

GLENCOE YOUTH BASEBALL
PLAYER COACH DEVELOPMENTAL CLINIC
SERIES



PCDC Infield/Outfield Session #1

Dynamic Warm-ups: (Tony Bastinelli) 10-15 minutes

-Start with a light jog, maybe two / three gym laps, w/ gloves on. Single file, no passing and no walking.

-Split into groups (no gloves) of four to five (will depend on attendance numbers) spaced out along one baseline, facing center court.

Once grouped, emphasize this is NOT a race, this is not a competition, this is meant to get your bodies and fast twitch muscles properly warm. Also, as we do this we go in a straight line with our heads/eyes up, not worrying about the player(s) next to us.

Exercises:

-High knees to the far line. Good form, good posture, light on your toes, not a race!

-Butt kicks back to starting line. Again, good form and not a race!

- Lunges to opposite baseline, twisting your torso towards your forward leg. Torso should be straight and not bent over.

- Karaoke down to other baseline then return karaoke to starting baseline facing the same direction. The players' toes should be very quiet and they should be light on their feet, no stopping.

- Frankenstein's to other baseline. Straight right leg kicks upward to the opposite side hand extended in front. Repeat with left leg kick to right hand extended. Repeat to far line.

-Sprint to opposite line. When there the player will do five air squats. The player will then sprint back to starting line and proceed to complete five Burpee's. This is repeated one time for a total of two repetitions

- Skip-Stomps, really bring the lead foot down aggressively.

- Skip-Jumps, again, not a race and the player should extend their jump and reach as high as they can vertically.

-Sprint to opposite line then backpedal to the middle, then dynamically change back to forward sprint to opposite line then backpedal the full length of the court to starting line.

-Leap Frog jumps, the player should start flat footed swing their arms and bend their knees then jump as far forward as they can. The player will come to a resting position, flat-footed then press their squat up and repeat.

-High Knees to the middle then dynamically change to a sprint and finish at opposite line.

-Butt Kicks to the middle then dynamically change to a sprint and finish at opposite line

Structured Throwing: (Jake and Tony) 10-15 minutes

-Start approx. 10 feet from partner, squared up to partner (toes pointing at target) throw using elbow and wrist only. (Focus in on wrist snap with fingers on top of ball)

- Have far line take five steps back. Feet still squared toward partner (toes pointing at target), full arm throw rotating upper torso so glove side shoulder is pointing at target.

- Far line takes five steps back. Turn bodies to classic throwing position (glove side shoulder pointing at target), step and throw. (This is not a crow hop) Focus on getting arm back, over the top throw, rotate upper torso.

- Far line takes five steps back (should be approx. Home to First distance now). Add “Motion step” or Crow Hop to throw. Focus on stepping toward target, throws should be basically on a line at this distance. Partner fielding should be moving to get in front of the ball.

- Far line takes 10 steps back (approx. Third to First distance). Same motion step throw, encourage getting arch on the throw for younger kids (older kids should be throwing on a line at this distance).

- (Advanced players) Far line takes 15 steps back. This is called “Airliner”. These throws are NOT to be on a line. Players need to use a “Long Arm” throwing motion and have arch on their throws. (This distance it to build strength in the arm, and stretch the arms out)

Novice Group Infield Drills: Encourage SLOW, perfect, lots of reps.

-Ready Position/Creep on Pitch. Athletic stance, feet shoulder width apart, Glove and hand out in front. Move toward the batter on the pitch.

-Getting “Wide” at point of fielding. Teach right-left step at point of attack. Helps kids get glove down and keep head over the ball. (See ball into glove, then find target). Finger tips of glove touching the ground, throwing hand “Hinged” to glove. Glove and throwing hand “Accept” the ball, and move together toward throwing side shoulder.

-Proper foot work to throwing position (Crow Hop). Stay low (many kids want to stand up), throwing side foot steps in front of glove side foot (becomes plant foot) with toe pointing “Outward” to square the body, glove side foot steps toward target.

-**Proper angle to the ball.** If possible, usually is if kids attack the ball, we want to “Banana” to the ball so we are moving slightly toward our target at the point of attack. Field ball closer to glove side foot.



Advanced Group Infield Drills: Encourage SLOW, Perfect, Lots of reps.

All the same drill for Novice Group (These are our fundamentals)

-**Charging a slow roller.** ATTACK, keep moving through the ball, keep head down into the ball (head comes up, glove comes up).

-**Throwing on the run.** After fielding the ball, throw against throwing side foot.

-**Back Handing Ground Ball.** Moving toward throwing hand side, give ground if needed, at point of attack stride with glove side foot, keep head down into the ball, plant throwing side foot, strong throw.

-**Forehand side Ground Ball:** Moving toward glove hand side, give ground if needed, at the point of attack stride with glove side foot, keep head down into the ball, depending on angle to target either pivot body to throw or pack pivot (quicker option).

-**Diving for Ground Balls:** Reason for infielders to dive for a ground ball is to make a play on the ball, but at the very least try and keep the ball in the infield hopefully to prevent a run or giving opponents an additional base. **DRILL:** Player on his knees, roll ball to glove hand side and throwing hand side (approx. three feet to his sides), from his knees player extends to the ball (focus on seeing ball all the way into glove), immediately pop to feet then reset.

Turning Double Plays:

Short Stop Throws- When moving toward second base, use an underhand toss (If not too far away). When moving away from second base, plant/turn/throw. For ground ball right at you, stay low, drop to throwing hand side knee, dart throw.



Short Stop Covering Base- Move in behind the base, stage just behind the bag, step toward the throw with glove side foot, after the catch drag your throwing side foot forward clipping the corner of the base clearing yourself out of the runners path, plant and throw to first. (Have players always throw to first. Some will see the runner getting close and decide themselves that they won't get the runner.)

