

Baseball WA

Skills & Drills Manual



BASEBALL
WA



WARM UP

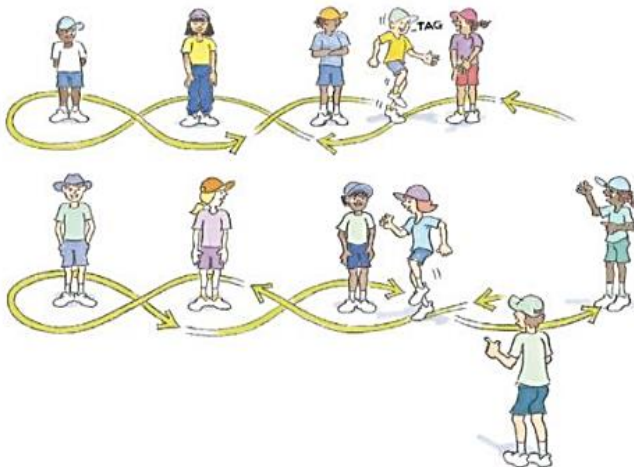
Plan and conduct activities using a game-based learning approach to ensure fun and maximum participation

Running

1. Sprint Relay: Teams of 5-6 line up in single file. On signal, first person runs down around cone and back to tag next person. Continue until whole team is back in original position, standing straight



2. Weave Relay: Teams of 5-6 players line up with 1-2m apart. On the "go" signal from the coach the last person sprints down weaving between each member of his/her team. Players then go around front person, and weave back to tag next person in line. The second runner weaves down around front person and around back and tags third runner. Repeat until front runner weaves back to his/her position.

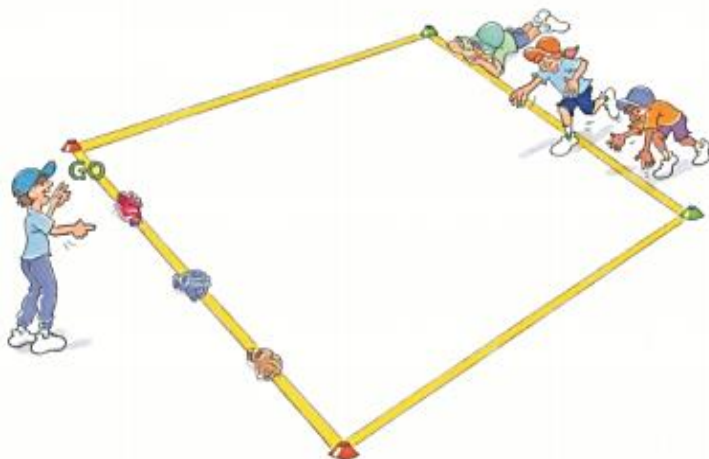




3. Chain Relay: Line players up, in groups of four-to-five, behind a cone. On the "go" signal from the coach the first runner runs down around a cone about 10-20m in front, continuing to the back of team. Then whole team hold on to each other's waists and run as a "chain" down around front cone and back to original cone without breaking the chain. If the chain is broken all players must stop and reconnect before they continue the relay. After the team returns to the original cone, the new front runner runs a circuit around the cone and joins the back of team. The group then again runs as a chain. This sequence continues until all runners have run individually and all runners have run at head of chain.



4. Grab the glove: All players lie face down on the ground in a straight line. The coach spreads enough gloves for each player out in front of the team at various distances. On the "go" signal from the coach the team stands and races to get a glove. Variation: Leave one fewer gloves than players in an series of elimination races.





LONG-TERM ATHLETIC DEVELOPMENT (LTAD)

▪ Outline the LTAD model and approach

- Long-Term Athletic Development (LTAD) is an approach that attempts to provide age-relevant activities and challenges to produce the best possible long-term outcomes for each player.
- The first stage -FUNdamental Stage.
 - FUNdamental Stage focuses on the establishing all-around movement capability, learning through activity (i.e., a games-based approach), and establishing a positive attitude toward physical activity.
- The warm-up provided within this Manual is much more than a warm-up. It is a mild conditioning activity to start the LTAD process.
- Competitive elements will emerge naturally among young children; this renders adult-imposed competition of little, if any, value.

