

Homer Little League Winter Clinic Session 5

Level: Vosburgh/L.L.

Date: February 25th, 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 – 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! Bunting Skill Set	<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)	Pitching - Chris	2 Seam Fastball/4 Seam Fastball Work – Target/Grip/Baby Step/Pivot/Leg Kick/Throw/Follow-Through	

<p>Stations (Combined Catching Station 7 Minutes)</p>	<p>Catching – Sean</p>	<p>Equipment Catch the pitcher group.</p>	<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>
<p>Stations (Combined Catching Station 7 Min)</p>	<p>Hitting Soft Toss</p>	<p>Soft Toss Station</p>	<p>Pepper</p> <p>This drill is good for the batter as it develops good eye-hand coordination and practice in quick-response fielding all in one drill. You can have four games of pepper going on at the same time. One group could be stationed at home plate, the second at first base, the third at second base, and the final group at third base.</p> <p>When performing the drill in this group formation, have the batter and a catcher with their backs to the pitcher's mound. This way, a manager can safely position himself at the pitcher's mound and observe each group.</p>

Stations (7 Minutes)	Infield (Pepper)	Teach and Play Pepper	<p>Batting Tee Game</p> <p>There no better all-purpose drill for Little Leaguers than conducting an actual inter-squad baseball game using the batting tee. The drill is a fun drill that combines hitting, base running, and fielding.</p> <p>You will find that youngsters love this because of the loads of all-around action and great competition. Batters like the feel of the bat striking the ball which greatly improves their self-confidence beyond any hitting drill available to this age group. The greenest beginners are able to connect with the ball sitting on top of a batting tee. Those few who can't have serious problems when it comes to hitting a baseball and require individual attention.</p> <p>While the batter is hitting the ball off the tee, a coach can observe all the basics: level swing, head still, stance, shoulders parallel, elbows parallel etc.</p> <p>Other coaches should help with base running, and infield and outfield play. Play can be stopped at anytime for instruction</p>
Stations (Relay Game)	Baserunning	Team Competition Great Cardiovascular Drill Teambuilding Drill	<p>The Little League Pledge</p> <p>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</p>
