

Homer Little League Winter Clinic Session 4

Level: Vosburgh/L.L.

Date: February 18th, 2007

Place: J.M. McDonald Sports Complex

Overview & Purpose Teach Baseball Fundamentals	Coaches Davis, Walsh, Sweeney
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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 	Stretching Tip Emphasize slow/passive/long stretch Emphasize stretches BEFORE every practice and BEFORE Throwing!
Stations (7 Minutes)	Hitting – T’s	Fundamentals of Hitting T Work	Do this as a TEAM – Rotate player who demonstrates/leads stretch
Stations (7 Minutes)	Baseball Card Bunting Game	Hit the card keep the card!	Hitting Safety Tip 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.
Stations (7 Minutes)	Pitching - Chris	2 Seam Fastball Work – Target/Grip/Baby Step/Pivot/Leg Kick/Throw/Follow-Through	

Stations (Combined Catching Station 7 Minutes)	Catching – Sean	Equipment	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.
Stations (Combined Catching Station 7 Min)	Catching – Sean	Blocks and Throws	Pitching Tip A two seamer is gripped a little firmer than the four seamer. A firm grip causes friction, which causes the ball to change direction.
Stations (7 Minutes)	Infield – Hats & Dots	Hats and Dots	Catching Tip Always keep your glove out of the dirt!
Stations (7 Minutes)	Home Run Derby	Golf Balls Distance Winner Gets Prize	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