

WILD



BASSETT

ELCO Baseball Coaches guide sheet

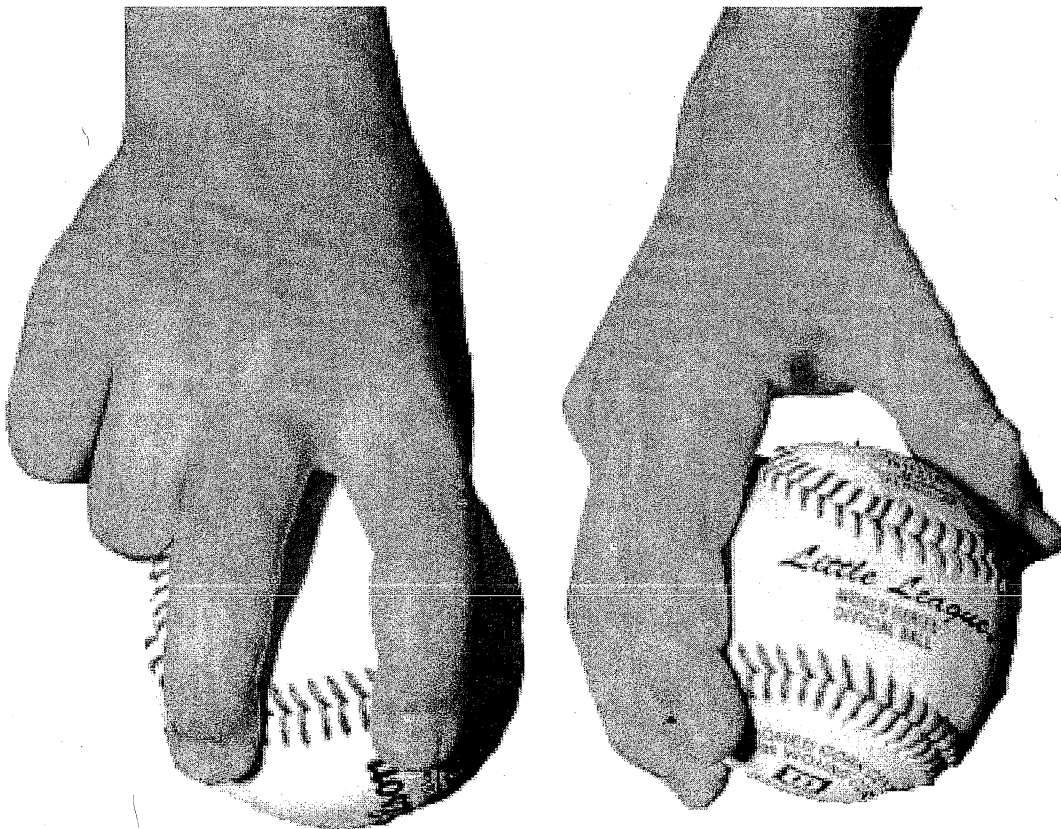
The Raider throwing guide

Four-Seam Grip- This should be one of the first things taught to young players. The sooner, the better. As the player develops the four-seam grip should continue to be reinforced. The four-seam grip provides the truest and straightest flight of the baseball. **See pages 24-25 in the Baseball's forgotten Basics**

Drills:

Flip it and grip it-

Pick it up and grip it-



ELCO BASEBALL Throwing drills

Throwing format in the Baseball's Forgotten Basics book is similar in many ways. Our system is a bit more in depth. Pages 26-37 in the book, is outstanding for the youth level player.

1. Tape Ball for proper four seam grip and finger placement

Seated dart throwing drill-

Standing dart throw drill-

**** Point of emphasis loose wrist

**** Point of Emphasis elbow must be as high or higher than the shoulder

2. Power Base Position/ Here is where our throw plan really begins. We do all of these steps every day.

Thumb to thigh and take it high and wave goodbye

Wrist backwards C

emphasis on a loose wrist

lead hand throw the pinkie and thumb down

reach pull stop on top

arm in the L position

fingers on top of the baseball Why???

Throw down Hill

reach pull finish
flat back and hold for a count of three

Square off and throw from the L position
Bend the back and extend

3. Extend the distance and add a crow hop or a step behind

4. Hop on the back foot drill

5. Start on the knee drill

6. Chair drill

Fielding Fundamentals:

Infielding drills are located in Baseball's Forgotten Basics beginning on page 81.

1. Fielding position/ Athletic Balls of their feet/Prep Steps

- Left right left prep step
- Other options

- Hands and wrist

2. Derek Jeter Drill

- Fundy Rolls
- No Glove drills
- Soft Hands Drills/Catch and Pop

Odds and Ends

1. Basics of Base running- Often overlooked aspect of the game that can be taught at the earliest of levels. **This is covered in Chapter 12 page 143 in Baseball's forgotten Basics.**

2. Questions/Open Forum

Web Sites that have great Tips:

www.littleleaguecoach.org/

www.b2bbaseball.com

www.getgreat.com Cal Ripken Site

www.5min.com/Category/Sports/Baseball