

Cloverdale Minor Baseball Coaching Guidelines

BLASTBALL

Introduce skills

- Team Meeting with parents, players, coaches
- Coaches Meeting with CMBA Coaches Coordinator

- Warm-up, Throw, Practice/Game, Cool-down
- Demonstrate skills to players
- Special equipment
- Running Bases
- Fielding Ground Balls
- How to Hold a Baseball
- Proper Throwing Mechanics
- Throwing a baseball to First Base
- Throwing A Baseball to the closest base
- How to catch a baseball
- How to hold a baseball bat
- Proper Bat Swinging Mechanics
- Proper Batter's Box Stance and Position
- Where to play the Nine positions of Baseball including the extra spots at early age

Taught skills

- Special equipment
- Running bases

Cloverdale Minor Baseball Coaching Guidelines

T-BALL

Introduce skills

- Team Meeting with Parents, Players, Coaches
- Coaches Meeting with CMBA Coaches Coordinator
- Warm-up, Throw, Practice/Game, Cool-down
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Special equipment
- Running Bases
- Fielding Ground Balls
- How to hold a Baseball
- Proper Throwing Mechanics
- Throw a Baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to catch a Baseball
- Catching fly balls
- Catching behind the plate
- Catching foul balls
- How to hold a baseball bat
- Proper Bat Swinging Mechanics
- Proper Batter's Box Stance and Position
- Where to play the nine positions of baseball including the extra spots at early a

Taught skills

- Special equipment
- Running bases
- Fielding ground balls
- How to hold a Baseball

Cloverdale Minor Baseball Coaching Guidelines

SUPER-T

Introduce skills

- Team Meeting with Parents, Players and Coaches
- Coaches meeting with CMBA Coaches Coordinator

- Warm-up, Throw, Practice/Game, Cool-down
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Special equipment
- Running Bases
- Fielding Ground Balls
- How to Hold a Baseball
- Proper Throwing Mechanics
- Throw a Baseball to first base
- How to Throw the baseball from the Outfield
- Throwing a baseball to the closest base
- How to catch a Baseball
- Catching fly balls
- Catching behind the plate
- Catching foul balls
- How to hold a baseball bat
- Proper Bat swinging Mechanics
- Proper Batter's Box Stance and Position
- Where to play the nine positions of baseball including the extra spots at early age
- How to catch a baseball

Taught skills

- Special equipment
- Running bases
- Fielding ground balls
- How to hold a Baseball
- Proper Throwing Mechanics
- Throw a Baseball to first base
- How to Throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to catch a baseball

Cloverdale Minor Baseball Coaching Guidelines

TADPOLE

Introduce and Teach skills

- Team Meeting with Parents, Players and Coaches
- Coaches Meeting with CMBA Coaches Coordinator

- Warm-up, Throw, Practice/Game, Cool-down
- Introduce base and batter's signals from third base coach
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Special equipment
- Running Bases
- Running bases on overthrow's
- Stealing third base
- Tagging up on fly balls
- Sliding or avoid rule
- Fielding Ground Balls
- How to hold a baseball
- Proper Throwing Mechanics
- Basic pitching skills
- Throwing a baseball to first base
- How to Throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to catch a baseball
- Catching fly balls
- Catching behind the plate
- Catching foul balls
- How to hold a baseball bat
- Proper bat swinging Mechanics
- Proper batter's box stance and position
- Where to play the nine positions of baseball including the extra spots at early age
- Backing up first and third base by outfielders

Cloverdale Minor Baseball Coaching Guidelines

MOSQUITO

Introduce and Teach Skills

- Team Meeting with Parents, Players and Coaches
- Coaches Meeting with CMBA Coaches Coordinator

- Warm-up, Throw, Practice/Game, Cool-down
- Teach base and batter's signals from third base coach
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Special equipment
- Running bases
- Stealing bases including Home plate
- Fielding Ground Balls
- How to hold a baseball
- Proper Throwing Mechanics
- Pitching stance and Mechanics (full wind up or Stretch)
- Throwing a baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to catch a baseball
- Catching fly balls
- Catching behind the plate
- Catching foul balls
- How to hold a baseball bat
- Proper bat swinging Mechanics
- Proper batter's box stance and position
- Where to play the nine positions of baseball
- Bunting
- Tagging up on bases for fly balls
- Infield fly rule
- Covering home and bases for pitchers
- Plays for situational hits with runners on base