

# Homer Little League Winter Clinic Session 2

Level: Vosburgh/L.L.

Date: January 28, 2007

Place: J.M. McDonald Sports Complex

<p><b>Overview &amp; Purpose</b></p> <p>Teach Baseball Fundamentals</p>	<p><b>Coaches</b></p> <p>Davis, Walsh, Sweeney and Urtz</p>
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Schedule	Activity	Goal Objective	Coaching Tip/Safety Tip
10 Minutes	Warm Up – Stretching	Demonstrate “core” body stretches – including: <ul style="list-style-type: none"> <li>• Windmill w/arms R/L For/Back</li> <li>• Straddle Stretch/Reach</li> <li>• One Knee Rotation – R/L</li> <li>• T-Balance</li> <li>• T-Balance and Stride</li> <li>• Hip Girdle – Bent knee</li> <li>• Hip Girdle – Straight leg</li> </ul>	<p><b>Stretching Tip</b></p> <p>Emphasize slow/passive/long stretch</p> <p>Emphasize stretches BEFORE every practice and BEFORE Throwing!</p>
Stations (7 Minutes)	Hitting – Mike Urtz	Fundamentals of Hitting T Work	Do this as a TEAM – Rotate player who demonstrates/leads stretch
Stations (7 Minutes)	Hitting Soft Toss	Fundamentals of Hitting Squish the Bug	<p><b>Hitting Safety Tip</b></p> <p>Young players don't pay attention to others around them when they swing a bat. For the safety of your players, set a rule during the first practice that no player is to pick up a bat unless instructed to do so by a coach and then enforce the rule. Also remind your players to never go near another player who is holding a bat.</p>
Stations (7 Minutes)	Soft Toss High/Low	High Low Game 2 Balls At Once	

Stations (7 Minutes)	Bunt Station	Hula Hoops Hats Bunt to a Target	<b>Hitting Tip</b> Make sure the batters are: 1.) Pivoting correctly and early enough. 2.) Rotating their hips with an explosion toward the ball 3.) Unlocking their shoulders, elbows and wrists in sequence while throwing their hands straight to the ball (watch for hands dropping and correct this). 4.) Watching the ball all the way to the "bat" and continuing to watch the "contact point" after the "ball" has been hit.
Stations (7 Minutes)	Crow Hop Cut Offs	Crow Hop Proper Technique How to take a cut off throw	<b>Fielding Tip</b> Emphasize head up – hands forward and low – butt low On the balls of feet – ready to move!
Stations (7 Minutes)	Pepper Station	Play Pepper	<b>Hitting Tip</b> The proper stance is essential. It should be a balanced stance with 60% of the weight on the back foot, eyes level, bat in launch position (not rapped behind the head), knees slightly bent, and door-knocking knuckles lined up. The stride should be a short, smooth lift and move type of stride. At impact with the ball and at follow-through, the body should be in a slightly curved position toward the ball.
Stations (7 Minutes)	Hockey Drill	Don't let the coach score! Proper Fielding Technique GET THAT GLOVE DOWN!	<b>Coaching Tip</b> Keep It FUN! Be encouraging!
Relay Game	Baserunning	Team Competition Great Cardiovascular Drill Teambuilding Drill	