

JERICHO BASEBALL LEAGUE
MAJORS B
DRILLS

Warm-ups

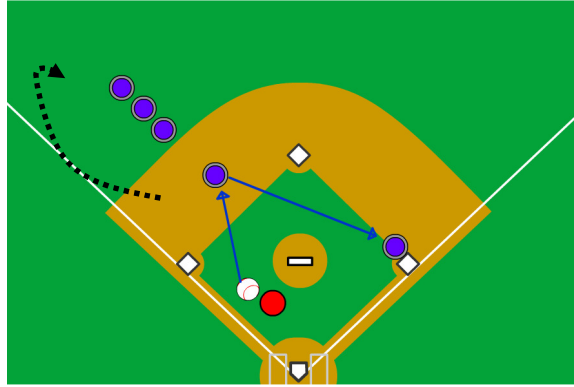
- In pairs, toss from knees at 45° about 4m apart.
- Quick hands: <http://on.aol.com/video/how-to-coach-baseball--quick-hands-drill-5150967>
- Relays:
 - position 3+ players in each of 2+ lines about 6 to 8 m from each other
 - start with the ball at one end, on the ground
 - when the go command is given, the ball is picked up and thrown to the middle or relay person who then forwards it to the next player at the other end of the line
 - the end player then quickly returns the ball to the middle player who relays it to the starting player
 - focus is on the relay person making sure the target is given and feet are moving to prepare for the throw
- Base running
 - Full speed to 1B: single. Overrun 1B.
 - Double+?: Banana-run to 1B. 1B coach will say “stop” or “go”. If stop round 1B and come back to 1B, if go then keep going to 2B and slide.
- Slide relay. From 1B: run/slide at every base / hp
- 4-player square:
 - Players 4m apart. Player rolls diagonally, fielder underhands to player on his left. Diagonal roll...
 - Switch left rotation to right rotation
 - Extend to 6m. Overhand throw, but emphasize quick pivot and stay low (not standing up)
 - Switch left to right.

Fielding

SS-1B

- Basic drill:
 - Vary the throws (groundballs, bouncy, shorts...)

- Promote quickness to ball, field in front
- No 'trapping': ball to glove
- If fielding low and outside feet, opposite knee goes down
- Make sure the player takes the time to get into proper throwing stance
- 1B can be coach, depending on numbers
- Rotate 2x, then switch 1B (if player)

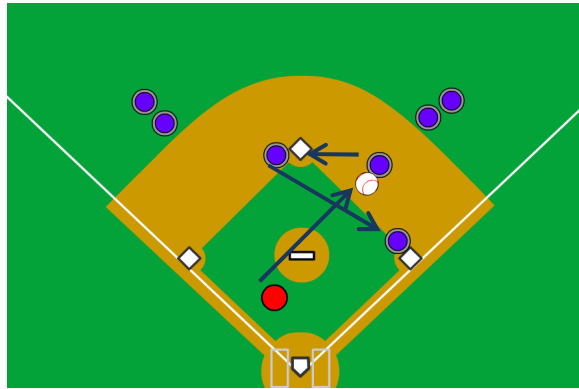
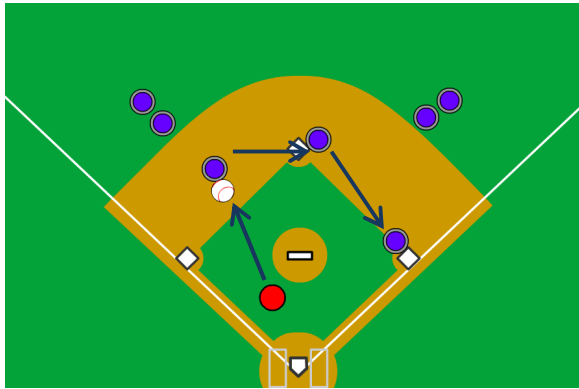
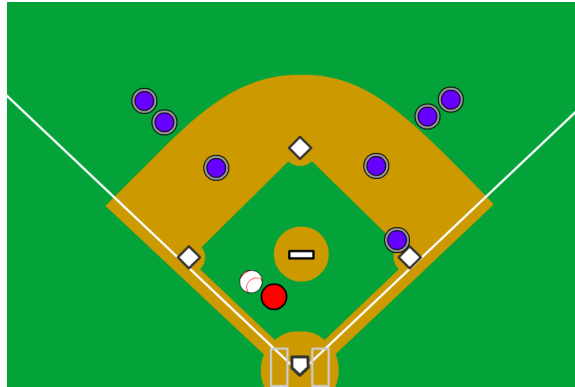


