

# Pitching Factory Coaching Clinic

## Practice Organization (90 Min)

- Jog/Stretch – 5 min
- Throwing Progression – 10 min
- Basic Skills – 45 min
- Advanced Skills* – 15 min
- Game Situations – 15 min

## Coaching Checklist

### Hitting Fundamentals

- Grip
- Stance
- Load
- Step
- Swing
- Finish

### Hitting Situations

- Hit away
- Pitch selection
- Receiving signs*
- Take a pitch*
- Dropped 3<sup>rd</sup> strike*
- 10<sup>th</sup> batter*
- Hit and run*
- Fake bunt and swing*
- Protect runner stealing*

### Hitting Drills

- Frisbee/lid throw to target
- Target hitting from tee
- Top hand/bottom hand from tee
- Weight shift from tee
- Fence drill from tee
- Extension hold from tee
- Side toss
- Side toss extension hold
- Front toss
- Front toss extension hold

### Bunting Fundamentals

- Stance/pivot
- Hand/bat position
- Moving to ball
- Directing ball

### Bunting Situations

- Sacrifice bunt
- Drag bunt*
- Push bunt*
- Squeeze*

### Bunting Drills

- Front toss
- Front toss with targets

### Slapping Fundamentals

- Footwork*
- Hand position*
- Extension and directing ball*

### Slapping Situations

- Soft slap*
- Hard slap*
- Bloop slap*

### Slapping Drills

- Front toss extension hold*
- Front toss*
- Front toss with targets*

### Base Running Fundamentals

- Following base coach instructions
- Running through first base
- Rounding a base
- Leading & returning
- Leading & advancing
- Leading & stealing*
- Tagging up*
- Leading on fly; can't tag*
- Diving back to bag*
- Sliding*

### Base Running Situations

- Avoiding batted ball
- Home to first
- Home to second
- Forced, less than 2 outs
- Forced, two outs
- Forced, two outs, 3&2
- Not forced, less than 2 outs
- Not forced, two outs
- Fly ball, less than two outs
- Fly ball, two outs
- Bunt
- Straight Steal*
- Bunt and run*
- Suicide Squeeze*
- Safety Squeeze*
- Hit and run*
- Delayed steal*
- 1<sup>st</sup> and 3<sup>rd</sup>*
- Continuance*
- Dropped 3<sup>rd</sup> strike*
- Infield Fly*
- 10<sup>th</sup> batter*

### Base Running Drills

- Practice base running situations with coaches on field providing direction

# Pitching Factory Coaching Clinic

## Base Coach Fundamentals

- Dig, dig, dig
- Make your turn
- Big Turn
- 2, 2, 2
- 3, 3, 3
- Home, Home, Home
- Go, go, go
- Back, back, back
- Standup*
- Down, down, down*

## Fielding Fundamentals

- Ground ball fundamentals
- Fly ball fundamentals
- Receiving throw for force out
- Receiving throw for tag out
- Taking the angle and circling the ball*
- Backup*
- Player communication (ball, bag, backup)*

## Throwing Fundamentals

- Throwing progression (dart, 1 knee, open/close, long and loose, *running dart*)
- Infield quick feet
- Infield underhand toss
- Infield rocker Infield backhand toss*
- Outfield crow hop

## Base Coach Situations

- Same as Base Running

## Fielding Situations

- Runner on 1<sup>st</sup> and less than two outs
- Runners on 1<sup>st</sup> and 2<sup>nd</sup> and less than two outs
- Bases loaded and less than two outs
- Runner on 2<sup>nd</sup> and less than two outs
- Runner on 3<sup>rd</sup> and less than two outs
- Two outs
- 10<sup>th</sup> batter
- Covering bunts*
- Suicide squeeze*
- Safety squeeze*
- 1<sup>st</sup> and 3<sup>rd</sup>*
- Dropped 3<sup>rd</sup> strike*
- Infield fly*
- Covering tag ups*
- Covering slaps*
- Straight steal*
- Delayed steal*
- Pickoff attempts*
- Run downs*
- Cutoff responsibility and relay throws*

## Throwing Situations

- Throwing for force play
- Throwing for tag plan
- Hitting cutoff*
- Throwing in run down*
- Relay throws*
- Throwing behind*

