line.

KEY POINTS

- good efficient drop step
- peek at coach, don't turn whole upper body
- keep glove down, run with normal arm action until last moment

VARIATIONS

- a) coach move farther away (70-80) feet and let fielder reach to his throw or hit
- b) have fielder look at ground, coach hits or throws fly ball and yells “Ball” fielder locates and reacts, catches and throws
- c) start outfielder lying down in prone position, coach throws or hits fly ball and yells “Ball”, player gets up locates ball, reacts, catches and throws

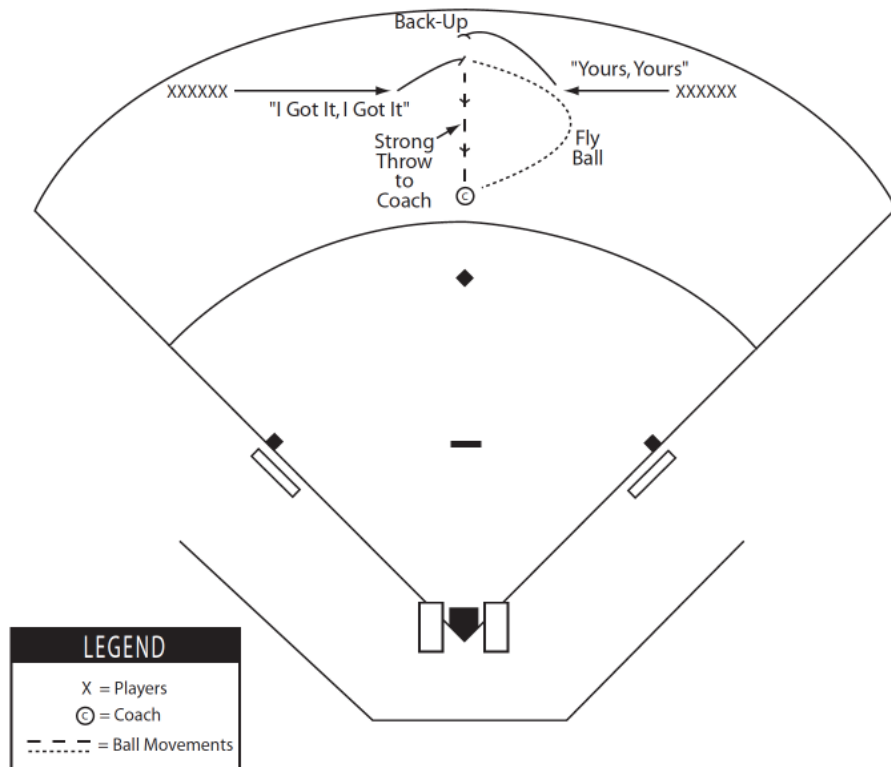


9.6.2 HEAD UP DRILL

Split squad into two groups. Groups face each other in two straight lines approx 100 feet (30 meters) apart. Coach throws fly ball in between two lines. Front player from each line goes after ball. Players must call ball "I got it, I got it" other player returns "Yours, Yours".

KEY POINTS

- don't let ball be called too early
- communicate on all balls
- make sure there is an answer
- good set up, catch and strong throw



9.6.3 BANANA DRILL

This drill is to get the outfielders aware of taking the most efficient route to fly ball or ground ball coming in their direction.

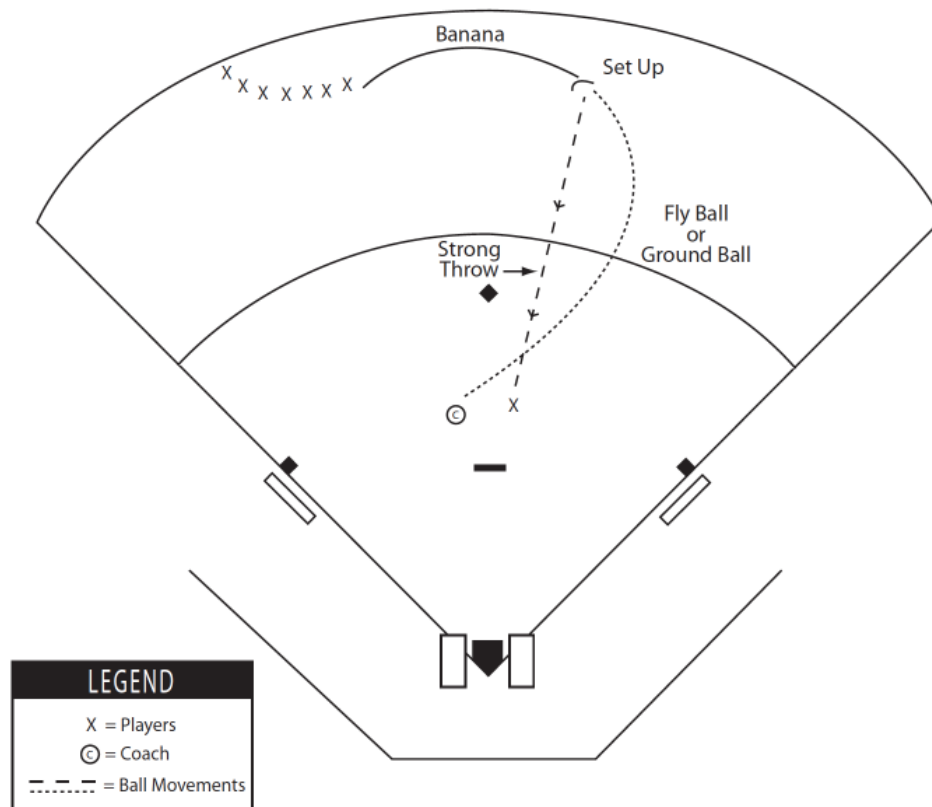
Align outfielder in single line in outfield one behind the other. Coach located in the infield will hit ground ball or fly ball towards outfielder. Outfielder must gauge how much of a “Banana Route” can be taken to efficiently set up to receive ball and make an accurate, strong throw back to infield.

