

C-League

1) Base Running

- a) Knowing what base to run to when the ball is hit
- b) Run through 1st base when the ball is hit
- c) Know how to run from 1st to 2nd to 3rd and then home
- d) Freeze on a line drive and halfway between the bases on a pop-fly to the outfield
- e) Players should continue to learn where the force outs are as to not run into a tag

2) Fielding

- a) Explain the positions on the field show where each position plays (print out position sheet and put it up in the dugout for each game)
- b) Infield positioning (Approx.: 1st base - 5 steps off base, 2nd base - 7 steps off base, SS - 8 to 10 steps off 2nd base, 3rd base - 5 steps off base)
- c) Ready position stance (glove down/butt down with feet wide apart, knees bent & palms up)
- d) Field ball in the infield with two hands (i.e. Alligator)
- e) Know where the force outs are before each batter and if a tag is necessary in lieu of force out
- f) Catching pop flies with two hands (i.e. Butterfly)

3) Batting

- a) Batting stance (where to stand in the box)
- b) feet on railroad tracks (i.e. feet even with each other)
- c) Knuckles lined up when holding the bat (a.k.a. knocking knuckles)
- d) "Squish the Bug" meaning to have the player turn their hips and their back foot towards the pitcher when swinging
- e) Player should be able to "load" with his hands and weight when pitch is loaded into the pitching machine

4) Throwing

- a) Throw the baseball using a Four Seam grip
- b) Front shoulder should be pointing at target
- c) Point with the glove, step towards target and then throw (should never see the front of throwers shirt)
- d) Receiver should be in an athletic position (i.e. feet apart, knees bent & glove up for target) to catch the ball

5) Dugout and Team Etiquette

- a) Look at the position schedule and batting order prior to the inning you go out into the field
- b) Baseball bag placement away from area where helmets, bats and gloves are kept
- c) Create an area for equipment (should be a helmet bag to put helmets in when not in use and it should also used to put gloves and hat in that space when helmets are on)
- d) Bats should not be held on the bench and only picked up when the player is on-deck
- e) A Bench Coach will be necessary to keep kids in the batting order on the bench and kept seated until their at-bat

****It would be expected that each coach would dedicate 10 to 15 min (a.k.a. Association Time) to the throwing program prior to each practice or game**

ROSEVILLE RAIDER BASEBALL

THROWING PROGRAM

Important notes

- That first 20-25 minutes of practice are the most important!
- As a coach, supervise your throwing program
- Make sure the players warm up to throw, not throw to warm up.
- Emphasize to the players- make every throw count!

Warm-up

- Start with a dynamic warm-up, such as the following:
 - Work on baserunning
 - High knees, shuffles, cariocas, sprints, etc.
 - **Arm circles** we will show you this program

Throwing Progression

1. Wrist/ Elbow flips- partners 8 ft apart, 4 seam grip (to get release right. 10 throws each-coaches go around and check for 1.2-6 spin, throwing elbow at shoulder height on top of glove.
 2. Stride position- stand sideways, wide BOS, glove pointed at partner (to give body direction to throw). 10 throws each at 1.5-2.5 ft, depending on age. Coaches check for rocking back to throw, pointing glove at partner to stay lined up, then to tuck glove when following through.
 3. Face partner, feet shoulder width apart. Feet stay planted, twist upper body, throw and bend back to finish. Good for hip/ shoulder separation, and follow through at the end. 10 throws each at 2.5-30 ft.
 4. Normal step and throw catch. Stretching out 40-90 ft, depending on age. Coaches, check for staying sideways, front side staying closed, and following through
- ### Long toss
- Best way to build arm strength when done correctly!
 - Make each throw count!
 - Teach kids that long toss should never feel like max effort on the arm (if it does, they are doing it wrong or are at their limit)

- Each throw the player should shuffle (crow hop like) towards their partner, and throw on a line.
- For the younger ages, play the "hat game"-
 - spread them out to a long toss distance (each group may be different depending on arm strength).
 - Have them each put their hat on the grass about 10 ft in front of them.
 - Have them throw on a line and try to hit each others hat (the hat helps them focus on "pulling down" when they follow through.
 - As they get stronger, have them separate a little farther each practice
 - Do no more than 10-15 throws apiece
 - End by having them come closer to each other , still emphasizing "pulling down" when they finish.