Another option to cover the bag if arriving early is to have throwing hand foot on the corner of the base, step into the throw (like a first baseman), and upon the catch clear that foot off the base, plant and throw.

Second Base Throws- Moving toward the base use underhand toss (If not too far away). Moving away from the base, field ball and spin to glove hand side (make sure fielder is getting his head around quickly to find target). Ground balls right at you, stay low, drop to glove side knee, and use a dart throw.

Second Base Covering Base- Second baseman should be "Cheating toward second base before the pitch. Second baseman sprints to the bag, and places throwing hand foot on the edge of the base. He now has two options. He can either step into the throw with his glove side, clear inside the base path and make a strong throw to first, or back step after the catch to clear outside the base path and make a strong throw to first.

Outfield Drills: Encourage SLOW, perfect, lots of reps

Reading Batters and Proper Positioning (ALL AGES): Outfield in youth baseball has a stigma of being the position where teams "Hide" players. That might be the worst myth in baseball. At the younger levels few fly balls get hit, but being able to field ground balls, and understanding when/where to back up the infield will keep kids more involved than most infield positions while providing invaluable habits for later in their baseball career.

Reading Batters- At the younger levels, reading the batter might be as simple as is the batter right or left handed and adjusting where you are standing accordingly. When hitting fly balls to your outfield, call out “Right hand batter” or “Left hand batter” and have the kids learn to adjust themselves. As kids get older, start learning if a batter is a pull hitter, does your pitcher throw good curve balls. Most kids will not pull a curve ball to the outfield, but will learn to “Go with the pitch” and hit it harder to opposite field.

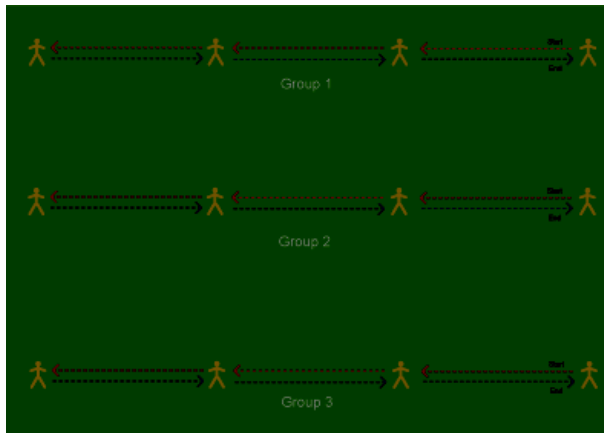
Proper Positioning: Most outfielders should be able to see the physical size of a kid, and make an educated guess if they should back up, or maybe they can creep in a few steps. How about a runner on second base, maybe your left fielder can recognize that and shift a few steps toward the third base line to be in better position to back up a throw to third. The situations are endless, but if you give the kids the ability to think situationally, they will be more involved each pitch and feel they are helping the team more.

******These drills assume most kids can catch a simple fly ball. If your group of kids is still learning to catch fly balls, I recommend that you designate time at each practice to get lots of reps at catching fly balls. They don’t need to be long fly balls, but simply simulate a pop-up in the infield.

First Step Back- While throwing fly balls, point with offhand simulating the ball being hit. Player should drop step 1-2 steps (not back pedaling) then set up under the ball for the catch.

Moving in to Make Catch: Whenever possible we want to be moving in as the catch is made. Continuation of the First Step Back drill, have the fielders now move in to catch an under thrown ball, proceed to crow hop and hit their cutoff man.

Hitting the “Cutoff Man”- Set up relay teams of 3-4 fielders. Fielders on the end are the “Outfielders” and the middle players are the “Cutoff” man. Cutoff men have their bodies turned at about a 45 degree angle with their glove side toward the infield. Outfielders should make a strong and accurate throw to the cutoff mans’ glove side. Cutoff man immediately catches the ball, crow hops, and throws the ball to either the next cutoff man or the end player (Simulating the infielder). Start drill again from the other end this time (Cutoff Man will need to turn around).



Fielding Outfield Ground Ball- Slow moving outfield ground balls can typically be fielded like an infield grounder. The biggest difference, outfielders don't have anyone to back them up. Outfielders should get in front of a hard hit ground ball, charge the ball if needed, then drop to one knee, get the glove to the ground, and turn their body into a backstop. Worst case the ball bounces up off their chest, but the ball stays in front of them



Communication and Backing-up

Communication: Judging the point where a fly ball hit toward an outfielder will land can be difficult at times. Outfielders to the right or left might have a better view to judge the flight path of the ball. Simple communication of "Back" or "In" repeated in a loud voice can assist in getting a better jump on the ball. Rather than having all your outfielders stand in one line to field fly balls, separate them into two lines. Alternate which line you hit to, while the other line reads the ball's flight and directs them either "In", "Back", or "Right There".

Backing-up: Every player on the field has someplace to be on every play. Right fielders should be moving to back up first base on every throw, Center fielders should be backing up any throw to second base, and Left fielders should be backing up every play at third base. Also, outfielders should be backing up their fellow outfielders. For example, a fly ball to right center, the centerfielder calls the ball. The right fielder should be breaking on the ball also. As soon as he hears the center fielder call for the ball, the right fielder should continue running to get deeper than the center fielder in the event he doesn't make the play. Drill: When hitting fly balls to a full outfield, make it the expectation that the nearest outfielder backs-up his teammate. These are instinctual plays that must be developed by making them the expectation in your practices, and holding players accountable for their position. Make sure you point out when players are backing-up as expected to reinforce their efforts to the team.