Moving Activities:

Form lines along the outfield foul line, with the players moving 5m to 20m.

1. Side skip: sideways skip with rhythmic arm swing



2. 360: while jogging, complete two rotations in each direction





3. Carioca: moving sideways, rear foot alternates between going in front and going behind front foot.



4. Lunge walk with high knee: nice long lunge and lifted foot passes higher than other knee



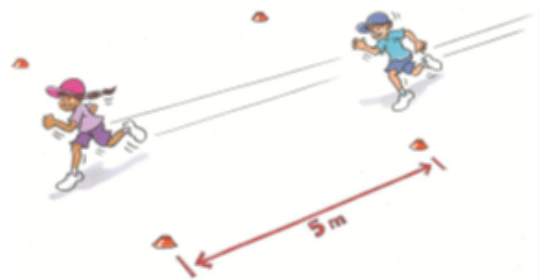
5. Frankenstein: stiff-legged raise, out back down under control – don't slam it down



6. Walking knee circle: swing knee out & forward in a circle as it comes forward



7. Flying 5m sprint (3-5 reps): take a run-up and sprint as fast as you can for 5 metres





Stationary Activities:

1. Arm march (5 each side): staying up in “pushup” position, touch same-side shoulder with alternating hands



2. Scapula Superman (5-10): wrists & elbows held as high off the ground as possible throughout the movement; move hands forward & backward slowly and under control.



3. Swimmer (5 each side): staying up in “pushup” position, touch same-side hip with alternating hands



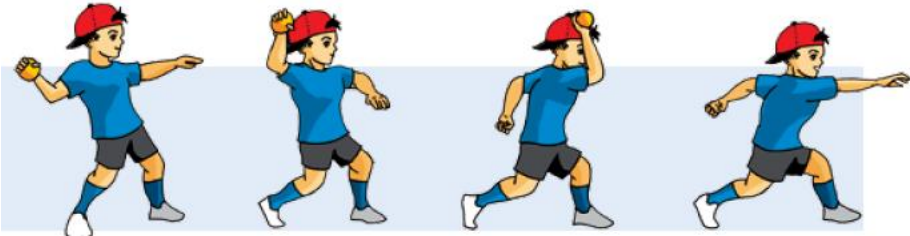
4. Arm swing: up and down; across & back; goal posts; back pats; and trunk twists (5 of each)





Dissecting the Throw

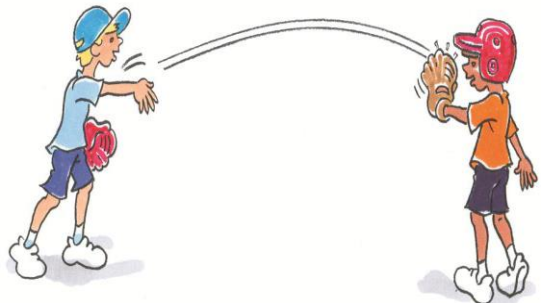
- Point non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target)
- Throwing arm way back behind head
- Step with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot)
- Follow through by letting your throwing arm come across the opposite side of your body
- To get the feel of the full throwing motion throw at something that is far away or throw hard



Instruct catching the ball with hand in backhand position

Fielders must learn to catch a ball thrown to their backhand side.

- Receiver stands side-on with glove-side shoulder toward thrower;
- Thrower lobs ball above waist to face-side of receiver. Receiver reaches forward to catch ball on his/her backhand (i.e., thumb lower than fingers and with palm facing the ball); and
- Gradually square the receiver to the thrower, as players become more comfortable using the backhand.

