

BASEBALL / SOFTBALL CLINIC
WESTBORO, MA
APRIL 13,2003

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SWEET SWING HITTING ACADEMY

ORGANIZATION FOR A SUCCESSFUL AND PRODUCTIVE PRACTICE SESSION

GOALS:

HELPING PLAYERS MASTER THE FUNDAMENTALS

- **TEACHING**
- **REPITITIONS**
- **GAME CONDITIONS**
- **COACHING FEEDBACK**

IMPORTANT CONCEPTS FOR COACHING

- KNOWLEDGE (COACHES LEARN ALL THE TIME)
- ENTHUSIASM
- ORGANIZATION / PREPERATION
- COMMUNICATION
- POSITIVE REINFORCEMENT (PERHAPS THE COACH'S MOST IMPORTANT ROLE!)
- MOTIVATING YOUR PLAYERS
- SIMPLIFYING THE GAME FOR YOUR PLAYERS
- UTILIZING EVERYTHING YOU HAVE (FIELD SPACE, PARENTS, EQUIPMENT, MAKE THE MOST OF IT)

PRACTICE ORGANIZATION:

- MAXIMIZE YOUR PRACTICE TIME / KEEP YOUR PLAYERS MOVING AND CHALLENGED

EVERY PRACTICE:

- THROWING
- CATCHING (THROWS, GROUND BALLS, FLYBALLS)
- BASERUNNING
- HITTING
- SITUATIONS / GAMES

SAMPLE PRACTICE PLAN:
WESTBOROUGH YOUTH BASEBALL
10-11:30 SATURDAY APRIL 12, 2003

10:00 **INTRO TO THROWING MECHANICS: GRIP, BALANCE, and FRONT SHOULDER, ELBOW**

DRILLS: KNEE DRILL

- SIDE
- STANDING
- CROW HOP AND CATCH
- GROUND BALLS
- FLY BALLS
- GROUP RELAY DRILL

10:15 **BASERUNNING:** INFIELD GROUNDER AND TURN THROUGH THE BASE
SINGLE (WITH HARD TURN)
SINGLE (OUTFIELDER BOBBLES)
DOUBLE

10:25 **DEFENSIVE SEGMENT:** INFIELDERS GROUND BALLS (2 SIDES)
OUTFIELDERS (FLY BALLS)
(ADD DOUBLE PLAYS – FEEDS AND PIVOTS)

10:35 **OFFENSIVE SEGMENT:** HITTING DRILLS AND BASERUNNING

4 GROUPS

HIGH BALL
LOW BALL
LIVE (2 BUNTS / 6 CUTS)
BASERUNNING

11:00 **LIVE SITUATIONS:**

COACH CAN PICK SITUATION TO PUT PLAYERS IN REALISTIC SETTING

IDEAS: 2 & 1 COUNT / 1OUT / RUNNERS ON 2ND & 3RD (PUTS PRESSURE ON PITCHER TO THROWSTRIKES. HITTER TO PERFORM UNDER PRESSURE, BASERUNNERS TO REACT, FIELDERS TO MAKE PLAYS)

11:25 **REVIEW & COMMENT ON PRACTICE**

- WHAT WENT WELL (ATTITUDE AND HUSTLE)
- WHAT WE NEED TO DO (ATTENTION SPAN, ALERTNESS TO GAME SITUATIONS, STAY CONFIDENT)
- QUESTIONS FROM PLAYERS

11:30 **CONCLUSION**