KEY POINTS

- outfielder must be able to get to the ball
- route must result in good alignment to throw
- player must be under control when fielding ball

VARIATION

- a) Coach move back to plate to hit ball

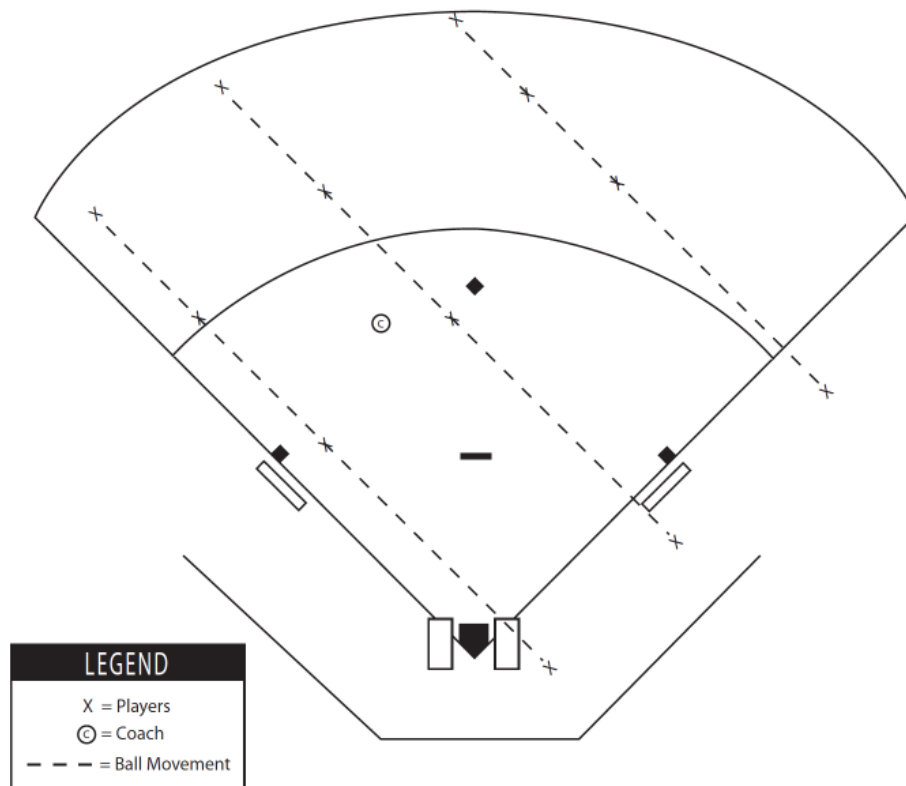


9.6.4 RELAY DRILL

Get outfielder to realize the importance of good line drive throws to relay or cut off person. Break team into groups of 4. Align group members in a straight line. Distance apart depends on level but make sure distance requires long, accurate throw. Relay person stands facing thrower with both hands up. Thrower wants to hit relay person in the chest. As ball is being received, person opens up with glove side facing next person. Receive the ball and initiate good throw mechanics throwing ball to next person.