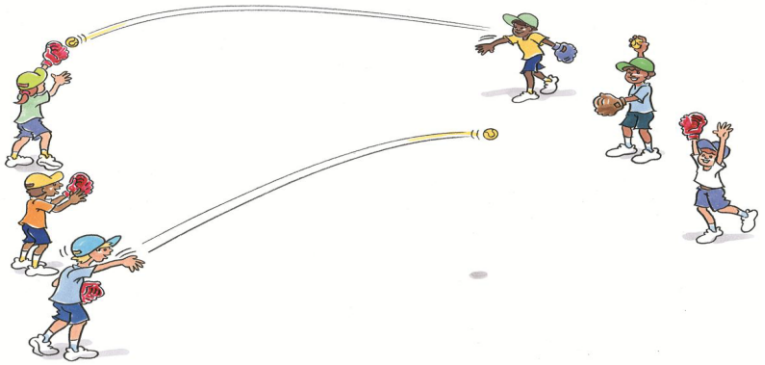




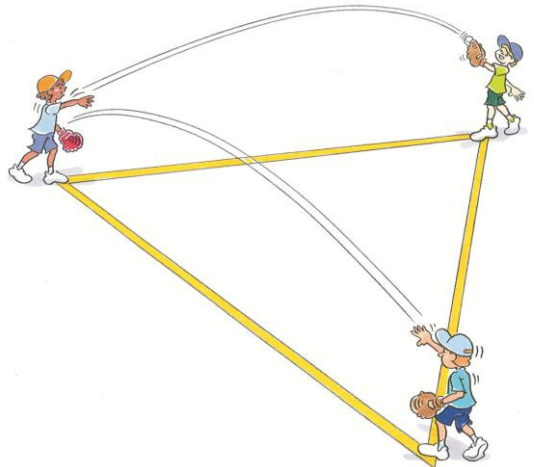
Throwing

Engage players in a variety of activities to develop their throwing ability

1. **Play catch:** Ensure each pair is throwing ball parallel to other pairs. Adjust task to suit individuals.



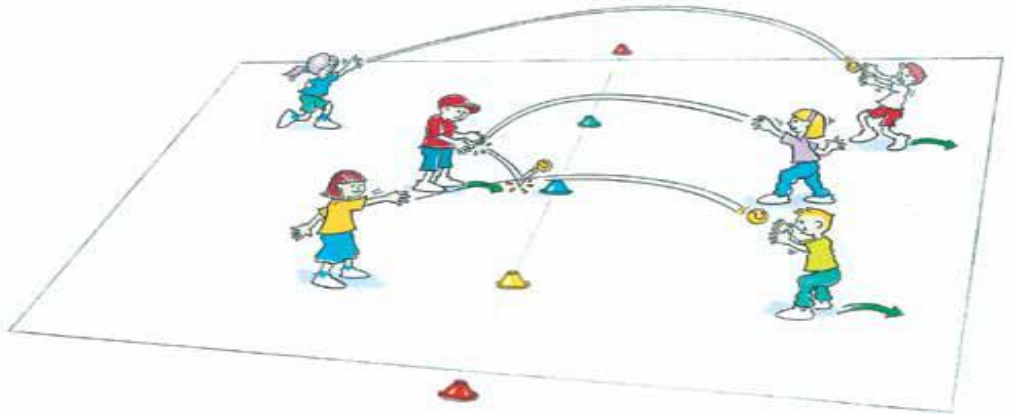
Square or Triangles: Space players, in groups of three-or-four, about 5-15 m apart. Throw the ball around the triangle or square clockwise. Encourage footwork. Variations: Throw anti-clockwise, or reverse pivot.





Long Throw

- Players are to throw a baseball and catch it in their glove without dropping it advancing further apart when the ball is caught on the full and not dropped.





Throwing Games

Throw at Target

Skill Objective: Players learn to throw accurately

Equipment: Glove, Target (e.g., Frisbee, rubber disk, rag, etc.), Fence, and 5 Baseballs.