- Right shift (far):
 - Player starts with ball in glove
 - Emphasize left leg cross, sot shuffle-then-cross
 - Reach right with ball in glove, left knee down, hold down position for 2 counts
 - Quick: up, ball transition, crow-hop, throw
 - Watch for unnecessary steps
- Slow roller:
 - Lineup on SS position
 - Coach will place a ball either on the ground or on plastic cup about 5m away from player toward HP
 - If the ball in on the ground: pick up bare hand | On cup: use glove
 - Throw to first: off left foot.
 - 1B: Target should be inside, and be ready for a throw coming outside

SS-2B-1B

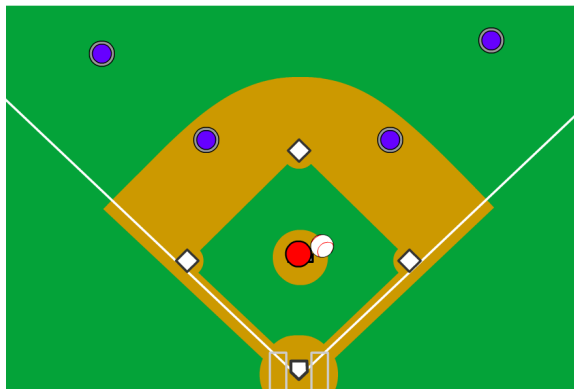
- Vary the throws (groundballs, bouncy, shorts...) AND player (SS-2B)
- Promote quickness to ball, to field in front
- If fielding outside feet, opposite knee goes down
- Make sure the player takes the time to get into proper throwing stance
- If close to 2B: underhand
- Non-fielding player quick to 2B
- 1B can be coach, depending on numbers

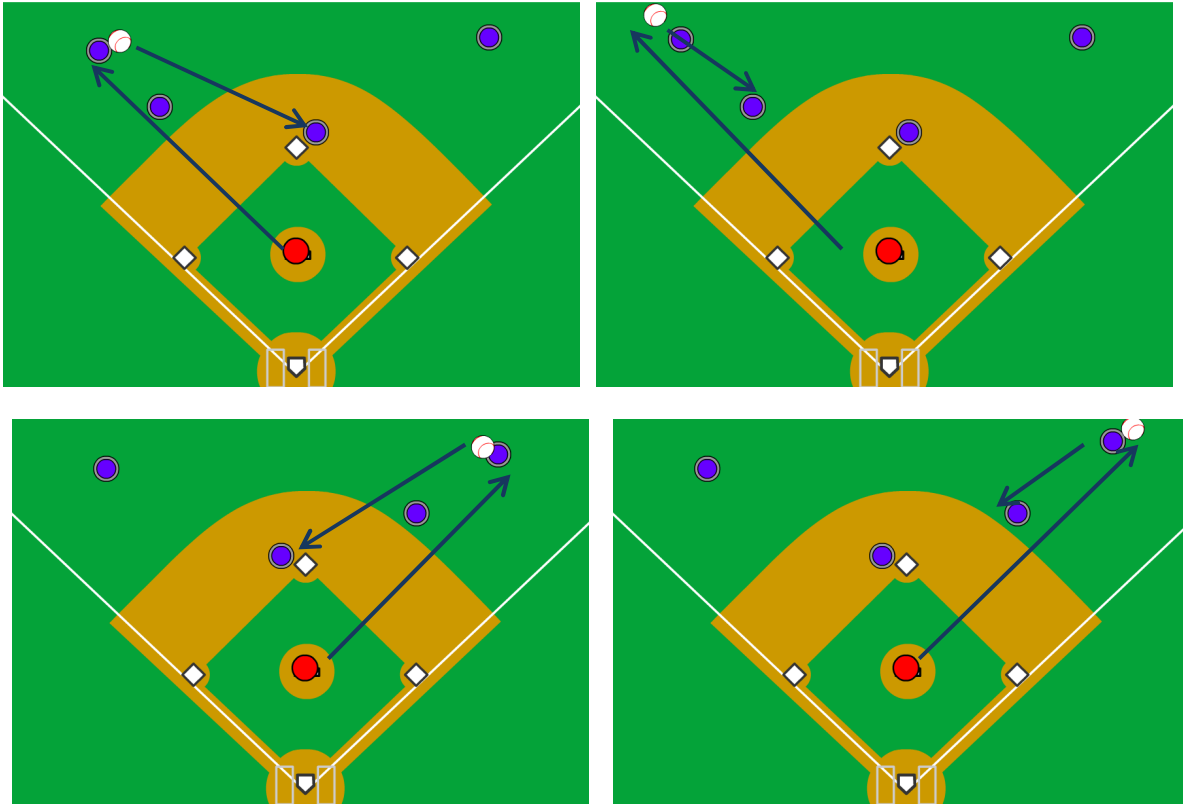
- Rotate 2x, then switch 1B (if player)
- Player goes to the back of opposite queue