Games to finish with

- 11/15/21-
 - At the end of long toss, have a set distance 45-60 ft for younger ages, 75/90/120 for older). Point values as follows
 - 2 pts- a throw to the partners head
 - 1 pt to the chest
 - -1 pt for an arm side miss (lack of extension on release).
 - Get back in the game 4 pt- glove side target. Player has to ask partner to give target- if they miss, -2
- Quick catch-
 - Partners about 20-25 ft away, athletic position
 - Hands out in front ready to receive ball
 - Players score points with a throw to the chest. Partners count- first to 21 wins

These games force players to compete!

This is a lot of throwing, but when done right, pays dividends!

Any question?

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RAYB THROWING PROGRAM

This program is designed to give the coaches of Roseville baseball a simple, consistent way to teach proper throwing mechanics to all players, from beginners all the way through Varsity. This program will be mandatory for all teams - Rec and Travel.

We suggest that you begin practice with something other than throwing: running, hitting, game tactics, etc. The throwing drill should take between 8-10 minutes, but feel free to go longer if the situation warrants. Try to match players at a similar level of throwing. Form two lines facing each other. One line is within 10' of a fence. All descriptions will be for a right handed thrower and all throws will be with the four seam grip. The description is for an 11 year old player. Adjust distance accordingly.

Position 1 (5-10 throws) Partner 8'-10' away

Right knee on ground. Left foot flat on ground. Back straight. Right arm parallel to ground. Elbow bent 90 degrees. Using only wrist, player flips ball to partner. Throw should be on a line

Position 2 (5-10 throws) Partner 10' - 15' away

Right knee on ground. Left foot flat on ground. Back straight. Start with left elbow pointed at partner, hand and ball in glove. Player "breaks" ball from glove and bring it back. Right arm parallel to ground, shoulder high. Elbow bent 90 degrees. Ball pointing away from partner with hand on top of ball. Player throws ball to partner and continues through until his right hand is directly left of his left foot. Have the player visualize "grabbing the grass" after the throw.

Position 3 (40-60 throws) Partner starts 20' - 25' away

Players stand and begin regular throws. Focus should be on grip, arm being parallel to the ground when ball is at the back of the motion, and follow through with full shoulder turn. The player on the line facing the fence takes three steps back after every three throws. This stops when the players begin to have difficulty making the throws "on a line." This is considered Long Toss

Position 4 (20-40 throws) Partner starts at Long Toss Distance

Player should make Long Toss throws by getting his body behind the throw using a "crow hop" motion. The number of long toss throws depends upon the time of the season. The later in the season, the longer the players should stay at this maximum, up to 20 throws. Once this is complete, outfield player moves in three steps after every three throws until they arrive at base length (60' for an 11 year old)

Position 5 (8-10 throws) Partner at Base Distance

Catching player provides a target with his glove: high, low, inside, out. Player makes strong throw that hits the glove.

Position 6 (10-15 throws) Partner at Base Distance, minus 10 feet

Fast toss. Players stay low and work on a fast transfer and release

Coaches should tailor distance and repetitions to the age level. Coaches should be with the players during this drill, preferably with extra balls in case of overthrows. Once standing, the player catching the ball should work on rapidly finding the grip and getting into a throwing position as fast as possible.