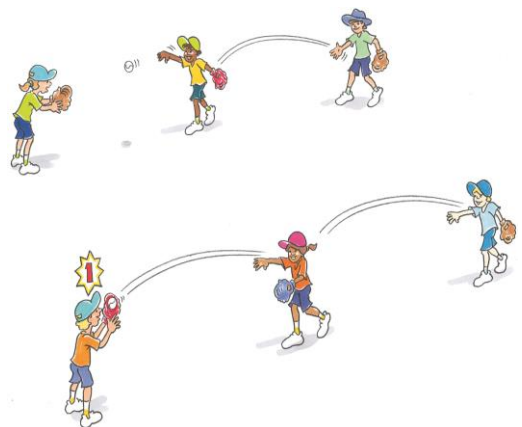
Set up: From 45-60 feet, players will throw at target, keeping score of how many times they hit the target out of, say 10, attempts. Try to improve every week.

Skills to practice: Visual target acquisition and feedback.



Pony Express (a relay race): Spread players, in teams of four-to-six, about 5-15m apart in line.

- The ball starts at one end and must pass in relay.
- Each player catches and then throws in turn, along the line and back.
- Variations: Assemble the team in a circle and throw the ball clockwise or anti-clockwise;
- Try to beat previous best time;
- Two teams in competition.





Fielding

Fundamentals of Fielding

1. Ready position:

- Be alert with a wide base;
- Be balanced, athletic, and ready to go in any direction; and

2. Go get the ball:

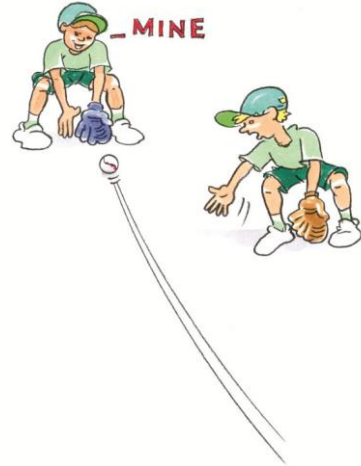
- Move quickly to get into the best position to field the ball;
- Don't stand and wait – "Go get it"
- Lower into fielding posture as you approach the ball.

3. Field the ball:

- Move through the ball as you field it
- Use a wide base – spread your feet;
- Keep your head over the path of the ball; and
- Keep your hand and glove out in front of your face,
 - So you can watch the ball into your glove

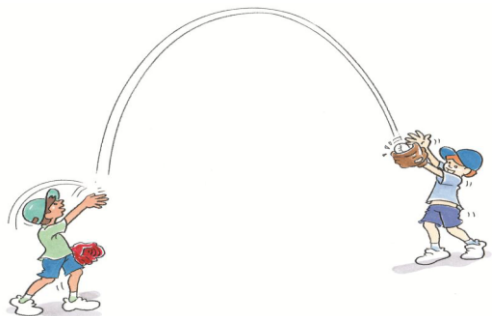
4. Replace your feet:

- "To help with your throw, hop like a crow": the right foot goes to the left foot and the left foot goes to the target.



Partner lobs:

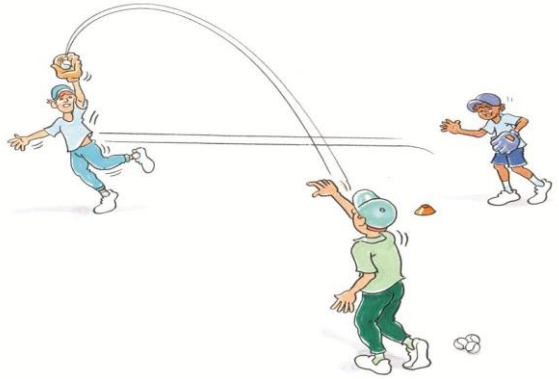
- In suitable pairs, alternate throwing the ball up for the other to catch.
- Challenge players to catch the ball above their eyes.





Running fly balls:

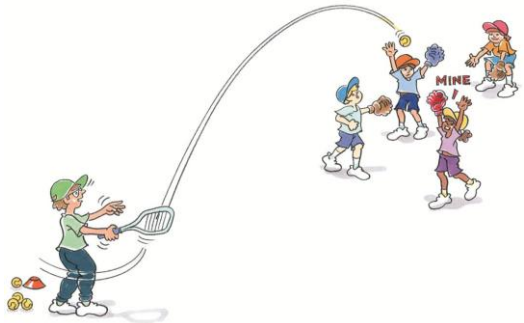
- Players start running and the then coach lobs, throws or hits a ball so it can be caught on the run.
- Challenge players to catch the ball with one hand when running.