SS-2B-OF-OF

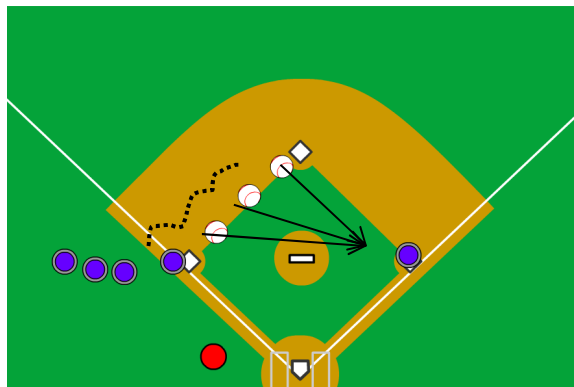
- Throw to either OF:
- Promote OF quickness to ball: no running back: step (back) then run
- Infielder in ball-side to OF. Opposite covers 2B
- Pretend that there is a runner on 2B: Outfielder catches the ball: throw to 2B. Outfielder runs back to retrieve ball: throw to cut-off.
- Rotate every 6-8 throws





SS with 3 piles

- One player at a time running from 3B to 2B
- Finds 3 piles of balls:
 - @ short distance from 3B: shuffle to it
 - @ ~ halfway to 2B: runs to it
 - @ short distance from 2B: runs to it, picks it up outside legs (right knee goes down)
- Throws to 1B. In last pile should step on 2B before throwing
- 1B can be coach, depending on numbers
- If 1B is player, rotate



OF flyballs

- Promote OF quickness to ball: no running back: step (back) then run
- First step: open stride, not a cross-over

Batting

We are at a very difficult stage for batters, having 100% of live pitching which can be expected to vary widely. JBL promotes a large strike zone, so players need to be very defensive. A few items that we should concentrate on:

- At this stage is all about timing, we need to promote good hand-eye with a quick swing. Practice with a variety of balls, angles and speeds
- A lot of corrective actions will be required, do not let a poor swing go uncorrected even if “successful”
- Learn to “push” the soft pitches. Tendency is to pull the ball, resulting in a lot of groundouts.
- Careful with the stride and trigger, should be based on the ball not the pitcher

WHAT WE ARE LOOKING FOR

Stance

- Feet straight ahead, wider than shoulders, no duck feet
- Knees flexed and inside feet
- Hands at shoulder height
- Bat at 45°
- Gentle rocking

<http://www.littleleaguecoach.org/home.aspx?article=924>

Load / Stride

- Negative movement, hands to shoulder, slight torso rotation
- Load to back leg
- Stride: A trigger to start the swing
- Flat foot landing
- Short and soft landing

<http://www.littleleaguecoach.org/home.aspx?article=925>

Swing

- Rotate from the (back) ankle up: squish the bug
- Head leveled
- Palm up palm down at contact
- Arms should not be fully extended. Power “V”
- Keep bat on the plane of the pitch

Finish

- Balanced
- Follow through

DRILLS

At first we should concentrate everyone’s fundamentals. We should do BP every practice, with soft side tosses, front pitches and some back tosses (for quicker hands). And lots of tee-practice.

COMMON PROBLEMS

At this stage it is all about fixing problems. Players develop bad habits that should be corrected ASAP, even if these cause short-term success. Try not to overwhelm the player by suggesting too many fixes at once.