INSTITUTE FOR ATHLETIC MEDICINE®

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DYNAMIC BASEBALL WARM-UP FOR 14+ YEARS OLD

(Warm up for under 14 years old use 30 ft distance for line drills)

Move from a general cardiovascular warm-up to a dynamic warm-up

- 1.) Jog from foul line to foul line in the outfield
 - Team stays together as a unit; slow jog, not a race. Jog from one foul line to the other and return.
- 2.) Hand Claps – 15 reps per combo
 - Start with right arm up in the throwing position and left arm next to the left hip. Bring them across your body and clap your hands in the center. Return to starting position. Perform 5 reps then switch starting position. Repeat 3 times each direction for a total of 15 repetitions.
- 3.) Arm-Circles – clockwise – 15 reps
 - Stand with your feet hip width apart and your arms out to your side at approximately a 90-degree angle, elbows straight. Bring your arms slightly forward and begin moving your arms in a clockwise circle. Start with small circles then gradually increase the size. Perform 15 reps with the top of the circle counting as one repetition.
- 4.) Arm-Circles – counterclockwise – 15 reps
 - Repeat the same motion, only going in a counter-clockwise formation. Perform 15 reps.

For #5-15, place a coach in the outfield midway between the bases (1B and 2B or 2B and 3B) to mark a distance of 45 feet (Use 30 feet for players less than 14 years old)

- 5.) Walking Straight leg Toe Touches – 45 feet down and back
 - Balance on one foot and slowly bend forward to touch your toes while keeping your back flat. Slowly return to starting position. Take three steps and repeat with opposite leg.
- 6.) Butt Kicks – 45 feet down and back
 - In a quick-jogging motion, kick your heel towards your butt. Alternate legs each step.

7.) High-Knee Skips – 45 feet down and back

- Perform a skipping motion; focus on trying to bring your knee up to hip-height or higher. Get a good push off the stance leg to help power the movement more effectively.

8.) Side Shuffle Push-Offs – 45 feet down and back

- Squat facing towards the infield. Push off generating as much power as you are able as you shuffle down and back.

9.) Cariocas – 45 feet down and back

- Carioca while trying to perform equal rotation in both hips. Stay on the balls of your feet and step quickly but with control.

10.) Lunges with rotation down, lunges with toe touch back

- Perform a walking lunge while rotation shoulders over front leg. Alternate legs each step on the way down.
- Perform a walking lunge while keeping head down, touching lead foot with both arms. Alternate legs each step on the way back.

11.) Lateral-to-Forward Running – 45 feet down and back

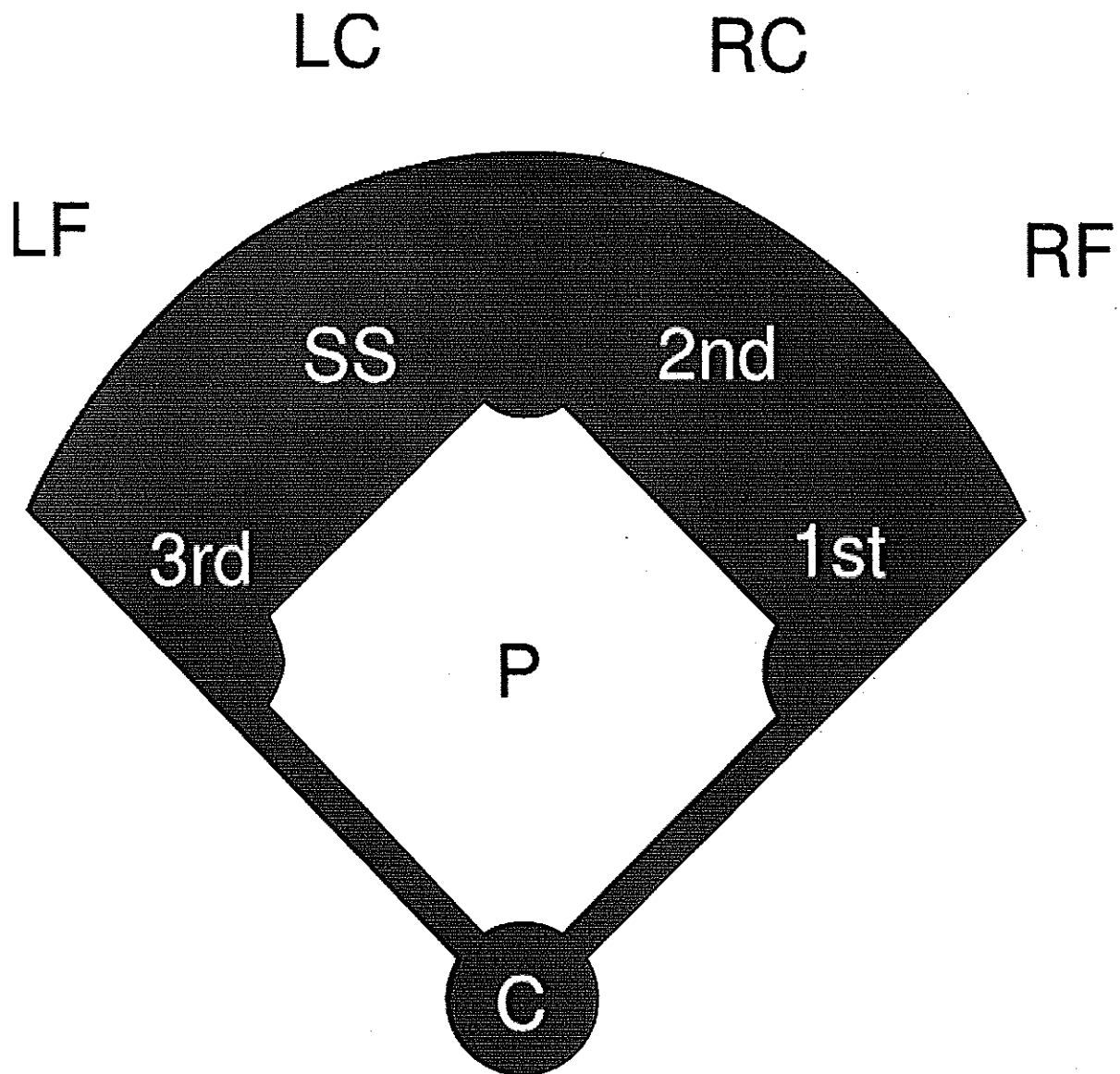
- Perform 2 quick shuffle steps then turn and run. This motion should be similar to getting a walking lead then running to steal a base.

12.) Backpedal, turn and run 45 feet down (open to right) and back (open to left)

- Start by backpedalling, at the halfway mark, turn and open the hip in a quick and controlled motion to run forward the remaining distance. Repeat, opening the opposite direction on the way back.

13.) Sprint – 75% of max speed – 45 feet down and back

14.) Sprint – 100% of max speed – 45 feet down and back





BETTER ATHLETES
BETTER PEOPLE

Tips for the First-Time Coach

First-time coaches often are parent volunteers. A typical scenario has mom or dad registering a young child in a youth sports organization, which then asks parents to volunteer. The parent might consider him or herself capable of being an assistant coach, and then all of a sudden is named a head coach!

Many first-time coaches find this role harder than they expected, so here are concrete tips to ease matters and help your youth athletes.

- 1) **Let your child know you're considering coaching.** Explain that you're really looking forward to this, and ask for feedback about it. Your child's opinion may or may not change your decision about coaching, but it's good to have your child in on this new role you'll be playing from the beginning.
- 2) **Be clear on your own goals for coaching.** Coaches of kids just starting to play a sport may have the simple goal of a season enjoyable enough that everyone returns for next season.
- 3) **Share your goals with your players and their parents from the start.** Having a pre-season parent meeting is ideal. If it's too late for that, just get the parents together at the end of a practice and let them know why you're out there. It might sound like this: "My number one goal this season is to give your kids such an enjoyable experience that they all can't wait for next season. And, yes, I hope to teach them some skills, too!" Of course, if you have more ambitious goals in terms of skill development or imparting life lessons, share those, too.
- 4) **Invite the parents to help.** It often helps to have some parents pitch in at practices and games. If you invite them directly, they will likely support you with a few extra hands. Getting them involved at your practices also makes it more likely they'll be comfortable practicing the sport with their child outside of official practice time.
- 5) **Welcome each player by name at every practice and game.** When kids arrive to coaches who are smiling and greeting them by name, they feel welcome and positive from the start.
- 6) **Plan practices that keep kids active.** When kids are moving and active, they are more likely to stay focused. At the younger ages, avoid lines. Bring plenty of equipment, so kids are not standing around waiting for their turn. Find games/drills that give kids a lot of repeated practice of the skills.
- 7) **Face the sun, take a knee and be brief.** When you're talking to your athletes, get onto their level (at least physically!) by taking a knee, so you can (literally and figuratively) see eye-to-eye. Find the sun, and make sure you're facing into it. Then make the most of the 30-60 seconds you've got their attention! Six 60-second conversations with your players at a practice are much better than two 5-minute conversations!