## Base Coach Drills

- Same as Base Running

## Fielding Drills

- Thrown or hit ground balls
  - At player
  - Moving to right
  - Moving to left
  - To backhand*
  - To forehand*
- Thrown or hit fly balls
  - At player
  - Back to right*
  - Back to left*
  - Directly over head*
  - In*
- Receiving throw for force
- Receiving throw for tag
- Practicing fielding game situations
- Relay line*

## Throwing Drills

- Practice fundamentals and situations

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### Pitching Fundamentals

- Slingshot pitching
- Windmill pitching
- Receiving and changing signs
- Locating pitches
- Checking runners
- Rules of the circle
- Covering home on past balls
- Cutoff and backup responsibilities

### Catching Fundamentals

- Setting the target
- Framing the pitch
- Blocking balls in the dirt
- Receiving throw for force out
- Receiving throw for tag out
- Snap throw for pickoff
- Throwing out steal attempts
- Underhand flip
- Receiving signs from coach
- Providing signs to pitcher

### Pitching Situations

- Ball in circle; runner off base
- Delayed steal on throwback
- Continuance
- Backing up throws to home and 3<sup>rd</sup> base
- Covering home on past ball

### Catching Situations

- Straight steal
- Delayed steal
- 1<sup>st</sup> and 3<sup>rd</sup>
- Dropped 3<sup>rd</sup> strike
- Bunt
- Foul pop
- Foul tip
- Infield communication
- Directing relay throws
- Past ball; runner on 3<sup>rd</sup>

### Pitching Drills

- Wrist snap
- T-Drill
- L-Drill
- O-Drill
- Walk through drill
- Long distance pitching
- Practicing fundamentals and situations