KEY POINTS

- line drive throws
- accuracy
- good relay technique
- keep drill going up and down the line



9.6.5 THE “MUST” DRILL

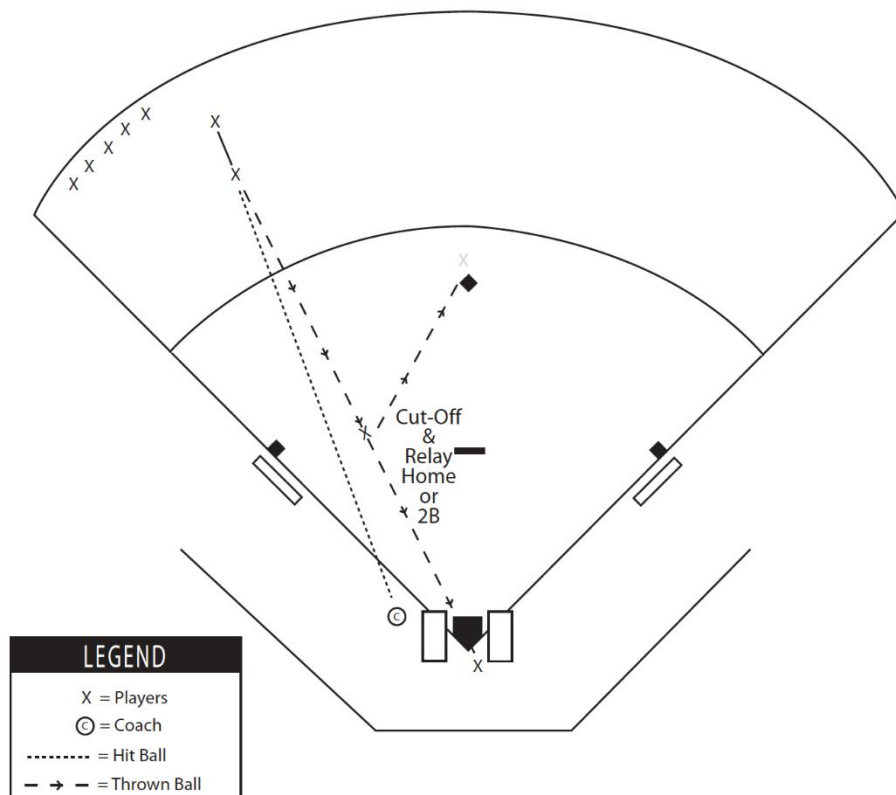
To encourage outfielders to charge ground balls aggressively and come up throwing with a strong, accurate throw. A line of outfielders in normal outfield position. Coach hits ground ball from home plate directly at outfielder. Outfielder from “Ready Position” aggressively charges ball, fields it and throws strong throw to cut-off person. Hitting cut-off in the chest to head area. Cut-off cuts the ball and relays it to catcher at the plate.

KEY POINTS

- charge ball aggressively but under control
- field ball in efficient position that enables a strong, accurate throw
- hit cut off
- have line drive throw
- line up cut-off person with catcher

VARIATION

- do not hit ball right at fielder, make player move, cut-off has to align hit to all fields with appropriate cut-offs
- hit to all fields with appropriate cut-offs
- throw to different bases & hit fly balls



9.7 PITCHING

A good pitcher will have mastered the basic fundamentals of throwing the baseball. Many throwing drills can be used specifically for pitchers as well. Emphasize consistency and control. This will give player confidence.

9.7.1 DROP STEP AND PIVOT BALANCE DRILL

This drill is to familiarize player with procedure of pitching.

Start with both feet on rubber. If no rubber, make straight line 2 feet long square (90°) to the plate, throwing side foot is pivot foot. Step back slightly with stride foot. All weight on stride foot. Turn pivot foot 90° to target. Change weight to pivot foot, knee slightly bent. Lift stride foot off the ground. Lift stride foot knee up to waist level. Hands together in front of chest. Hold this position. Repeat 10 - 15 times.

KEY POINTS

- watch balance of player
- pitcher should be motionless and completely under control
- pivot foot knee slightly bent
- stride foot directly below knee

9.7.2 STRIDE DRILL

From rubber, draw a line directly toward point, of the plate. From balance point push off pivot foot making sure stride foot lands to the stride foot side of line drawn from rubber. Go through full pitching motion bringing pivot foot up beside stride foot with hands up in front of body ready to react to ball coming back at pitcher. Land on balls of feet.

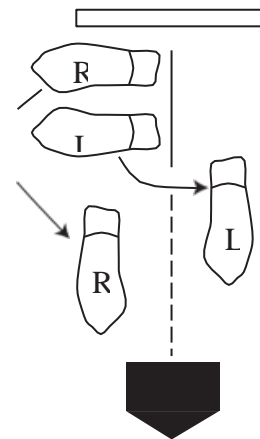
No baseball used early in this drill.

KEY POINTS

- balance at balance point
- break hands downward on initial movement
- watch for stride foot landing. Make sure toes pointing at least 70° to plate. (Straight to plate would be 90°)
- emphasize arm action
- repeat 10 - 15 times
- add baseball with throw

VARIATIONS

- a) have coach hit ball back at pitcher when ball passes plate
- b) do drill from stretch position: slowly lift knee to balance point and then enter throwing motion, this can be used with player that has trouble with drop step drill



9.8 CATCHING

Drills are done in full catching gear.

