

SEQUENCE 3

GRIP AND THROW

WHAT YOU'LL NEED:

Baseballs/Softballs | Gloves | Fence



DRILL SEQUENCE:

- While players are circled around the coach, the correct grip is shown and each player practices holding the ball.





PRACTICE SEQUENCE

INTRODUCTION (3 MINUTES)

- Gather and welcome players. Introduce the coaches and player's by their names, review purpose for being at the field and show enthusiasm to start the very first practice.

STRETCHING AND WARMUPS (7 MINUTES)

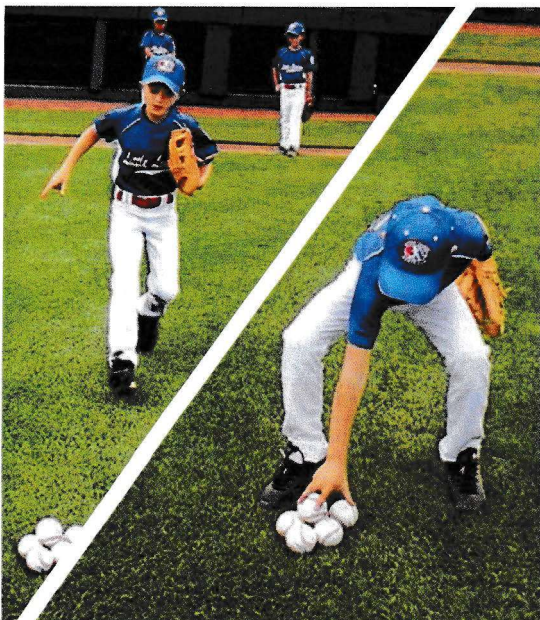
- **Have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups: Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks: 20 times.

BASEBALL GRIP (15 MINUTES)



1.1 1.2 1.3

- Proper four-seam grip (See Fig. 1.1). Hold the baseball using a four-seam grip.
- Show two-finger (Fig.1.2) and three-finger (Fig. 1.3) grips. Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Players will grip the ball across the horseshoe or "C".



DRILL

Players grab a ball off of the ground and show you their four-seam grip. Each player does five balls. Players will line up in three single file lines of four. Match one coach per line.

GAME: FOUR-SEAM RELAY RACE

Player will start from their line about 15 feet away from the coach and run up to the ball and pick it up and show their coach, the four-seam grip. They will return to the end of their line.

Once they return to the back of their line the next player can go.

Do this drill until all players in their line have gone. The relay is to be done after the drill.



PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)



CATCHING

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.

The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs towards each other, once the thrower sees this, they may deliver the ball. This is the 2HT. (See Fig. 2.1)

- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.

This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)

- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.

Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)



2.1

2.2

2.3

2.4

THROWING

- Do not throw the ball until you see a Two-Hand-Target (2HT)
- Use a four-seam grip.
- Explain and demonstrate the Five Steps of Throwing

FIVE STEPS OF THROWING

Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner.

Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step.

Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver.

Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver.

Step Five: Finish

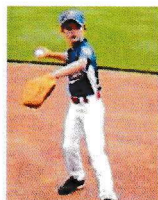
The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT.



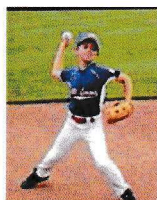
PRACTICE SEQUENCE



3.1 Start



3.2 Shoulder-to-Partner



3.3 Launch



3.4 Delivery



3.5 Finish

DRILL

Start in the "launch" position, focus on the 2HT using a four-seam grip. Continue Drill for 15-20 throws.

BREAK (3 MINUTES)

HITTING (20 MINUTES)



– One: Grip

Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knuckles up. The knuckles can be in a straight line or slightly shifted either way. (Fig. 3.1)

– Two: Stance

Have the players get into an athletic position with knees bent slightly and shoulder width apart. There should be more weight on the back foot, with the weight distribution being about 40 percent on the front foot and 60 on the back foot. (Fig. 3.2)

– Three: Coverage

The bat needs to cover the entire plate. Have the player get in their stance; place the bat at the corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch. (Fig. 3.3)

DRILL

Dry Swings

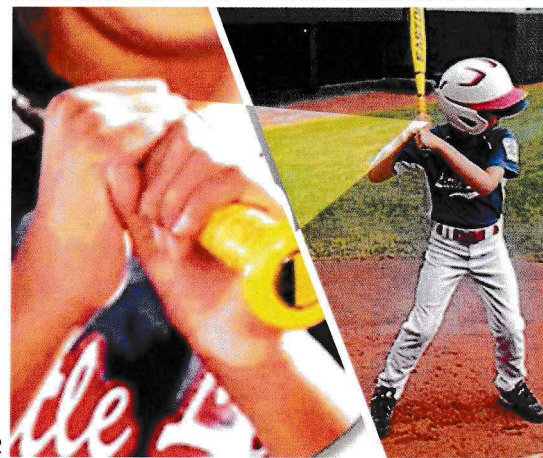
Each coach will have four players in their group. Players will be about 10 to 12 feet away from each other. They will place their fielding glove on the ground and use it as home plate. The coach will have each player take a swing on their command and work with them to correct their swing.