continues

Tips for the First-Time Coach, continued

- 8) **Pick 1-2 areas of focus per practice/game.** You likely only have one hour for your practice. Pick one topic (two at the most!) to introduce and repeat over and over again. At the start of practice you might say, "Today is going to be all about passing." Then each time you bring the players in, ask them, "What is our focus today?" Then have this same focus for your competition that week. Whenever you see it being executed well, let your players know it, "Milo, awesome pass to Nathan!"
- 9) **Create a team cheer and do it often.** Young kids love having adults who are willing to be silly with them. Bring them in multiple times during practice to do their cheer, and make sure they see and hear you as an active participant.
- 10) **End practice/competition on a positive note.** At the end of practice or a competition call in all of the athletes and the parents. Ask the kids: "Who saw one of your teammates do something well?" The kids are actually good at answering this question. Then ask the parents, "Parents, what did you see that you liked?" This gives the parents a nice chance to recognize specific, positive things they saw, and it ends the practice/competition on a high note.
- 11) **Don't forget, this can be hard!** Most parents are surprised by how hard it is to feel successful coaching. We go in with very high expectations, and we don't have control over the outcome! You are not alone. Find other coaches who have been doing this for a while, and share your challenges. They can serve as a wonderful resource.

PCA thanks you for being a coach! Without you, kids would not have the opportunity to play. When you're in the thick of it, it's hard to remember just how quickly this time passes, so we want to take this chance to remind you to make the most of it, as it's a time you and your child will always remember.

Rookie & C-League Practice Plan

Time

Baserunning

5 min

1) Understanding bases and where to run

*1st to 2nd to 3rd to home

2) Knowing where outs are and baserunning

*Advancing on hits and going back if fly ball is caught

*Force outs verses tag plays

3) Race around bases one at a time (mostly Rookie but can be used for C-League if needed)

Play Catch

15 min

1) Proper grip (fingers across smile/4 Seam grip)

2) Point - Step - Throw (have hand back by your ear...i.e. reach into the cookie jar)

3) Create bullseye with glove - butterfly - use two hands (alligator)

Ground Balls

15 min

1) Glove Down - Butt Down

2) Feet wide apart

3) Use two hands (alligator)

4) Bucket game - throw to first base

*Set up a bucket pyramid on 1st base and have kids take ground balls to throw to 1st base to knock them down

*Prevents fear of catching ball until kids gets comfortable and creates a fun game

Fly Balls

5 min

1) Two hands

2) Tennis balls verses baseballs to develop comfort

Positioning

5 min

1) Where to play in field (positioning)

2) Get everyone lined up outside dugout and have them run to their positions at the same time

3) Get in "ready" position

Hitting

15 min

1) Lay bat down with barrel on corner of plate to find feet position

2) Spread feet (railroad tracks)

3) Hands positioning (elbow up - see your hands out corner of eye)

4) Majority of weight on back foot 60% (squish bug)

*Squish bug is getting them to turn their back foot on its ball when swinging forcing them to turn their hips thru the swing

5) Bucket game (points based on buckets hit)

*Set up buckets in the infield and if they hit buckets they get a point

*If infielders get to ball before the bucket is hit, no points awarded

***Above times can change based on your kids ability to understand each of the above drills