Upper Half

See <http://www.littleleaguecoach.org/home.aspx?article=928>

Problem	Drill
Long swing (arms not in power V)	High tee, at chest level Deflated soccer ball on tee
Drop hands (hands go down from shoulder, not back)	High tee, at chest level
Poor upper half rotation	Walk to tee

Lower Half

See <http://www.littleleaguecoach.org/home.aspx?article=927>

Problem	Drill
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Anchored back foot (no rotation)	No bat, arms stretched, rotate Wall drill: hands against wall, stride, rotate
Back leg collapses	
Forward fall	
Spinner	

Balance

See <http://www.littleleaguecoach.org/home.aspx?article=926>

Problem	Drill
Falling after swing, in any direction	Tee, hold finish for 3 seconds

Stride / Timing

See <http://www.littleleaguecoach.org/home.aspx?article=925>

Problem	Drill
Bat around neck	Stride and load, 10 reps
Drop hands (hands go down from shoulder, not back)	Tee, pause after load
Poor timing	Tee, 3 stride and loads, then swing
Harsh stride	2 claps: 1-Load, 2-Stride- repeat Bucket in front of stride (6"). Quick tosses

JERICO BASEBALL LEAGUE: MAJORS B

When on base, runners must be aware of 3 things:

How many outs are there?

Am I being forced to run?

Has the ball hit the ground, or is it in the air (groundball or flyball)?

The importance of groundball vs. flyball, is that runners can NOT advance to the next base until the ball has either touched the ground, or has been caught in the air. When a runner takes off after the ball has been caught in the air it is called 'tagging', more on this later. If the runner is off the base when a flyball is caught, he must return to touch his base, and either remain there, or tag.

On being forced to run, if ALL bases behind the runner are occupied, then he is being forced. In the next diagrams, runners with an **F** are being forced.

Groundballs:

Regardless of number of outs:

If you are being forced:

RUN! You have to 'make room' for the runners advancing behind you, so you must run.

If you are NOT being forced:

You do not HAVE to run. A *Rule-of-Thumb* is that if the ball has been caught by an infielder on your path (for example, you're on 2nd base and the ball was fielded by the shortstop), or by the pitcher, you should not run. *Optional:* It is a good idea to take a few steps away from your base, not stay on the base. This will often distract the fielder allowing the batter to reach first (this is called protecting the runner); however, make sure that you do NOT put yourself at risk of being thrown out, just a few steps, no more.

Flyballs:

Running with ZERO or ONE outs:

If you are being forced:

Stay on (or near) your base, and look at the ball to decide what to do... If the ball is

dropped, RUN. If the ball is caught you can choose to advance to the next base (tagging). The runner must make contact with the (starting) base after the ball is caught, so often it is best just to stay on base. *Rule-of-thumb*: if the ball is caught by an outfielder, it is usually OK to tag from 3rd to home (if you're fast enough!). If the ball is caught by the right-fielder, it is usually OK to tag from 2nd to 3rd. When tagging from 2nd base and 3rd is occupied, be aware of the runner in front of you, if he's not tagging, neither should you. *Optional*: It is usually never OK to tag from 1st to 2nd; because of this, it is OK for the runner on 1st to take a few steps away from 1st base when the ball is in the air (to get a head start in case the ball is dropped), if the ball is caught, return to 1st.

If you are NOT being forced:

Stay on (or near) your base, and look at the ball to decide what to do... If the ball is dropped, you can choose to run if you think you can beat the throw. If you're on 2nd and 3rd is occupied, and you choose to run on a dropped flyball, make sure that the runner from 3rd is running too; if he's not, then neither should you. If the ball is caught you can choose to advance to the next base (tagging). Same tagging rules as before.

Running with TWO outs:

Regardless of being forced or not:

RUN! You have nothing to lose: if the ball is caught it would be the third out, otherwise you get a head start.

Infield Fly Rule:

The infield fly rule is enforced to prevent the defense into manufacturing a double-play by deliberately dropping a fly ball. The rule states that if a fly ball is catchable by an infielder (even if in the outfield grass) by 'normal effort', whenever there is a force-out on 3rd base and fewer than 2 outs, then the umpire (home or base) will point up and yell 'batter out'. The batter is declared out, removing the force so the runners do not have to advance.