Fielding Games

Tennis racquet fly balls:

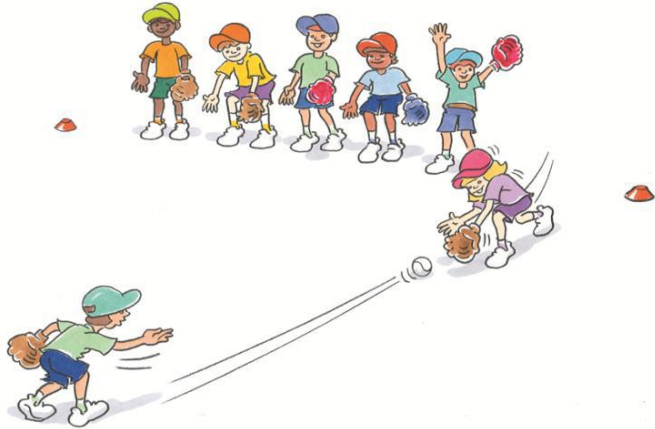
- Coach or players hit tennis balls in the air for players to catch.
- Split the group in to two teams, and see how many each team can catch.
- This drill can work on communication and team work.





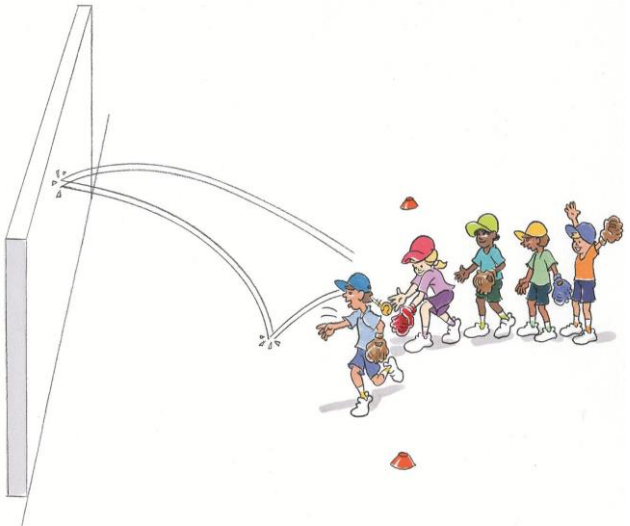
Groundball relay:

- Form teams of equal numbers.
- Teams stand side-by-side and face the team “leader,” from 5-15m away.
- The leader rolls the ball to the end teammate; teammate fields the ball and rolls it back to the leader.
- The leader then rolls the ball to the second teammate, and so on.
- Once reaches the end, everyone shifts down a spot, the old leader joins the line, with the last person to receive running to become the leader.



Baseball Squash:

- Line up two-to-10 players in front of a wall, with an imaginary line between two markers 8-20m from the wall.
- Players line up and must play in sequence, in order.
- The first player throws the ball at the wall and attempts to bounce the ball off the wall and between the markers.
- They then shift to the back of the line, allowing the next person to field it.





Dissecting The Swing

Explain the intent of the swing

- The goal is to hit long line drives.
- A “line drive” is ball that is “driven” hard so that it travels in a straight line.
- In order for the ball to travel a long way, it will need some elevation, but should not be lifted in a loopy arc.
- Remember: The aim is to drive it to the wall. This goal must be the focal point throughout all hitting drills



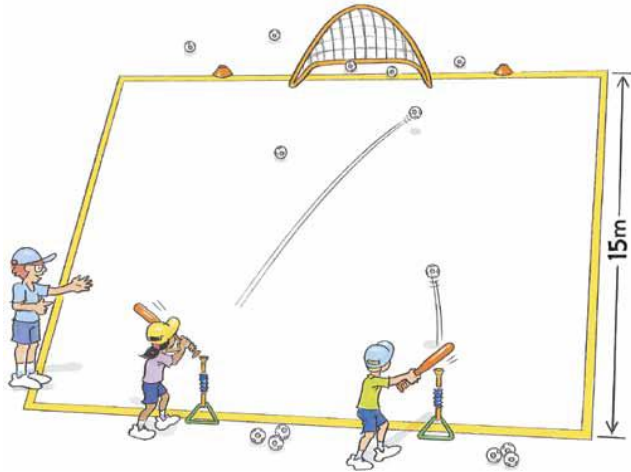
3 Phases of Hitting

- **Stance:** Keep an athletic and balanced stance, side-on to the pitcher, with the bat held naturally in vicinity of rear shoulder;
“Hands up, next to ear”
- **Load:** Shift weight back to prepare for a forceful swing; and
- **Swing:** Find the best way to get the barrel of the bat travelling hard and flat through the contact zone.



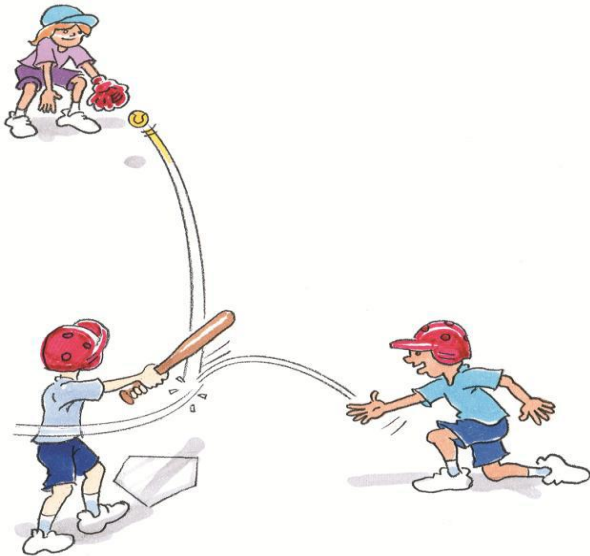
Target tee:

- Mark out a line with the tee/tees spread out across it.
- Let the kids take 5 swings off the tee seeing how far they can hit it.
- Can incorporate a target for the kids to aim at.
- Wiffle balls are a great alternative as they won't travel as far.



Side toss:

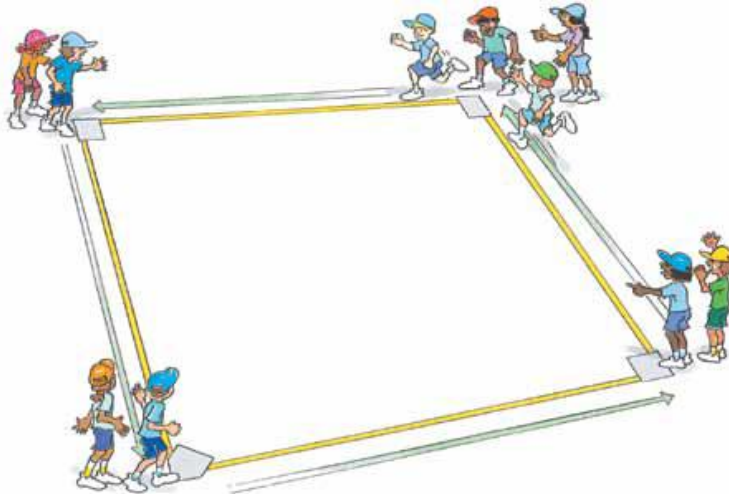
- work in threes or fours.
- Partner kneels on one knee, in position to lob the ball, from the side, into the hitting zone (about waist high and adjacent to the front foot). With a rhythmic motion, so that the hitter can prepare to swing, the partner lobs the ball softly to allow hitter to hit the ball hard.
- **MAKE SURE** that the partner is on the side and well out of the path of the batted ball.



