

# Six Skills for OYO Coach Training

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## Hitting

Discuss: Grip, hand position, keep head still, start with lower body, hands close to body, keep wrist angle, release wrists after contact

Hit from a tee

Soft toss

## Catching a thrown ball

6 positions:    1) Left above waste                      2) Center above waste                      3) Right above waste  
                         4) Left below waste                      5) Center below waste                      6) Right below waste

Always use 2 hands, thumbs together above waste, pinkies together below waste

Palms always forward

Older: Catch in a position to throw                      Younger: Catch and move to throwing position

## Fielding a ground ball

Discuss basic position: "Ready" position before pitch, feet a bit more than shoulder width apart, knees bent, butt down, weight on the balls of the feet, hands in front ready to move to where the ball is hit, catch the ball out front with head up – SQUAT DOWN - DON'T BEND AT THE WASTE!

Roll the ball drill – As above, bring the ball to your belly, stay down in squat (10 balls, then switch)

Backhand (off front foot)                      10 balls then switch

Backhand (off back foot)                      10 balls then switch

## Catching a pop fly

Discuss: Glove in front, over the head

Crossover step: For balls hit in front and to the side

Practice both directions

Drop step: For balls hit over your head; Don't backpedal

Practice both directions

## Throwing

Discuss: Glove side shoulder pointed at the target, hands together in front of the chest, front foot steps toward the target while the hands separate, while stepping the glove hand should raise and point at the target, the throwing hand should pull back elbow bent slightly (K position), the thumb of the throwing hand should point away from the player, hand on top of the ball, the glove should stay up during the throwing motion to create balance, the hips rotate and the throwing arm comes forward, the elbow should be higher than the shoulder to avoid strain, the upper body turns and faces the target as the ball is released, the rear foot comes forward as if taking a step to complete the hip rotation and weight transfer while the arm follows through

Wrist flip: On glove side knee, support throwing elbow, flip ball with wrist only

One knee drill: On throwing side knee, shoulder toward target, separate hands, glove up and at target, rotate and pull glove to armpit

Ready throw drill: Similar to above but standing ~30' apart; Step and throw

Back them up drill: Use drill above and keep backing players up to strengthen arms

## **Baserunning**

### 1st base signs

Run through	No sign, verbally encourage players to hustle to the base
Turn	Point toward next base – Encourage players to take an aggressive turn
Go !!	Windmill motion with one arm – Use “banana cut”

### Techniques:

- Step on front of first base - Stepping on back of the base can mean an ankle sprain
- When rounding the base, step on the inside corner - Stepping on the outside corner can sprain an ankle, it's the shortest path to the next base, and you can pushoff the base.
- A runner going from 1<sup>st</sup> to 2<sup>nd</sup> should peak at the third base coach for his sign
  - Arms up – Stop on the base
  - Pointing at the ground with both arms – Slide, there may be a play at the base
  - Windmill – Keep coming, and look for another sign before you get to 3<sup>rd</sup>
- Runner on 3<sup>rd</sup> should tag up on any ball hit to the outfield

## **Baseball**

Leadoff: About 3 wide shuffles, never cross your feet, be quick but don't hop  
corner-to-corner to steal, drop back to round the next base if not stealing  
Watch the pitchers feet – Both of them!

Crossover step

## **Softball**

Rocking Start Technique #1: The base runner puts their left boot on the edge of the base and their right foot behind the left foot, but off to the side of the base. When the pitcher starts her motion, the base runner rocks their body weight back, and then times her right foot striding forward with the release of the pitch, and pushes off the base with their left foot. The benefit of this method is the base runner already has their momentum going forward on the release of the pitch. The drawback to this method is that sometimes the umpire sees the movement out of the corner of their eye and they think the runner left the base early when they actually have not.

Rocking Start Technique #2: The base runner puts their left foot on the front edge of the base and the right foot out in front of the left foot. When the pitcher releases the ball, the base runner pushes off the base with the left foot while striding with their right foot at the same time. The benefit of this method is that there is no confusion caused by the rocking motion before the pitch as in the other method. The drawback is the base runner waits for the release of the pitch to start their forward motion.

Teach the runners to leave the base aggressively on the pitcher's release and get off the base 5-6 steps on every pitch. Then watch for the ball. Once the catcher throws the ball back to the pitcher, have the base runner get back to the base quickly.