



## Basic Practice Guidance for New JCB Coaches

This practice guidance is to assist new JCB coaches organize and implement a baseball practice. While basic, this outline should be customized by the managers to better fit their team's needs. Completing the Cal Ripken Coaching Certification will also provide managers with useful information to teach the game of baseball.

### Stretching (10 min)

Dynamic stretching-

- » High knees,
- » Jog,
- » Karaoke,
- » Shuffle, shuffle sprint,
- » Lunges

Body stretching –

- » Wrists,
- » Arm pulled overs,
- » Tea cup,
- » Trunk Twists
- » Arm circles (small to big circles / forward and backwards
- » Arms 90 deg at the elbow, elbows out, hands up. Rotate forearm and hands 90 deg fwd til forearms parallel with ground (10 times)

### Warm up Throwing (10 min)

Point glove/non-throwing shoulder at target.

Show how to hold the ball. Knock on the door behind you with the ball. Arm should move like a spiral staircase

Come over the top, across the body to the target.

Drills:

- » down on one knee throws
- » stand up for short throws
- » medium throws
- » long throws with arc on the ball, no line drives
- » then medium throws
- » finish with short throws



### **Water break (5 min)**

### **Fielding (15 min)**

Players never stand around during a play. There is always something to do during a play.

#### **Infield**

Position players and hit grounders with throws to first base.

Butts down, bring the ball to the chest, point to the target with glove and nonthrowing shoulder, over the top, follow through with the throw

Drill: short distance to player, coach rolls ball player fields correctly but does not throw.

2nd Drill: After a few grounders to 1B do some situational fielding (e.g., runner on first, no outs and a groundball to SS). Most outs are made at 2B for the 8-10-year-olds. Have the SS and 2B practice working together covering the base and the other one flipping it to them, or light toss.

Individual 1B training. Where to place foot, stretch with head being at the height of the ball. Step to the ball and charge the ball, don't wait for it to come to you.

#### **Outfield**

Flyballs: first step back, assess, turn and run to the ball with glove down (if backwards run sideways, not backwards)], get under the ball and make the catch. For younger kids, use a tennis ball

Practice drill with flyballs over the shoulder left and right. Coach can throw it for the younger kids

Cutoffs - Flyballs to right field, 2nd base is cut off (halfway between outfielder and 2nd base). Hit your cut off. Cut off turns glove side to throw to 2nd base. Flyballs to left field, SS is the cut off. Again, hit the cut off and turn glove side.

Practice ground balls to the outfield too.

Practice knowing what cut 2, cut 3 and cut 4 mean.

For the less skilled outfielders, train them to just throw it to 2B. Don't hold on to the ball

### **Water break (5 min)**

### **Catching – Majors and Minors Divisions (15 min)**

Brick wall. drop and block. slide left and right. don't sit on your heels. Let the ball come to you, don't reach for it. could result in catcher's interference. Cups are mandatory. Important for the team to communicate to the catcher where the past ball is.



### **Pitching - Majors and Minors Divisions (same 15 min as Catching)**

Start with the stretch. Show how to hold the ball. feet extended and bring to shoulder width apart. front leg goes up with thigh parallel to ground. stride forward pointing glove at target, bring throwing arm over top and tuck glove. Release out front. Watch pitch counts.

All about balance, have them practice holding front leg up. Get the whole team on the foul line and make it a competition.

Distance between feet when releasing the ball should equal 85% of the kid's height

### **Base running (10 min)**

When running to first base run through the base and look at the front of the base. The foot will hit the front of the base. Brake it down quick and look to the fence to see if a bad throw was made.

When hit to outfield, turn and pick up where the ball is and stay at first. Also turn to the grass for fly balls to the outfield, unless to right field then it's a judgement call. When extra bases, slight turn in the grass and head to 2nd base. Teach the kids "banana" They like it

Can't stress this enough on how important this is. Spend at least 15 minutes of each practice on this. Maybe more.

Teach secondary leads

Base running and fly balls: Teach one third and two thirds rule. (10/20/30 rule for a runner on first base)

Base running at 2nd base: groundball to right side then go to 3rd. groundball to left side hold until thrown. Fly ball, rule of thumb is to stay put until you are 1000% sure it is not going to get caught.

Base running at 3rd base: get lead, shuffle shuffle in foul territory, come back to 3rd in fair territory. Fly ball, get back to the base, unless 2 outs

### **Water break (5 min)**

### **Hitting (30 min)**

3 batters at a time, 7 pitches each then change (replicates an at-bat in a game). Two rounds then rotate to another group until all player have hit. Last hit each round player runs as if it is a game situation. Players not hitting will field the hits, or have another station set up and you can have 3 stations (hitting, fielding, and a third station of choice) This tends to take about 15 minutes per group. Full team takes just over an hour but there are ways of speeding it up.



Hands to the ball, head down, turn the hips, and finish on the sit position with back leg in L position.

Step or no step up is up to the coach's preference. No step helps keep it simple.

Avoid getting hit by ball by turning away from the pitch and bat down. When in batter's box the player should see the back of the batter or it's not safe. Practice with tennis balls

If in the cages, start with tee, then soft toss, then cage. Repeat. Basic fundamentals.

### **Wrap Up**

Go over what was taught at the practice.

**Total time 1 hr 45 min. (15 min wiggle room)**

### **Other Helpful Tips**

Ask a parent to keep track of the time for each station

Water breaks are a good time to talk about what is happening in baseball (keep it light and fun)

Players carry their equipment bags; not parents