Each player will properly grip the bat, get into a good stance and make sure to cover the plate. A coach will throw off of one knee from about 35 feet away from the plate. (The use of a protective "L" screen is highly recommended.) The coach will throw five pitches to each player. Split the team into three groups of four players. The other three players will be outside the fence waiting to hit. Once all players on Group A have hit then Group B who was in the infield will hit and Group C who was in the outfield will move into the infield. Group A will move out to the outfield. Rotate through until all groups have had a chance to hit, play the infield, and play the outfield.

3.1

3.2

3.3





PRACTICE SEQUENCE

BASE RUNNING (7 MINUTES)



– Purpose of Base Running and How to Score:

Explain that the idea is to score more runs than the other team. To score you need to get on base. You are a game piece and you need to get on the board. The board is the bases. The first thing you need to do is go from home to first, then first base to second base, second base to third base, and finally third base to home plate. Once you or your teammate crosses home plate your team scores a run. The team who scores more runs wins. It doesn't matter how you get on base. You could get on first base by a walk, hit, or an error. All that matters is you are on base and have a chance to score.



DRILL

Run through First base:

Form four lines of players, with three in each line. Explain that on a ball hit in the infield you want to run as fast as you can through first base. Do not slow down in front of the base. This drill will help eliminate running and stopping on the base.

Use home plate to first base as line one. Create line two, three, and four using the same distance beside line one. If you have throw down bases use them, if not use a fielding glove or something similar.

A player will run through first base hitting the front of the base with either foot. Once the player runs through the base the player will chop their feet to stop, while looking to the right to see if the ball was overthrown. Do this drill five times each.

FIELDING (15 MINUTES)



FIVE STEPS OF FIELDING

– Step One: Creeper Steps

Player will take two steps towards the hitter. First step is with the throwing hand, second step is with the glove hand. The glove foot will be slightly out front of the throwing foot. (Fig. 4.1 Pg. 7)

– Step Two: Bend Knees / Lower Torso Down

Player will have knees bent and will have their body lowered down so that their glove is touching the ground in a “ready” position. Imagine sitting down on a chair; now come off of that chair where you are barely standing above it. This will be the position that you need to be in. (Fig. 4.2 Pg. 7)

– Step Three: Glove Out Front

Player will be in ready position with their arms extended out in front of their body. The palm of the glove will be facing the hitter and low to the ground. The throwing hand should be above the glove forming the mouth of an alligator. (Fig. 4.3 Pg. 7)

– Step Four: Receive / Suck / Funnel / Move

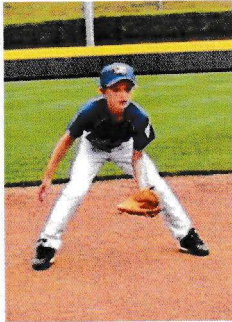
Players will field the ball out in front of their body with “alligator hands” and bring the ball into their mid-section. At this time the player will use the throwing hand of the alligator hands to grip the ball in a four seam grip. At the same time the player should move their body, throwing foot then glove foot towards the direction where the throw will be made. When finished with this step, the shoulder of the glove hand should be pointed at the target. (Fig. 4.4 Pg. 7)

– Step Five: Throw to Target

The ball will be in the launch position. From this position the player will deliver the ball to the target. (Fig. 4.5 Pg. 7)



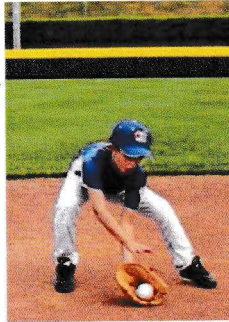
PRACTICE SEQUENCE



4.1 Creep Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



5.1

5.2

DRILL

Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have 3 to 4 players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the "alligator mouth" (Fig. 5.2) and perform step four and five throwing the ball back to the coach.

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)

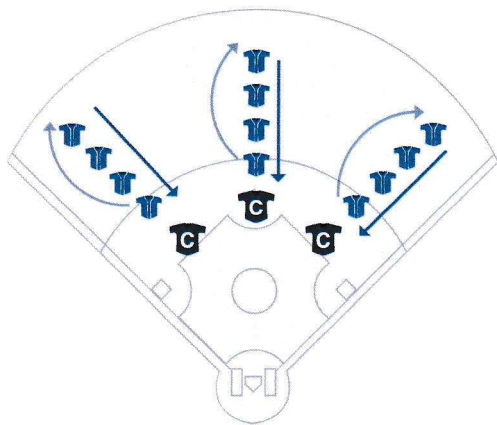


- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Plastic balls catch 15 catches each

CATCHING DRILL



DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up in three single-file lines of four players each.

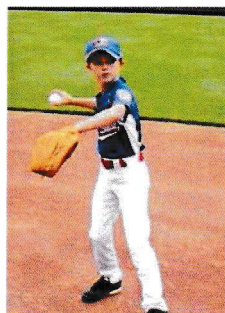
One coach per line 10-15 throws per player.

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish