

## A-League & 11U

### 1) Base Running

- a) Run through 1st base when the ball is hit ("break-it-down" after running through 1st base")
- b) After hitting the ball we are always looking to take the extra base (i.e. single is always thinking double and man on second is always thinking home)
- c) Freeze on a line drive and halfway between the bases on a pop-fly to the outfield
- d) Understand where the force outs are as to not run into a tag
- e) Secondary leads (i.e. after the pitch leaves hand, runners should take a big lead to determine if they can steal or entice catcher to throw behind them)
- f) Players should know Basecoach signals

### 2) Fielding

- a) 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)
- b) Ready position stance (glove down/butt down with feet wide apart, knees bent & palms up)
- c) Field ball in the infield with two hands (i.e. Alligator)
- d) Catching pop flies with two hands (i.e. Butterfly)
- e) Standard cutoff throws (i.e. which base goes out to get cutoff from fielder and who covers the base)
- f) Backup all throws (i.e. where do players go with every throw coming in from the outfield and backing up throws across the infield)
- g) Double-play depth in infield & "infield in"

### 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) Player should be turning their hips and their back foot towards the pitcher when swinging
- e) Player should be able to "load" with his hands and weight when pitchers hand goes back to pitch
- f) "Good Swinging" pitch-counts vs "Bad Swinging" pitch-counts
- g) Players should learn bunting situations (i.e. sacrifice, squeeze and suicide)

### 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) Pitching

- a) Pitches should start working on change-ups
- b) Pitchers should understand pitch-counts and when to try to throw strikes vs "throwing one away" if ahead in count
- c) Start process to learn how to relay pitch calls from dugout to catcher to pitcher

**\*\*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 12-6 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 15-25 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 25-30 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 pts- 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.

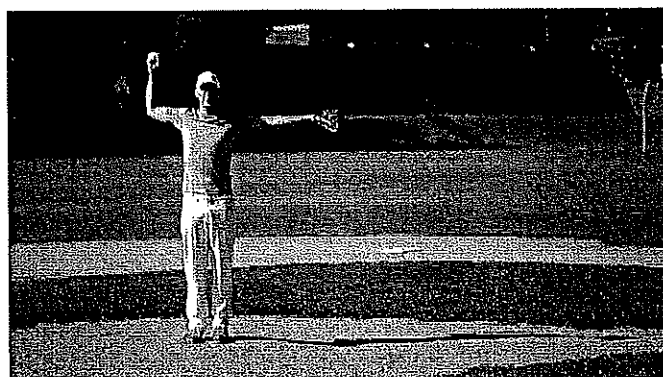
## Throwing hand break drill

Sets 1 | Reps 50-100 | Sessions per day 1

perform 5-6x/wk (assuming it isn't painful)  
do this with your back on a wall and make sure the elbow never hits the wall and is always at a 90 degree position on every repetition then try it on a line and watch in a mirror so your arm doesn't go behind your back.



If you are indoors perform this drill with your back against a wall.



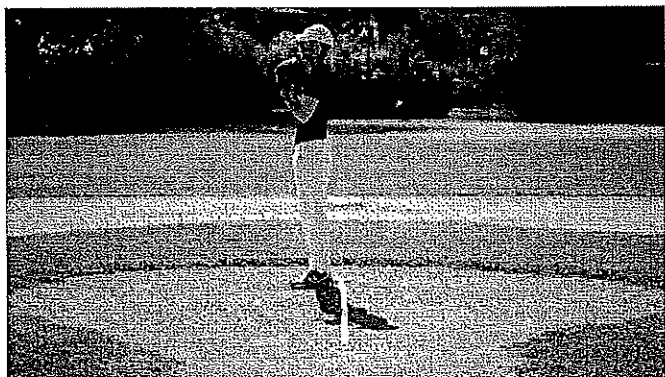
Bring the ball out of the glove with a down back and up motion. The throwing elbow should end at a 90 degree angle with the hand facing away from the target. The glove hand should be at a 90 degree angle from your side with the elbow or hand facing the target. When you reach the late cocking position your throwing elbow and glove arm should remain in a strait line.

# Throwing Stride Drill

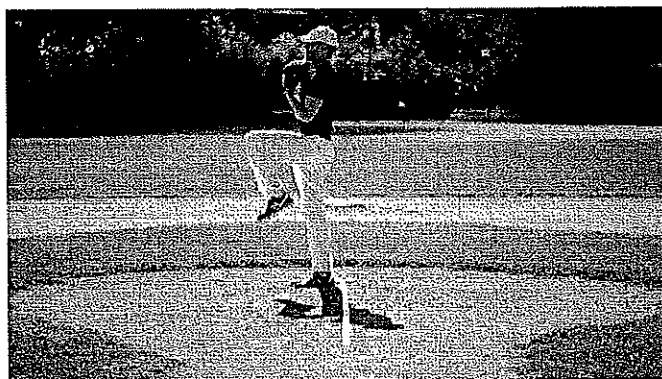
Sets 1 | Reps 50-100 start with a step then add a crow hop | Sessions per day 1

perform 5-6x/wk with just legs, perform on a line  
try just a step with the legs first then add the crow hop as you feel comfortable--do not do anything with your arms--this is a legs only focused exercise

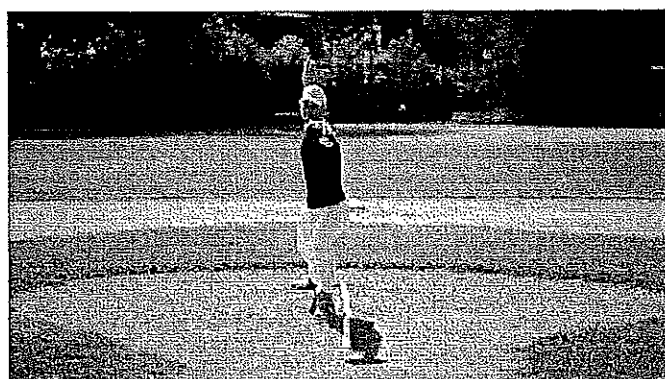
once you have consistency, then add the arms with the legs on the crow-hop stride (goal is to do 50 reps just legs and 50 reps with legs and arms to focus on timing)



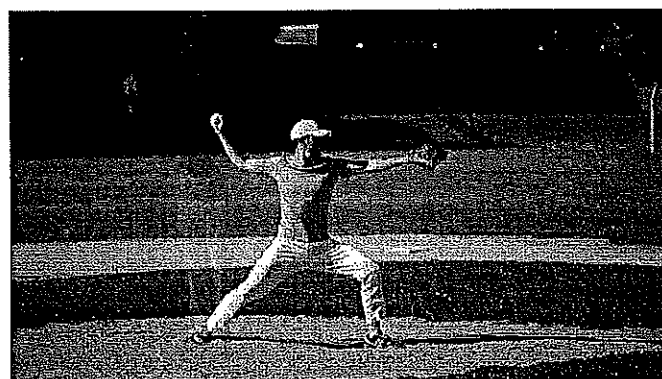
Mark a strait line between your feet and the plate.  
Stand with your heels on the line.



Start with your wind up and begin your throwing motion.



Stop the throwing motion when your stride foot lands  
and check your accuracy with the line.



The length of your stride should be 80-100% of your height. Your foot should be 2-3 inches on the closed side of the plate. The timing of the hand break from the glove should be simultaneous with the stride leg moving downward. At the time you achieve the late cocking position you should also be landing on your stride leg.

# 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)**

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- 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