9.8.1 RECEIVING DRILL

Catcher in receiving position, throwing hand tucked behind non-catching-side knee. Coach stands sideways 6 to 8 feet (2-3 metres) in front of catcher. Coach holds ball out in front of body and snaps ball at the catcher. Catcher reacts to ball, catches ball, shifts ball to throwing hand. Repeat 6 to 8 times in quick succession. Give catcher a rest. Repeat drill 3 times.

KEY POINTS

- make sure catcher brings ball back to strike zone
- make sure catcher “receives” ball and does not go out after it
- make sure catcher is not sitting on heels
- check stance with runners on base

VARIATION

- have two catchers in gear throw ball back and forth from crouch position following all of above procedures. Coach emphasize receiving mechanics

9.8.2 BLOCK IT DRILL

Catcher in full gear assumes blocking position. Knees apart, head in front of knees, glove in between knees, bare hand behind glove. Coach, from 10 feet, will bounce 6 to 8 balls consecutively, that short hop in dirt and hit catcher. Watch where ball deflects to. Try to get ball to deflect straight down and in front.

KEY POINTS

- with first time catcher use soft balls at first
- Catcher relax let ball hit you — watch for anxiety in catcher
- build confidence
- don't let ball through
- convince player that he/she is a wall

VARIATIONS

- a) advance to real baseballs
 - add forearm protection
- b) move coach to 20 - 25 feet (6-8 meters)
 - catcher in regular catching stance
 - coach throws ball in dirt
 - catcher blocks ball keeping it in front
 - coach throws odd strike to keep catcher honest
 - catcher must “beat the ball to the ground”
- c) same set up as b) coach throws ball in dirt
 - slightly to the side of catcher

- catcher pushes with “off” foot goes to side and gets in front of ball, keeps ball in front
- d) same drill as c) add that catcher, after blocking ball, jumps to feet scoops up the ball with two hands and ready to throw. **Emphasis here is on speed.**

KEY POINTS

- catcher must react not prejudge
- drop down quickly tuck chin in slightly
- keep ball in front

IMPORTANT: These drills must be done often and with all catchers, but do not wear them out

9.8.3 RELEASE DRILL

Catcher must constantly work on release of the ball when throwing. Key is quickness and progression.

Catcher in full gear in “Runners on” receiving position. Coach throw pitch from 30 feet (10 meters) in one explosive move catcher jumps shifts feet. Pivot foot square ball to ear, release, follow-through, 4-6 repetitions only at a time, 3 sets.

KEY POINTS

- keep rear down when set up
- do not sit on heels
- feet spread well apart
- receive ball and explode
- no round arm action
- line drive throw
- better to bounce ball to base than to throw rainbow

9.8.4 POP UP DRILL

Position catcher in full gear behind plate. Player fakes throw to catcher. Coach standing in batter’s box throws ball straight up, and yells “Ball”. Catcher takes off mask with throwing hand but holds on to mask, locates ball, then throws mask away, sets up on ball, catches ball.

KEY POINTS

- get mask off in a hurry
- hold on to mask until ball located
- throw mask away from where ball is
- turn back to the infield
- catch ball high

9.9 HITTING

9.9.1 MASS HITTING DRILL

Break team into groups of three. You need 10 wiffle balls, a batting tee and at least 5 bats. Team will work in stations with the coach circulating. Rotate every 6 minutes.

○

STATION 1: BUNTING

One player bunts, one player pitches, one player retrieves

KEY POINTS

- Bat out in front
- Catch the ball with the bat
- Bunt down both lines
- Drag bunt as well
- Grip bat where fingers meet the palm of hands, and align the “knocking knuckles” of both hands

STATION 2: HITTING OFF THE “T”

One player hits, second places ball on “T”, third retrieves

KEY POINTS

- Good quick swing
- Hit ball on line
- Only take swings per turn
- Swing as quickly as possible

VARIATIONS

- a) Hit ball to “opposite field”
- b) “Pull” the ball
- c) Use only upper hand to swing
- d) Use only lower hand to swing
- e) No Stride

STATION 3: SOFT TOSS

One player hits, one player pitches, one player retrieves

KEY POINTS

- Players must be taught how to pitch soft toss
- Location and speed are critical
- Batter fundamentally correct
- Short
- Quick

- Roll over with wrist
- Only swings per turn
- Safety of pitcher important

VARIATIONS

Same as “T” drill, except do not hit to opposite field

STATION 4: PEPPER DRILL

- One player hits, two players field and pitch.
- Batter is located 15 feet from fielders
- Fielders toss ball to hitter. Hitter gently hits ground balls back at fielders

KEY POINTS

- Bat on ball out in front
- Small stride
- Hit all pitches
- Concentration
- Fun

