

Warwick Coaching Clinic Notes

Below were notes collected from the Warwick coaching clinic on Saturday 11/4/2017.

Coaching clinic performed by Josh Copskey - Penn State Abington Head Coach.

Baseball Goals

- Have fun!
- Keep the players confident in the game
 - Much better to have a kid bat 1/20 and want to bat that 21st time than the player who goes 1/20 and is scared to perform
- Practice is your time, the game is the kids time
 - If you see something during a game, pull them aside and talk but be positive
- Players do not want to make a mistake, it will happen though.
 - Cannot do anything about a physical mistake
 - Can be positive on the mental mistakes to correct and prevent
 - Do not be the angry coach, players check out and are embarrassed. They end up not wanting to play because it is not fun.
- Communicate with your parents, players are not getting full scholarships or being drafted in the first round!

Warmup

- Running and Stretching routines are important before any throwing or hitting occurs
- Gets the blood circulating through the body

Baserunning

- First 10 mins of every practice starts with baserunning.
- One drill 3 Look system
 - Setup three spots on the first base path (2 cones and base)
 - 1st cone - setup about 5 feet from plate and look for the ball
 - If the ball is a hit into the outfield, this is where the player will start to run to right side for aggressive turn around first base.
 - If the ball in infield, the player knows to bust it through the bag
 - 2nd cone
 - 3 spot - 1st base
 - Player looks to the right on infield play to see if ball thrown away

- Hit the front of the bag to shorten the amount of time to get to the bag
 - If going to make a turn, hit the inside left corner of first base to setup a straight line to second base.
- Work baserunning into fielding drills
 - For example, If ball hit to right side of infield, runner on second runs to the third. If hit to left side, hold the runner at second.
 - Have the player know when or when not to run in the drill.
 - Working on cuts from outfield for both baserunning and fielding

Throwing

- Start with a dart like motion to warm up
- Use a 4 seam grip, stand about 10 feet apart and flick the ball
- Get the rotation going over the top
 - Enforces the players will stay on top of the ball as opposed to coming underneath or on the side of the ball
- Get a little further apart and then start to work on the mechanics of the throws
 - Do not teach the rip of the glove as the player starts to pull body away from target
 - Make sure hand is pointed away and not turned in
 - If player has hand turned in, use a praying drill.
 - Have the player stand with hands together in a praying setup
 - Have the player press hands together and the forcefully push them apart with hands pointing outward at finish
 - 5 eyes setup when having a longer catch
 - Eyes, Nose, Glove Side Shoulder, Glove Side Hip and Glove Side Shin all pointing at the target.
 - Have the player do a crow hop to throw
 - When finished ensure that belt buckle is center of directed target, hands start away and finish out in front.
 - Do not let player lob the ball in the air for distance. Should be a direct line drive to target.
 - After warmup, pair up players for catch that play similar positions
 - Catchers - practice catching the ball from the other players
 - 1st Baseman - throw balls in dirt to practice picking the ball out of the ground

- Infielders - working on footwork (discussed below) for one hops.

Catchers

- Keeping the ball in front and in the area of home plate is the goal for every pitch.
- Framing
 - If catching a low pitch, have the catcher simulate an airplane taking off
 - If catching a high pitch, have the catcher point the glove down
 - Use tennis balls without a glove to practice the soft hands.
- Blocking
 - Keeping the ball towards home plate is the goal
 - If ball is in dirt right in front, have the catcher drop to knees and use the chest protector to deaden the ball
 - If the ball is going right or left, have the catcher moves his feet and turn his chest towards home plate to block ball back to the plate.
 - Work different drills with the catchers to practice blocking.
 - When catching, ensure that the heels of the feet are on the ground.
- Stealing
 - Ensure that the feet are in position right away. It needs to be a quick hop to feet in position after catching the ball in order to throw the player out stealing.

Hitting

- The Goal of every at bat: “Hit the ball hard!”
 - Results will be positive if every at bat a ball is hit hard
 - The best players will make outs 7/10 times in majors, so the result is not always going to be what you want but the approach at the plate can be
- Have a player jump into batters box and then test their balance. If off balance, player will easily tip over with a push. Batter needs to be athletic and loose.
- While in batting position, hands on bat should be even with back check nipple (“back tittie”)
- When gripping a bat, have the batter put the bat in his fingertips, not the palms.
 - When in fingertips, bat will be strong and manuevable
- Hands when back should drop the bat at their feet.
- Drill
 - Have player cross arms and hands in the armpits
 - Have the player load, small step and turn

- Goal is to have the player finish with the belt buckle at the pitcher
 - Perform load drills before a player gets into a cage.
- Video
 - Take video of the player and show the player what they are doing well and what they can correct.
 - Helps the player visualize what you are teaching.
- Bunting
 - Have the player in the front of the box.
 - Square shoulders to the pitcher
 - Knees bent, back foot turned
 - If a pitch is low, have the player bend with knees to get the ball.
 - If a player just bends from the waist, the ball will pop up
 - Split the bat into thirds.
 - Back hand - midway of grip of bat (not at bottom of bat)
 - Top hand at midway point of bat for control
 - Hit the ball before you run
 - Different Drills for bunting
 - If for a hit, have the ball bunted along the baseline. Worst case it goes foul, best case a much harder play for the infielder to make
 - If a sacrifice, have the player bunt towards either third or first depending on the situation

Fielding

- When fielding a grounder, the glove and ball should be on the left side eye (for righty's) so the ball can be picked and feet in position towards first base
- Have the glove out in front, not behind the feet
- Bent knees, butt down
- As catching the ball, right foot down then left foot down for footwork (left right for lefty) as ball is picked and funneled in
- Drills
 - Cone drill
 - Setup three cones and have the player go around the cone
 - Roll the ball at the player
 - Repeat the correct footwork and glove out

- Forehands\Backhands
 - Have the players get into a forehand or backhand position
 - Have both toes pointed in the same direction
 - Throw a one hopper at the player and pick the ball off the ground
 - Knees should be bent and the players should be bending with their knees.

Pitching

- Unfortunately, we did not get into pitching mechanics other than basic throwing techniques
- Learn the 4 seam grip and change up grip are best two pitches
- Pickoffs
 - Lefty - walk towards first base to receive the ball to ensure the umpire cannot see the landing spot of the foot when thrown
 - Righty - quick feet to turn and throw.
 - Teach your pitchers an A, B and C move for different looks of a pick off
 - C - slow feet, slow arm - just a show me pick off
 - B - quick arm, slow feet - simulates that this is the best move
 - A - quick arm, quick feet - the move that gets the baserunner
- Leo Mazzone - <https://www.amazon.com/Pitch-Like-Pro-Pitchers-Coaches/dp/0312199465>
 - Pitch every day but regulate your intensity