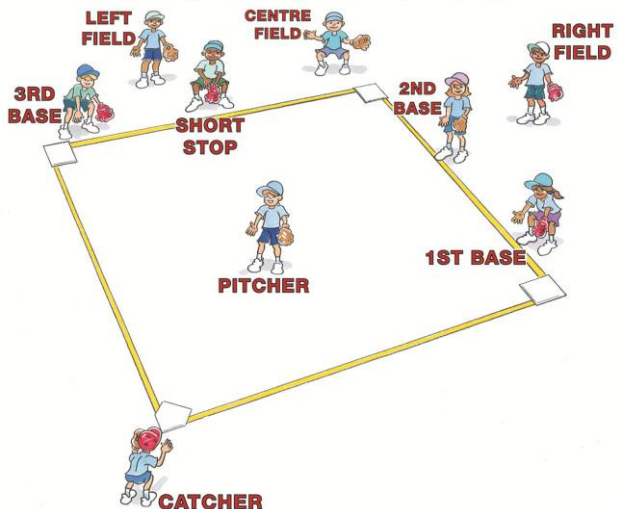
Baserunning Games

Relay Race:

- Set up a baseball diamond with base plates spaced at correct distances apart.
- Divide players into two teams.
- Have one team start at second, and the other team start at home
- A runner runs all the way around, and then tags the next team member to go.
- Continue this process until the final team member reaches home plate.



Positions on the Diamond

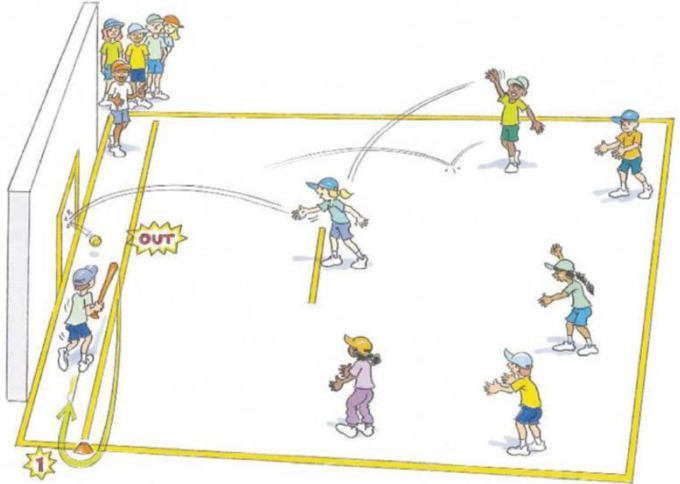




Games

Continuous Baseball:

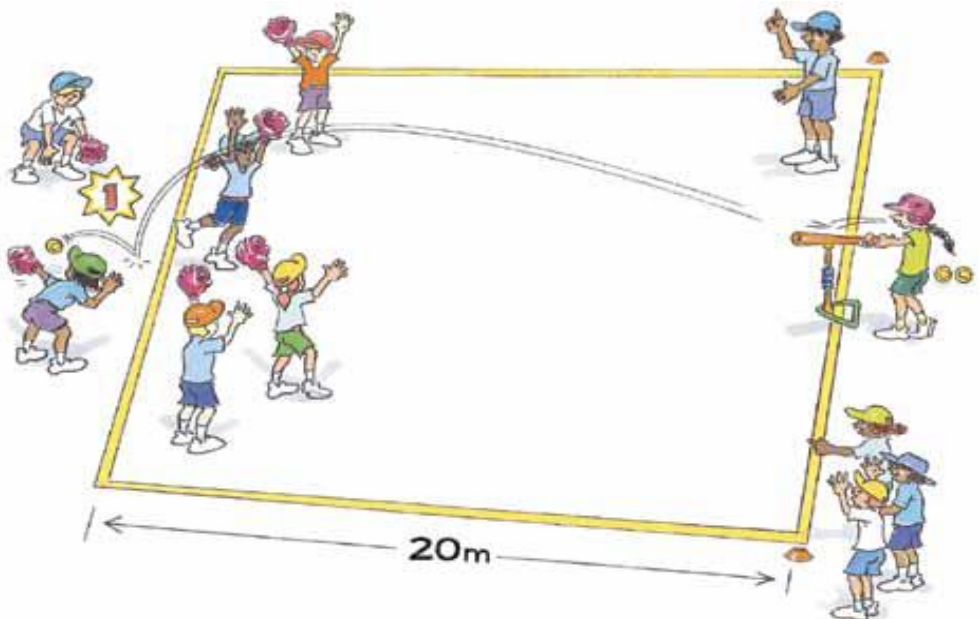
- Teacher or student stand 10-12m away from target marked on wall (strike zone or hoop).
- Fielders field the ball and throw it back to pitcher who attempts to lob ball underarm to hit strike zone, whether hitter is back or not.
- Hitter is out, if hit ball is caught, or if pitcher lobs ball to hit strike zone. Hitter once out must pass bat to next hitter before pitcher pitches ball.
- Game is continuous i.e. pitcher pitches whenever they have ball. Hitting team changes over at the end of each innings.
- Hitters score runs by running around cone placed 10m away (from strike zone and back to home base).
- All out, change over. Change pitcher regularly.