STATION 5: WIFFLE BALL BATTING PRACTICE

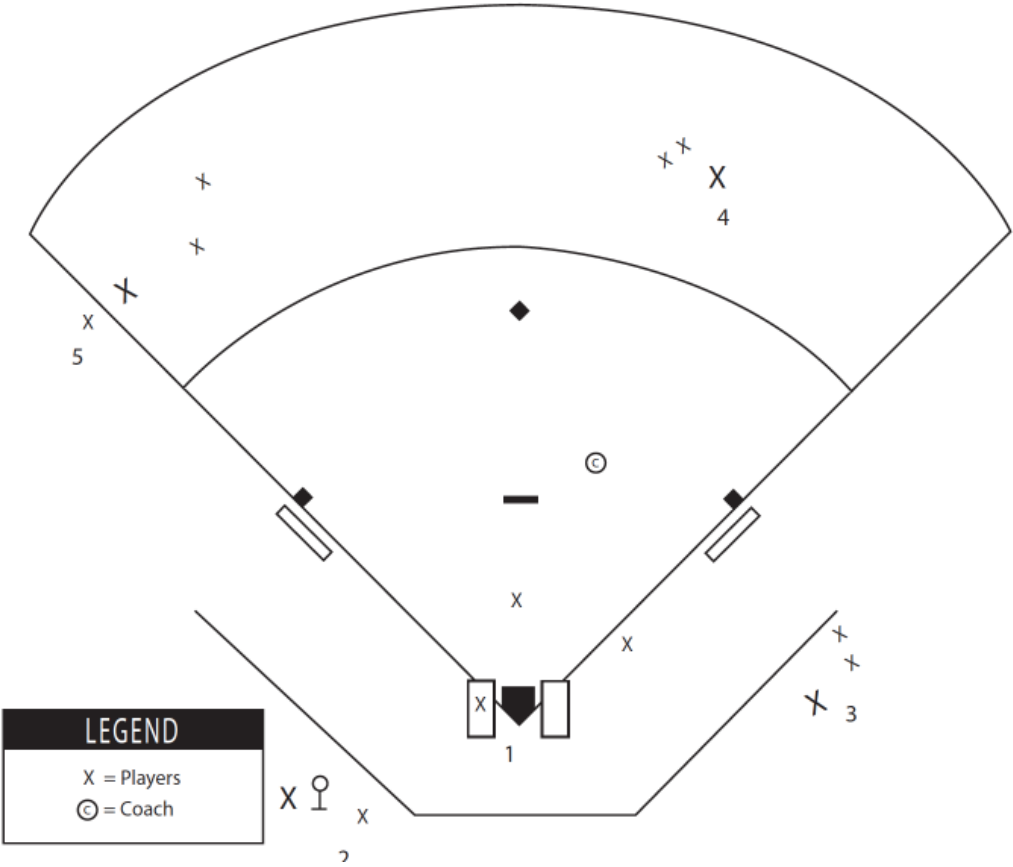
Use only wiffle balls. Pitcher has batting helmet on. 1 player bats, one player pitches, one player retrieves. Full pitch from pitcher. Batter takes full swing

KEY POINTS

- Pitching very important
- Must throw strikes
- Batter fundamentally correct
- 6 swings per turn

NOTE: It is important that coach establish discipline with all players regarding this drill. Retrievers never go near batter. Batting fundamentals is why the drill is being done.

Mass Hitting Drill Layout



9.9.2 HIP DRILL

Place bat behind hitter's back. Hold bat with elbows pulling bat to back.

Take stride and thrust back hip through

The back foot should "Squish the Bug".

This action should be done at very controlled pace at first. Gradually build to explosion.

KEY POINTS

- Belly button facing pitcher
- Bug is squished
- Back leg has bend in knee
- Give player chance to understand this drill and put it together with hand action quickly
- Weight is more or less balanced between the feet, and should remain so during the swing

9.9.3 SWING BREAKDOWN SEQUENCE DRILL

All players have a bat. Aligned in a circle with the coach in the middle. Spread out so they can swing bat with no possibility of hitting anyone else. Players imagine they are standing at home plate and the coach is the pitcher.