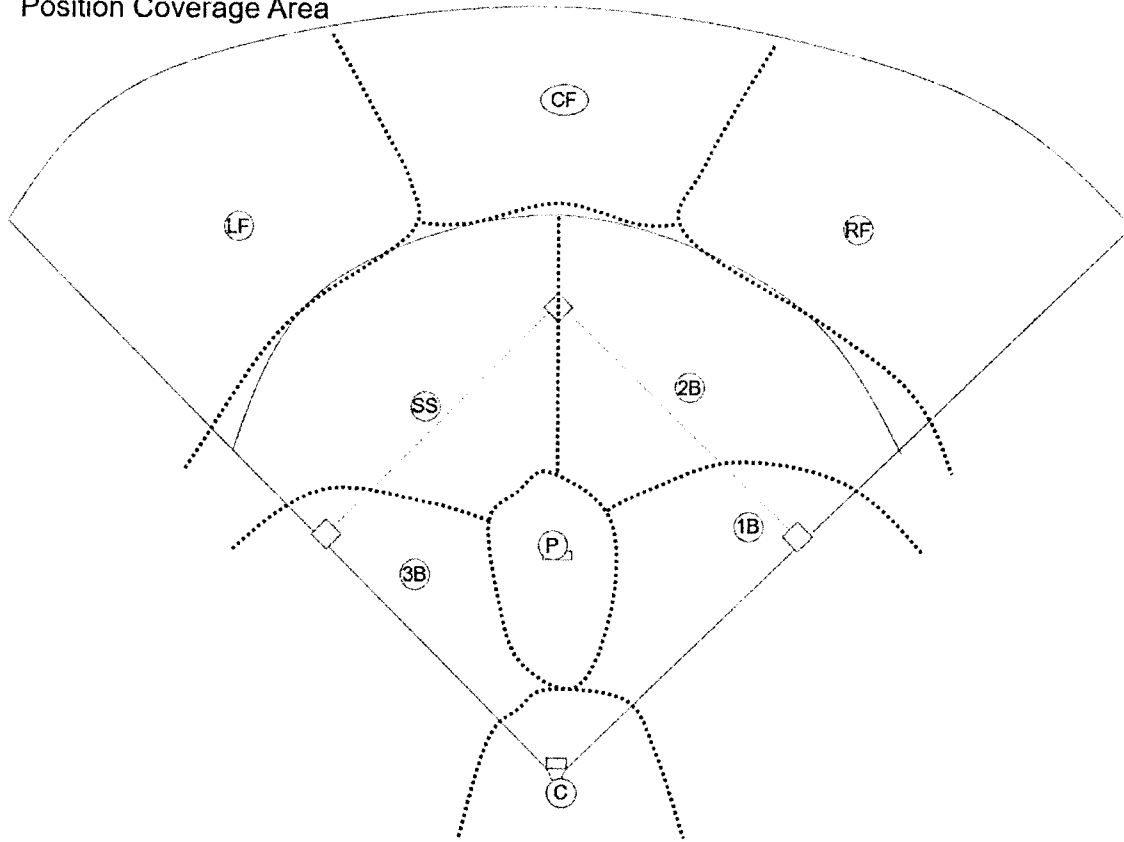
### Catching Drills

- Framing
- Blocking
- Throw downs and pickoffs
- Past balls
- Popups

# Pitching Factory Coaching Clinic

## Fielding Responsibilities – 9 Players

Position Coverage Area



- 3B
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to first or get easy out
    - Caught fly balls
      - Less than two outs: throw behind the runner if she is too far off base
      - Two outs: the inning is over
  - Charge home on bunt
  - Cover third base
- SS
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to first or get easy out
    - Caught fly balls
      - Less than two outs: throw behind the runner if she is too far off base
      - Two outs: the inning is over
  - Cover second on a bunt with no runners or with runner on first; cover third on bunt with runner on second
  - Backup 3B on balls hit in 3B coverage area; cover third base if necessary
  - Backup 3B on steal attempts to third base; cover third base if necessary
  - Backup P on balls hit to P coverage area
  - Cover second base on all balls hit to right side of field

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- Cutoff throws from the outfield for balls hit to the left side of the field; cutoff position should be midpoint between thrower and 2 bases ahead of runner on ground balls and 1 base ahead of runner on fly balls expected to be caught
- Cover second base on steal and pickoff attempts when a batter is up that is likely to hit the ball to the right side of the field
- 2B
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to first or get easy out
    - Caught fly balls
      - Less than two outs: throw behind the runner if she is too far off base
      - Two outs: the inning is over
  - Cover first base on bunt
  - Backup 1B on balls hit to 1B coverage area; cover first if necessary
  - Cover second base on balls hit to left side of field or to P
  - Cutoff throws from the outfield for balls hit to the right side of the field; cutoff position should be midpoint between thrower and 2 bases ahead of runner on ground balls and 1 base ahead of runner on fly balls expected to be caught
  - Backup throws from catcher to pitcher with runners on base
  - Cover second base on steals and pickoff attempts when a batter is up that is likely to hit the ball to the left side of the field
- 1B
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to/tag first base or get easy out
    - Caught fly balls
      - Less than two outs: throw behind the runner if she is too far off base
      - Two outs: the inning is over
  - Charge home on bunt
  - Cover first base
  - Cutoff throws from outfield to home for extra base hits
- P
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to first or get easy out
    - Caught fly balls
      - Less than two outs: throw behind the runner if she is too far off base
      - Two outs: the inning is over
  - Charge home on bunt
  - Cover home on past balls with runners in scoring position
  - Cutoff throws from outfield to home for singles and caught fly balls
  - Backup third base for throws from the outfield
  - Backup home for extra base hits to right field
- C
  - Field balls in coverage area
    - Ground balls or dropped fly balls
      - Less than two outs: throw one base ahead of lead runner on force play, look runner back and throw to first when no force play
      - Two outs: throw to first or get easy out
    - Caught fly balls