Note that

- The Infield Fly Rule applies even if the ball is not caught.
- For the Infield Fly Rule to apply, the umpire needs to declare it. If (s)he

forgets to call, then there is no Infield Fly and play continues as normal.

- The play is not dead when an Infield Fly is declared. If a runner advances at his own peril (s)he can be tagged out. Remember that there is no force, so the runner would have to be tagged out. As a runner, it is best to stay on base when an Infield Fly is declared.

Calling Defensive Plays

It is useful for an infielder to call the 'play situation', calling the number of outs and preferred defensive play. This helps everyone focus and prepare for the next play. While at lower levels the coaches might call the play from the bench, we want to promote player development by shifting this responsibility to the players. It will be the responsibility of a middle infielder (2B / SS) to call the plays. The call should be made at:

- The start of each at bat,
- After the play situation changes, even if the same player remains at bat. For example: after a runner steals a base,
- Or, after a few pitches to help regain focus. The call should include:
 - How many outs
 - Where is the preferred play (what base should the infield fielder throw to) Note that the call for the preferred play only applies when the ball is in play (ball not caught in the air) and fielded by an infielder. Balls in play fielded by the outfield will be covered later. On deciding what the preferred play should be, keep in mind:
 - Force outs are easier to execute than tag outs, so *normally* the call will identify on which bases (including home plate) a force out can be executed
 - The call can also include which bases are in play for a tag out
 - It is important to keep in mind situations where a run is critical, and must be stopped. In these cases the focus should be on getting the out at home, even if this is a tag play. These cases include:

Any situation with fewer than 2 outs, where the next run represents the winning run,

ORo Any situation with fewer than 2 outs, where the next run represents the last run on a capped

inning (first 3 innings are capped at 3 runs)

Rule to understand: for a run to count, every runner that is forced must make it to the forced base safely. These situations are NOT a timing issue between run scored and out(s). For example: 2 outs, runners on 1st and 3rd: ball in play, runner scores before out is made on either 1st or 2nd base (both are force outs). Run does NOT count. This is why for the 3rd out is easier to go to a base with a force out, even if there is a runner on 3rd.

- Rule-of-thumb: if the team on defense is leading by a 3 or more runs it is preferable to go for the force out (the easy out), even if this allows a run to score.

As such, the middle infielders would call plays like “one out, force on 1st and 2nd”, or “zero outs, play is at home”. It is important to understand that the call is only for infield plays, and only a guideline. Fielders must use their judgment when making the play, as plays develop where things don’t go ‘as planned’. For example: Runner on 2nd, 1 out, team leading by 4 runs. The call is “1 out, force on 1st base”. Play is a groundball to 3B. Runner on 2nd *should* stay, but for some reason he takes off to 3rd. The 3B should forego the throw to 1st and try to tag the runner.

Coaches will still call defensive ‘formations’ and it is important to understand how these relate to the next play. For example, coaches might call:

- Infield IN: Every infielder should start on the edge of the grass towards home plate, objective is to make an out at home.

- Infield OUT: Every infielder should play on the edge of the outfield grass, but still on the infield dirt. This formation is set against stronger batters usually when there are 2 outs.

- No doubles: 1B and 3B should take one step towards the line. This formation is set when a double would be particularly harmful.

Outfield Play

Where do I stand?

In normal play, the outfielders should be at a distance where they can make a

comfortable throw to 2B, while being as far into the outfield as possible. The LF should be able to see the batter between the 3B and SS; the CF should be able to see the batter between the SS and the P (for right handed batters) and between the 2B and the P (for left handed batters). The RF should be able to see the batter between the 1B and 2B.

What do I need to know in every play?

Just as infielders, outfielders need to be aware of number of outs, where the runners are, and game situation. The play called from the infielders does NOT apply to balls hit to in the outfield.

The main responsibility of outfielders is to keep the ball in front of them. With no runners on base, it is OK to lower a knee to the ground to make sure the ball is blocked. With runners on base, field like an infielder.

Where do I throw the ball?

Groundballs

In this sense, a groundball is any ball not caught in flight. A groundball that has been cleanly stopped by an outfielder should result in a single; in proper play, runners should advance one base and no outs should be made. The main objective after fielding a groundball is to prevent runners from advancing extra bases.