The coach on command asks the players to perform required sequence:

Coach says "Stance". ***Players respond by assuming comfortable hitting stance.***

KEY POINTS

- always keep eyes level in order that the ball may be seen as soon as possible
- feet shoulder width apart
- weight evenly distributed
- shoulders slightly ahead
- arms clear of body
- bat back comfortably

Coach says "Stride". ***Players respond by striding and loading***

KEY POINTS:

- short stride
- Hands go back to load position
- weight transfers back to back foot
- ready to explode

Coach says "Pivot". **Players initiate swing concentrating on good explosion and pivot.**

KEY POINTS:

- Bug is squished
- back leg bent slightly
- Belly button at pitcher

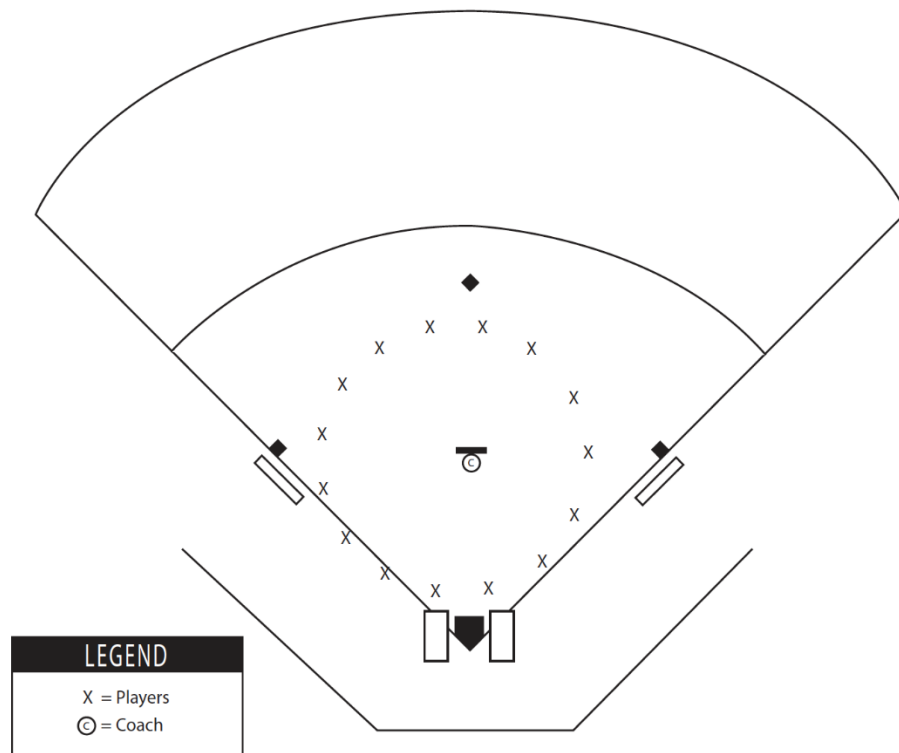
Coach Says "Swing". **Players initiate full swing from beginning.**

KEY POINTS

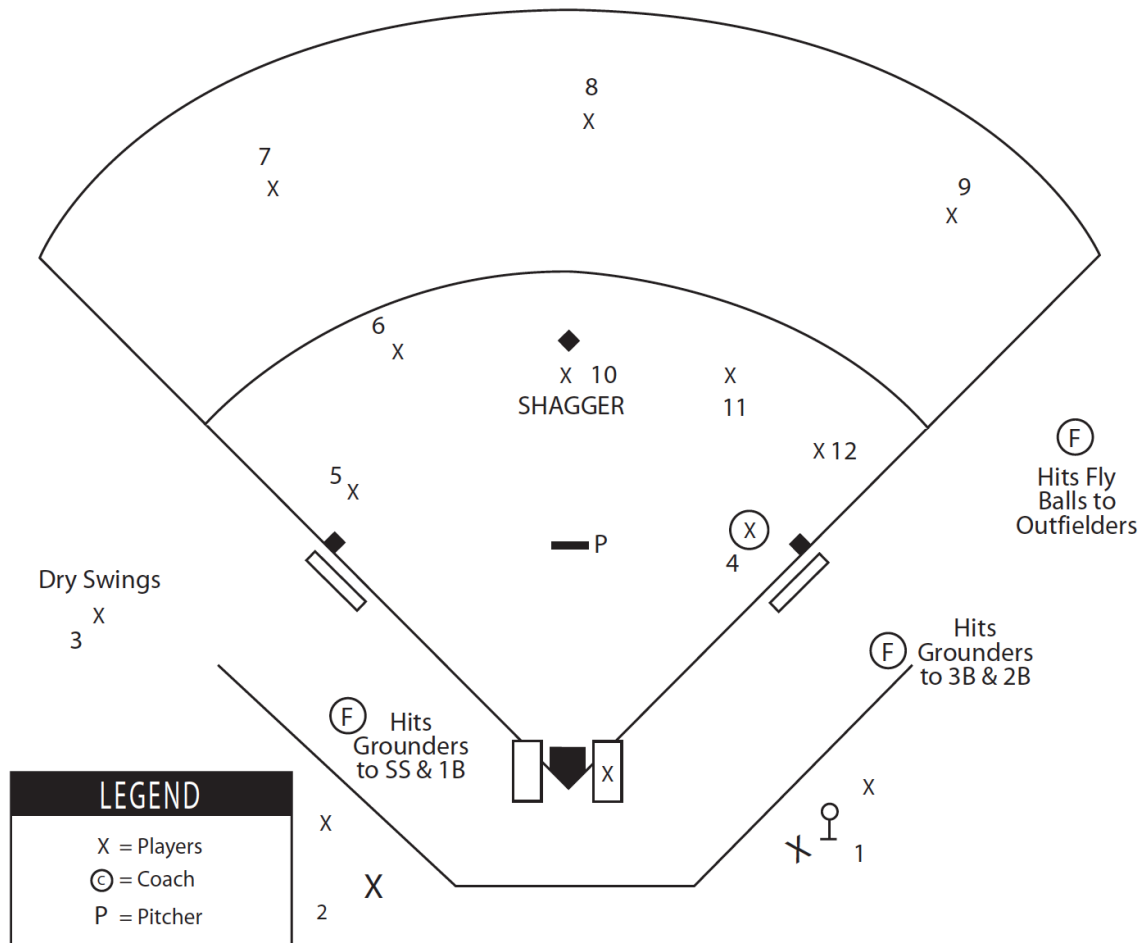
- Short compact swing
- Quick through the strike zone
- No hitch
- Good follow through
- Imagine contact