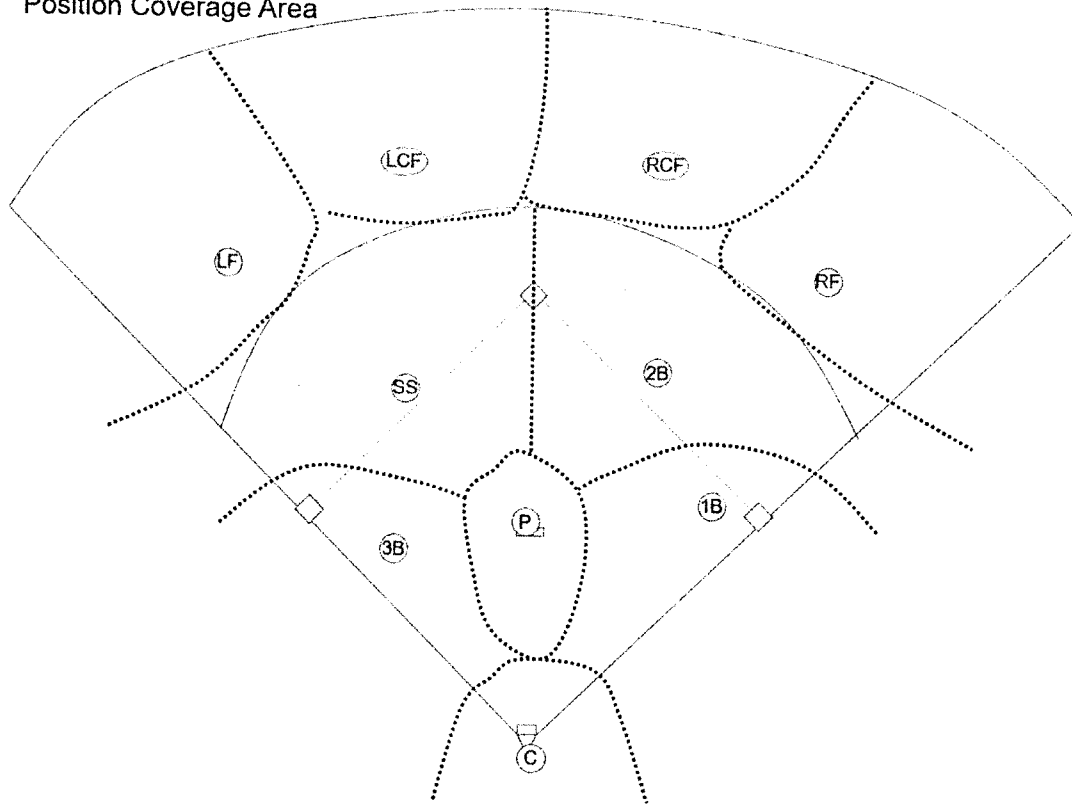
## *Pitching Factory Coaching Clinic*

- Less than two outs: throw behind the runner if she is too far off base
- Two outs: the inning is over
- Charge bunts
- Cover home
- Make pickoff attempts and throw out steal attempts
- LF
  - Field balls in coverage area; throw 1 base ahead of runner on ground balls if can make the out, throw 2 bases ahead of lead runner on ground balls if can't make the out; throw one base ahead on caught fly balls; throw behind the runner on caught fly balls if the runner is off base and failed to tag up
  - Backup balls hit to 3B, SS, & CF
  - Cover third base on bunts with no runners on base or with a runner on first base
  - Backup throws to third base from P, C, 1B, 2B, & RF
  - Backup throws to second base from 1B, 2B, & RF
- CF
  - Field balls in coverage area; throw 1 base ahead of runner on ground balls if can make the out, throw 2 bases ahead of lead runner on ground balls if can't make the out; throw one base ahead on caught fly balls; throw behind the runner on caught fly balls if the runner is off base and failed to tag up
  - Backup balls hit to LF, RF, and the middle infield
  - Cover second on bunts with a runner on second base
  - Backup throws to second base from P, C, 1B, & 3B
- RF
  - Field balls in coverage area; throw 1 base ahead of runner on ground balls if can make the out, throw 2 bases ahead of lead runner on ground balls if can't make the out; throw one base ahead on caught fly balls; throw behind the runner on caught fly balls if the runner is off base and failed to tag up
  - Backup balls hit to 1B, 2B, & CF
  - Backup first base on bunts
  - Backup throws to first base from P, C, SS, 3B, & LF
  - Backup throws to second base from 3B, SS, & LF

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## Fielding Responsibilities - 10 Players

Position Coverage Area



- 3B, SS, 2B, 1B, P, C – Same as 9 player responsibilities
- LF
  - Field balls in coverage area; throw 2 bases ahead of lead runner on ground balls; throw one base ahead on caught fly balls
  - Backup balls hit to 3B, SS, & LCF
  - Backup throws to third base from P, C, 1B, 2B, & RF
  - Backup throws to second base from RCF
- LCF
  - Field balls in coverage area; throw 2 bases ahead of lead runner on ground balls; throw one base ahead on caught fly balls
  - Backup balls hit to SS, P, LF, & RCF
  - Cover second base on bunts
  - Backup throws to second base from P, C, 1B, 2B, & RF
- RCF
  - Field balls in coverage area; throw 2 bases ahead of lead runner on ground balls; throw one base ahead on caught fly balls
  - Backup balls hit to 2B, P, LCF, & RF
  - Backup throws to second base on bunts
  - Backup throws to second base from P, C, 3B, SS, LF
- RF
  - Field balls in coverage area; throw 2 bases ahead of lead runner on ground balls; throw one base ahead on caught fly balls
  - Backup balls hit to 1B, 2B, & RCF
  - Backup throws to first base from P, C, 3B, & SS
  - Backup throws to second base on balls hit to LCF