Baseball Coaches Mini-Course

Quick Steps to Ultimate Baseball Coaching Excellence

FREE Download

Best Baseball Practice Methods and Procedures

Super "CHECKLIST"

www.coachandplaybaseball.com

Baseball Coaches Practice Checklist

Loves to Run Practice

- Enjoys Teaching
- Practice is the Coaches 'Time to Shine'
- Provides Multiple reps, ball touches, swings, ball handling
- Can demonstrate, model, show and explain.
- Games for Kids: Step back, manage, stay out of the kid's way.
- Introduce tactical situations…outs, counts, score, rules,
- and baseball IQ

Managing Your 'Flock

- Includes Classroom management skills
- Establishes rules & procedures
- Explains expectations and behaviors
- Positive communication reinforcement skills
- Aware of voice tone, and voice level
- Knows how to 'Build them up—Not tear them down'
- Not expected to be a subject expert in all things in baseball.

Practice Organization

- Uses the "3-Team-It" Template
- Batting Practice using (3) three groups
- Lines: Shorter the better
- Lectures: Shorter is better….no 'blah'…'blah'…'blah'
- Avoid stopping practice for (1) One player (take them to the side)
- Embed Conditioning: No Laps.
- Provides Reps, ball touches, swings, ball handling, long thro

Coach and Play Baseball Web Page

Enroll in the FREE Mini Coaches Course by Dave Holt

FREE Mini-Coaching Course

Coaching Youth Baseball PODCAST

Baseball Coaches Practice Checklist

Incorporate Mini-Competitions

- Play for 'something'
- Add competition to the drills and activity
- Keep track of points, make a 'game' out of it.
- Trick them by disguising the activity into a mini-game.
- Track points, use a stop watch, throw to a target
- Drills kill skills. Make every drill a mini-competition.

Practice the Stuff that Happens the Most

- Routine grounders, throwing to 1B, 2B feeds, fly balls, pop ups, pickles, hitting.
- Not much time if any on 'trick plays'
- Establish a catch & throwing warm-up including….
- 1. Long toss (2.5 x the base distance)
- 2. Use the 'Fast-catch' competition
- 3. 'Bow & arrow' PRO throwing technique
- Avoid the 'Situation Game' too slow…not enough reps
- Use the 'Rapid-Fire fungo drill…more reps in less time.
- End Practice with a 3-Team-it Coach Pitch Scrimmage

Everyone is a Shortstop

- All righthanded kids practice at shortstop
- Lefties play 1B, Pitcher and OF
- Develops ball handling, transfers, strong arms, athletic moves
- Play multiple positions
- Avoid the 'pigeon-hole' and keeping kids at 2B, or 1B or OF
- Use the 'Rapid-Fire' Fungo Drill (Enroll in Mini-Course)

Coach and Play Baseball Web Page

Enroll in the FREE Mini Coaches Course by Dave Holt

FREE Mini-Coaching Course

Coaching Youth Baseball PODCAST

Baseball Coaches Practice Checklist

Everyone is a Pitcher

- Encourage every kid to try and pitch
- Need minimum of (8) pitchers in your pipeline
- Work them on the side during practices
- Use 3 to 6 pitchers per game.
- Better to pitch 6 kids one inning each… than 1 pitcher all 6 innings
- Important to build pitching depth at all age levels.
- Velocity is great but strike throwers are very valuable.

Don’t Forget the “Intangibles”

- Are helping kids reach the 60/90’ fields (high school funnel)?
- Are you helping kids become better people?
- Better teammates, avoid sarcasm, back biting, blaming.
- Sportsmanship, classiest team in the league.
- Respect opponents, umpires, play hard, compete, hustle
- Body language: Bad Body Language is a ‘rally killer’. No ‘BBL’
- Helping kids manage failure, have grit, bounce back, shake it off.

Unleash Your Kids to Swing-it!

- Kids go as far as their bat takes them
- Better to have a culture of aggressiveness
- Let it fly, swing-it, don’t focus on ‘having a good eye’
- Hitters have the most fun, play longer, enjoy the game more.
- Discourage bunts and walks age 14 & under.
- Who will survive the 60/90’ fields? Kids that can hit the best.

Coach and Play Baseball Web Page

Enroll in the FREE Mini Coaches Course by Dave Holt

FREE Mini-Coaching Course

Coaching Youth Baseball PODCAST