IMPORTANT:

Coach needs to assist all players in this drill. For young players this is the easiest place to make corrections.



9.9.4 BATTING PRACTICE



9.10 BASE RUNNING

9.10.1 LEAD OFF DRILL

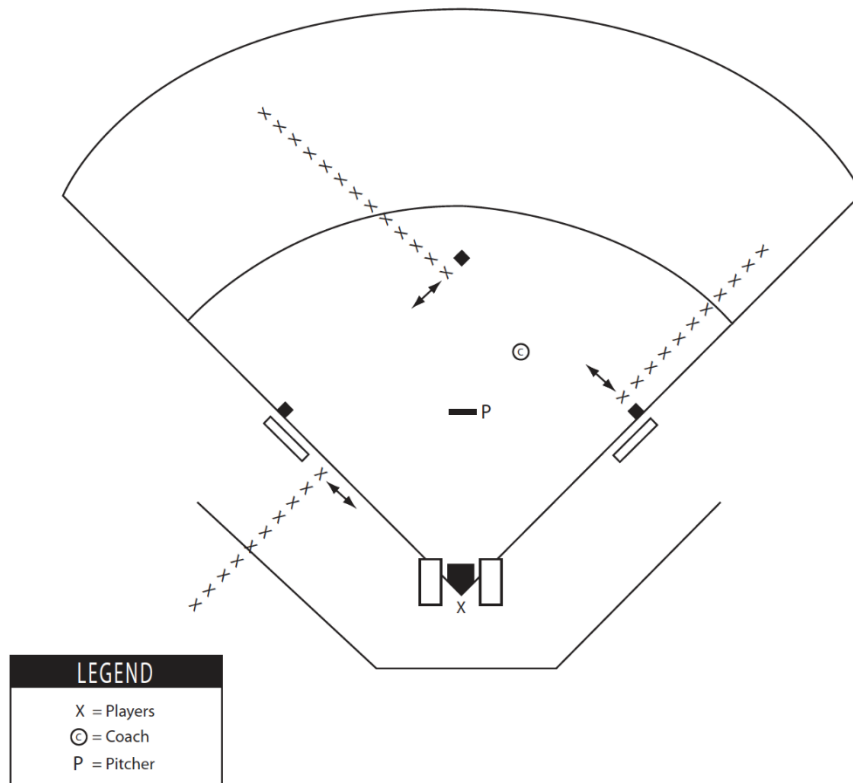
Have pitcher on mound. All players in line down first base line acting as runner on first base. Runners watch pitcher, as pitcher goes into stretch, runners take primary lead using shuffle step, if pitcher throws over to first, runners come back using cross over step. If pitcher throws over to first, runners come back using cross over step. If pitcher throws home, runners take secondary lead using shuffle step and react to pitch.

KEY POINTS

- Watch the pitcher until sure where ball is going
- Weight evenly on balls of feet
- arms free of body

VARIATIONS

- when coming back to base take cross over step, one additional step and dive to back corner of base
- when ball is thrown home, runner uses cross over step and steals second base
- do drill at all three bases