Over the line:

- A competitive hitting game where a team attempts to hit a ball between two markers.
- The defending team tries to prevent the batting team from scoring.
- Place a hitting tee on the ground and then place two markers (10-25m away from the tee).
- Split players into two teams, a hitting and fielding team. Can be played with 3-6 players a side).
- The hitter attempts to hit a ball from the tee between two markers.
- Ball must touch the ground on far side of markers to score a point.
- Defending team position themselves to prevent batted groundballs from passing
- Between markers, and to prevent fly balls from landing over the line between the markers.
- Hitter continues to hit until he/she fails to score.
- All players bat once, then the teams swap roles.





PitchHit&Run

PITCH:

- TARGET 30 feet away from throwing markers
- 5 Baseballs
- Each Pitcher, 5 throws, score X/5 each attempt in hitting the center "Strike" Zone of the net.

HIT: Option 1: 1 Tee Option 2: 2 Tees



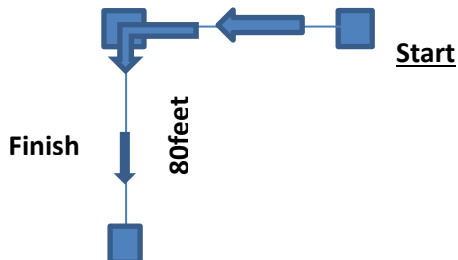
- Extend measuring tape out from Tee/Tees. (If Further than your measuring tape, estimate the distance.)

3 ATTEMPTS: Have each batter hit the ball as far as they can along the Measuring tape.

Record the distance of the ball once it has stopped rolling.

Only record the furthest hit of each attempt.

RUN: Set up Bases/Markers 80 feet (25m) Apart. Then another on a 90° angle 80 feet (25m) away. The base runner will be timed from when they ~~80 feet~~ start till when they finish (touch the last base).





Acknowledgements

Aussie T-Ball After School Manual

http://www.ausport.gov.au/__data/assets/pdf_file/0007/477772/AASC_Aussie_T_Ball_manual_v1.0_-_4_11_11.pdf

ABF National Coaches Accreditation Scheme Manual

[http://baseballvictoria.com.au/Portals/34/L2%20Manual%20\(Edited%20October%202013\).pdf](http://baseballvictoria.com.au/Portals/34/L2%20Manual%20(Edited%20October%202013).pdf)

ActiveSG Sport Singapore Developmental Phases: Overarm Throwing. Pg 85

https://www.myactivesg.com/~media/consumer/files/start%20out/children%20and%20youth/guide%20for%20parents/fundamental%20movement%20skills/object%20control%20skills/fms_kitforparents_object_control_skills_overarm_throwing.pdf



Group Sheet

Print x3 so one rotates with each group

<u>#</u>	<u>Name</u>	<u>Pitch (out of 5)</u>	<u>Hit (Furthest hit)</u>	<u>Run 1</u>	<u>Run 2</u>
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Notes