A runner from 3B will score on a ground ball to the OF. Forget about this runner. With no runners on base (except for the batter), the ball should be thrown to 2B. With runners on 1B or 2B, the ball should be thrown to the cut-off player.

In this situation the cutoff player will play in the infield, a few steps inside the grass-area. The outfielder needs to get the ball to the cutoff player as soon as possible. The cutoff player for balls hit to RF is the 2B, to LF the cut-off is the SS and to CF the cut-off is either the 2B or SS standing off 2B.

*** Exception *** on Majors B level, where the runners do not take a lead, it might be possible to make an out on a base from the outfield. However, it would have to be a hard-hit ball and clean fielding to have a chance for an out. In this case, throw to 2B or 3B, depending on where the runner is going.

When a ball goes behind an OF, the target base is 2 bases ahead of most-advanced runner, excluding 3B runner who will likely score. It is important for outfielders to know where the play would go on an extra- base hit. The cut-off should be positioned half way between the point where the OF picks up the ball and the target base, perhaps slightly off to the throwing hand (to allow for a faster catch-and-throw). A proper cutoff positioning should have 4 players in line as the outfielder picks up the ball: (1) Outfielder (2) Cutoff (3) Base player (4) Pitcher. Note that the 4 players are not necessarily inline, but form a slight arc: the cutoff will be slightly off to his throwing side and the P should be slightly off-line with the throw, so he can see both the outfielder and the cutoff.

The cutoff

The cutoff player needs to make himself known to the outfielder by raising hands and yelling "Cut, cut". The cutoff player needs to be aware of the situation, and ready to throw the ball to the targeted base (as per diagrams above), but should make a quick assessment before throwing. If the runners are not running then hold on to the ball, run closer to the middle infield and make sure the play ends there. If the lead runner is too far ahead, forget about him and concentrate on the trailing runner.

Fly balls

In this sense, a fly ball is any ball caught in flight. An out has been made, and if this is the third out the inning is over, however, if there are fewer than 3 outs after the catch is made, the ball is in play and runners can advance after the catch (after tagging). To avoid runners advancing on a tag up, throw the ball to the infield or cutoff as soon as you catch it. With no runners on base, there is nothing to do, simply return the ball to the pitcher.

With runners on base, outfielders must be aware of runners tagging. Infielders should go to their bases to prepare for a throw from the OF; keep in mind that all tag plays are non-force plays, so runners must be tagged. When there is a runner coming to your base, or HP, lift your glove to indicate there is a play. Outfielders should be aware of where the potential tagging-runners are before each play, and should be prepared to make the throw. Throw should go to the closest base in-play, except when the runner to HP represents a crucial run: in this case throw to HP.

Runners must be contacting the base at the moment when the catch is made, if the

runner leaves early an appeal must be made. Infielders should keep an eye on the runner on their base at the time the catch is made, if he leaves early do the following:

Don't say anything, allow the play to continue and finish.

After the play ends, let the pitcher know there is an appeal play on your base. The appeal is made on the base where the runner left early from, not the one he ran to.

Go to your base.

The pitcher, before making any throw or throwing motion to the next batter, will call the umpire's attention and say "umpire, appeal on X base" (1B, 2B or 3B).

Throw the ball to the player on base. If the umpire saw the player leave early, he will call an out at this point.

Outfield backups If an outfielder is not involved in fielding a ball, he will turn to his backup responsibilities. Remember that

back up means being 3 to 5 meters back from the fielder being helped, not on the same spot.

Balls hit to the outfield

On balls hit to LF:

CF will back up the LF. This means running behind the fielder, about 5 meters back, where the ball would go if the outfielder misses the ball.

RF will be in line with 2B, in case a throw is made to 2B. The position of the SS and P is not shown below, see cutoff section above.

On balls hit to CF: LF and RF will back up the CF. This means running behind the fielder, about 5 meters back, where the ball

would go if the outfielder misses the ball. Only the outfielder closer to CF (LF or RF) needs to backup.

On balls hit to RF: CF will back up the RF. This means running behind the fielder,

about 5 meters back, where the ball would go

if the outfielder misses the ball. LF will be in line with 2B, in case a throw is made to 2B. The position of the 2B and P is not shown below,

see cutoff section above.

Other backup responsibilities: Left fielder: With runner on 2B, back up 3B if there is a steal. If there is an infield play to 3B back up 3B.