9.10.2 TOUCH DRILL

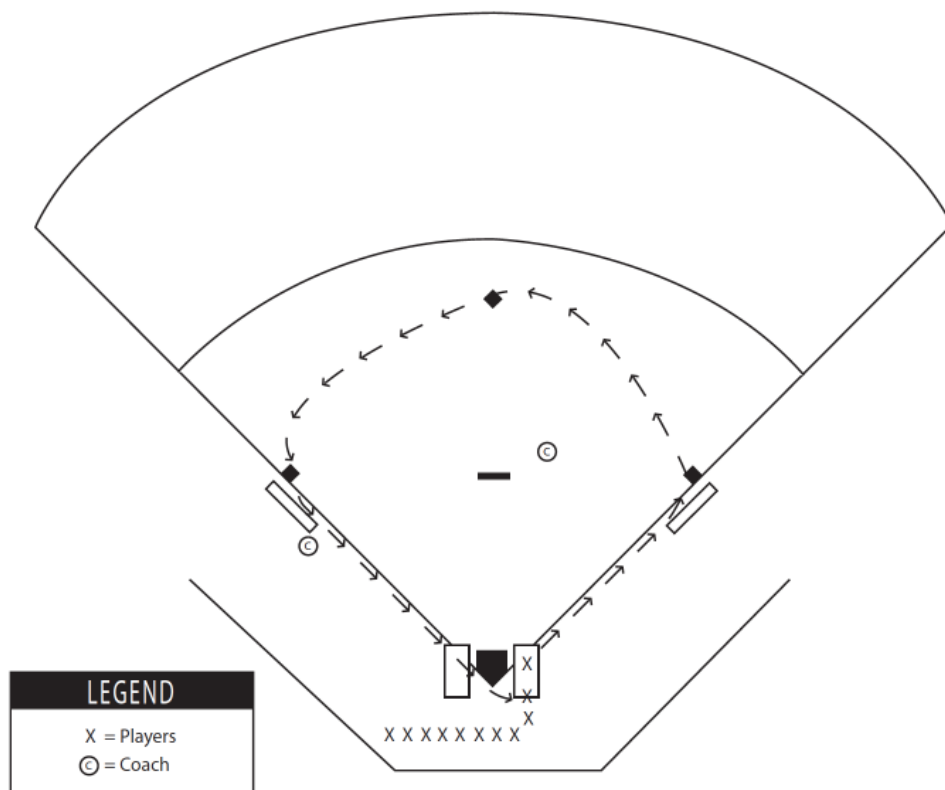
Players line up against backstop. One player starts in batter's box and runs towards first base. Before first base, angle outwards to create easy curve to touch inside of first base and run directly towards second base. Minimize rounding of curve. Do this at each base. Pick up third base coach before second base.

KEY POINTS

- shortest distance is a straight line
- enough of "curve" to keep speed
- pick up coaches
- touch bases on inside corner
- stay away from head-first slides

VARIATIONS

- run right through first base
- have coach stop runners at second base and/or third base
- have fielders in field and run game situations



t) APPENDIX: PRACTICE PLANS TEMPLATE

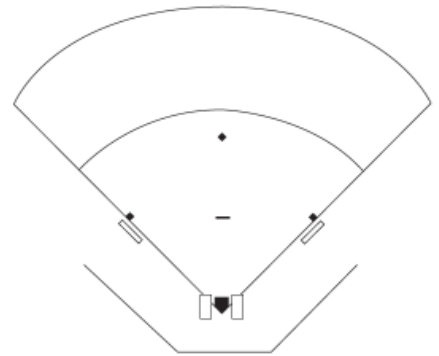
PRACTICE PLAN

DATE: _____ TEAM: _____ LOCATION: _____

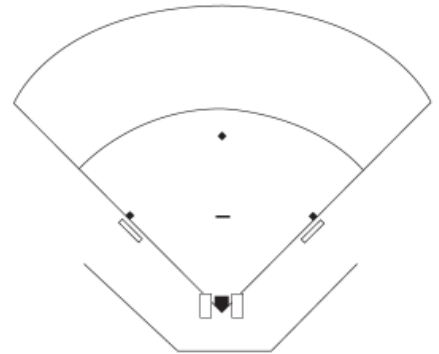
WARM UP



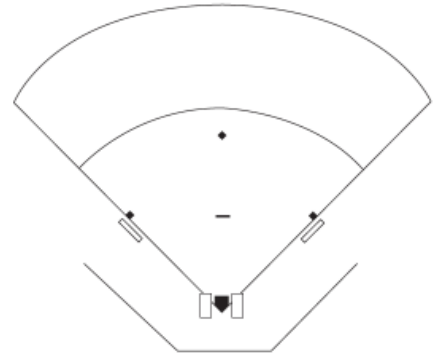
DRILL #1:



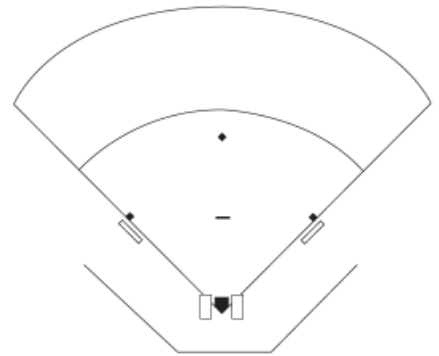
DRILL #2:



DRILL #3:



DRILL #4:



COOL DOWN

