



Ponderosa Little League

Coaches Clinic

Feb 2023



Tball/A

- ❖ Welcome & Intro
- ❖ Practice Structure
 - “Start Together, End Together”
 - Clear start of practice focuses attention
 - Let’s players know what to expect in practice that day = Limits repetitive questions
 - Dynamic warm-up to get blood pumping/bodies moving vs. Static stretching
 - “Get ‘em smiling, get ‘em tired, get ‘em home”
 - Keep them moving FAST
 - Baserunning & Position Sprints – Two birds with one stone
 - Teaches critical skills while conditioning/burning off some extra energy
 - Red light/green light – make it fun for them
 - Water breaks as a tool for harnessing focus & energy
 - Always look for opportunities to eliminate idle standing time
 - Utilize assistants, break out into smaller groups/rotate focus every 4-6 mins
 - “We don’t know what they don’t know”.
 - Speak in words they understand, not baseball jargon
 - Show them!
 - Avoid advanced concepts they can't handle and don't matter at this level



Tball/A

- ❖ PLAY CATCH – Spend the time.
 - Receiving: Teaching catch is as important as teaching how to throw.
 - Two hands, thumbs up, big target
 - Catch & Cover
 - Thumbs up, Thumbs down
 - Barehand catch with tennis balls, whiffle balls, even socks at home (hand-eye coordination)
 - Throwing:
 - Athletes not robots
 - Step & throw
 - Eyes on target
 - 2 or 3 finger, backwards C, split the baseball
 - Reach back/“Feed the horse”
 - Catch Groups
 - 3 Players to 1 Coach or Lines & Coaches.
 - Throwing into a net or at targets

Tball/A

❖ Fielding

- Be an athlete (positioning comps to soccer, basketball etc.)
 - Stable Base
 - Down Low
 - Hands out front (triangle positioning)
 - Glove on ground
- Understanding the different positions
- Roll GB's/cut the distance, throw to Sock Nets
- Don't complicate getting outs – Field it & throw it to first





Tball/A

❖ Hitting

- Try to hit everyday!
- Focus on basics
 - Holding bat properly
 - Standing properly
 - Swinging level (across a tee)
- Prioritize volume swings over mechanical/technical coaching
 - How? Small Groups & Stations
 - Multiple tee set-ups
 - Sock nets
 - Wiffle Balls/Foams
 - Add games to end of practice:
 - King/Queen of the bat
 - How many hits in a row, etc.
- Aim for the bat at first
 - Coaches can help reinforce concepts/build confidence
 - See their bat path and throw/toss the ball at it for them
- Think big & use the whole field