Center fielder: With runner on 1B, back up 2B if there is a steal

If there is an infield play to 2B back up 2B.

From SS or 3B:

If there is an infield play to 2B back up 2B. From 2B or 1B:

LF back-up 1B on every throw, if possible. Do not change your starting position to allow the 1B backup: first responsibility is to play the ball.

Minors B Training Manual – Team 4

Version 1 – April 15, 2011

The objective of this manual is to serve as a guide towards learning the basic baseball skills. The manual concentrates on 4 skills:

- Throwing
- Fielding ground balls
- Catching
- Batting ¶We will try to practice each of these skills every week, advancing through the progressions at our own pace. Except for T1 (see below) catching and fielding drills should be combined with throwing drills. ¶This is just a rough draft to help us with the practices. We should get creative to incorporate these basic exercises into game-like practices. ¶**Throwing** ¶The objective this year will be to have proper shoulder rotation on every throw. ¶Review of basics:

- Teach the proper leg positions. Glove leg and Power leg.
- Teach the 3-finger grip. For players with smaller hands it is OK to have a 2-finger grip, or whatever feels comfortable.
- Eyes on the target. ¶T1: Throwing to a (non-human) target that is sufficiently far. The idea is to get them to

the point that they can gauge their own strength.

Drill: “Fire squad” : Throw 5-10 balls to a target that is at least 5m out. A bop (inflatable) doll is great for this drill. Have the kids line up on the first base line, placing the target on the pitcher’s mound. Kids should be facing 1st base (righties) or home (lefties). Start them with the glove and ball together at chest level. Give a ‘ready-aim- fire’ order, where they lift back the throwing arm on ready, point to the target with the glove hand on aim, and throw on fire. Front foot should point to the target, back should be at 45deg.

Note: This drill should be done mostly with tennis balls (if available). Main emphasis should be on shoulder rotation. Make sure there is some weight transfer: back leg should lift a bit on the throw.

Fielding ground balls

We should combine each fielding / catching drill with a throw after the catch. We should advance the direction of the throw, starting with a throw to the front (where the ball came from), then to the left (or right for lefties) which is the 'natural' shoulder rotation, then to the opposite side. The target should be a human (coach/parent).

Review of basics:



- Teach the ready position: knees bent, stay low, glove touches ground, ball-hand close by.

- Once ball is in the glove, ball-hand closes, stand up and hold the ball.

F1: Fielding a ground ball from stationary position ☑Drill: Roll ball to the player, first centered then slightly to the side but still inside his feet. Make sure ball enters glove before hand-ball closes. ☑F2: Moving forward towards a rolling ball

- Move towards the ball with hands down and body slightly down.

Drill: Roll ball to the player, first centered then slightly to the side but still inside his feet. Have him take 2 or 3 steps towards the ball. Make sure ball enters glove before hand-ball closes.

F3: Moving sideways towards a rolling ball

- Shuffle sideways towards the ball with hands down and body slightly down.

- Move facing the ball. Do not cross legs (monkey shuffle). ☑Drill: Roll ball to either side of the player, having him take 2 or 3 sidesteps towards the ball. Make sure ball enters glove before hand-ball closes. ☑F4: Fielding a bouncing ball from stationary position

- IF the ball isn't bouncing higher than waist-level: stay in a low position, as if catching a rolling ball. Move glove up to meet the ball as it approaches.

- IF the ball is bouncing higher than waist level: keep knees bent and arms forward at waist level in tiger paws position. ☑Drill: Throw a low bouncing ball to the player, first centered then slightly to the side but still inside his feet. Make sure ball is slow enough for player to move the glove in time. ☑Catching
☑We should emphasise the proper use of the glove. It is there to stop the ball, not to catch the ball. The non-glove hand should be used in every catch to secure the ball. This is the rationale of the oven mitt drill: it shows them to stop the ball with the glove and bring the free hand towards it. It also prevents a common issue which is to rotate the glove before the ball hits it (since they kind of lose perspective of where the hand is). ☑We should combine each fielding / catching drill with a throw after the catch. We should advance the direction of the throw, starting with a throw to the front (where the ball came from), then to the left (or right for lefties) which is the 'natural' shoulder rotation, then to the opposite side. The target should be a human (coach/parent). ☑Review of basics:

- Teach the proper hands position: thumbs together above the waist, pinkies together below the waist.

