

Homer Little League Winter Clinic Session 3

Level: Vosburgh/L.L.

Date: February 11th, 2007

Place: J.M. McDonald Sports Complex

<p>Overview & Purpose</p> <p>Teach Baseball Fundamentals</p>	<p>Coaches</p> <p>Davis, Walsh, Sweeney</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"> • Windmill w/arms R/L For/Back • Straddle Stretch/Reach • One Knee Rotation – R/L • T-Balance • T-Balance and Stride • Hip Girdle – Bent knee • Hip Girdle – Straight leg 	<p>Stretching Tip</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>Hitting Safety Tip</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)	Catching – Sean Walsh	Stance & Defensive Fundamentals	

Stations (7 Minutes)	Pitching - Chris	Pitching Fundamentals Wind-Up	<p>Hitting Tip 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.</p>
Stations (7 Minutes)	Fundamentals of 1 st Base	Footwork	<p>Pitching Tip The key to throwing a good, hard four-seam fastball with maximal backspin and velocity: A loose grip minimizes "friction" between your hand and the baseball. The less friction, of course, the quicker the baseball can leave your hand.</p>
Stations (7 Minutes)	Infield Work	Groundballs	<p>Pitching Tip Always maintain your poise and keep a positive attitude. Learn to keep "cool" in the face of adversity. Working on your mental skills is as important as your physical skills. Understand that when you are thinking negative or emotionally you are working against yourself. This cannot help your game. Good mental mechanics is crucial to succeed</p>

Stations (7 Minutes)	Fly Ball Work	Fly Balls	Coaching Tip Keep It FUN! Be encouraging!
Relay Game	Baserunning	Team Competition Great Cardiovascular Drill Teambuilding Drill	The Little League Pledge I trust in God I love my country And will respect its laws I will play fair And strive to win But win or lose I will always do my best