- Keep an eye on the ball

- Feet apart

- Always start from the 'ready position' (knees slightly bent, hands forward with thumbs close together) ☑C1: Catching their own tosses, positions 1 and 3 (basket catch below waist and high on forehand side) ☑Drill: Using tennis balls and without a glove, have players toss the ball up 1-3 meters and catch it with both hands above the waist on the forehand side with thumbs together. Then, repeat catching below the waist with pinkies together. Switch to a baseball, and repeat with a glove on. ☑C2: Catching from positions 1 and 3 (basket catch below waist and high on forehand side)

- Remind players of tiger paws and alligator jaws.

- Always start from the 'ready position' (knees slightly bent, hands forward with thumbs close together) ☑Drill: kneel down about 3-4 meters from the player. Toss the ball softly at him, letting him know if a high- or low-toss is coming. Repeat for 5 high- and 5 low-throws, then do 10 throws (mix high and low) without him knowing what is coming. ☑Note: If players have difficulty

keeping the opening of the glove towards the ball (turn the glove, having the ball hit the outside of the glove), have them put the oven mitt on. ☐C3: Catching from positions 2 and 4 (above waist in front of chest and low on forehand side)

- Teach players to see the ball into the glove, then cover it with ball-hand.

- Always start from the 'ready position' (knees slightly bent, hands forward with thumbs close together) ☐Drill: kneel down about 3-4 meters from the player. Toss the ball low at the players' glove side, then high at his chest. Repeat for 5 low- and 5 high-throws, then do 10 throws (mix high and low) without him knowing what is coming. ☐Batting ☐The objective should be to have a levelled swing (nice horizontal swing), good follow-through, and to properly rotate the hips. Last year we 'faked' the rotation by starting them in a 'wind up' position: left foot was rotated forward so that there was a tendency to rotate the hip. We also emphasised the body-weight shift by having them 'tap' the ground with the front foot (makes them lean back) and then plant the front foot when they are ready to bat. Now, we should concentrate on a balanced stand and having them rotate the back knee inwards to rotate the hip. Then we can put it all together. ☐Review of basics:

- Select a proper bat: player should be able to hold the bat with an extended arm for 20 seconds.

- Teach proper grip: bottom hand with firm grip, top hand touching bottom hand, with a lesser grip.

- Check knuckle alignment. Do not overemphasize exact alignment unless it is really bad.

- Align the front foot with tee and move back/forward so that holding the bat with one hand, the player can touch the far side of the plate with the end of the bat.

- Stand with feet at slightly more than shoulders-width apart. Bend knees a little. Turn back foot inwards a little.

- Bat should be inline with back leg, at 45deg from vertical.

- Shift weight to back leg. Bounce a little tapping the front toe in the ground. Stop the bounce. Take a deep inhale. Exhale. Twist back leg by bringing the back knee inwards. Make sure hips rotate before shoulders.

- Follow through. B1: Batting from a tee. ☐Drill: have the players bat off the tee 10 times. Between each swing, make sure they re-grip the bat and reset their positions. They should be able to rotate the back leg when batting from a tee. ☐Note: observe the players' head, make sure they keep visual contact with the ball. If unsure, mark a black dot on the ball facing back, and have them stare at it. If heads turns before batting, make them bite the shirt on the front shoulder. ☐B2: Batting from 2 tees. This is a great exercise to teach following through and develop a levelled swing. ☐Drill: Same as B1, but place another tee about 1 ft in front of the first tee. Have the kids hit both balls. ☐B3: Batting with the pitching machine.

- Emphasize the same steps as in B2.

- Have player take a deep breath, exhale and give the coach a small signal (head bob) to know his ready. ☐Drill: have the players bat off the machine 5 attempts. Between each swing, make sure they re-grip the bat and reset their positions. If they become too 'self conscious' about the rotating back leg, they should go back to the rotated foot until this comes naturally. ☐B4: Batting with the pitching machine with small step forward

- Emphasize the same steps as in B3, except that they will toe-tap before the pitch..

- Before swinging, take a small step forward with the tapping foot. Then rotate the back leg. ☐Drill: have the players bat off the machine 5 attempts. Between each swing, make sure they re-grip the bat and reset their positions.