



# DYBA Mustang Coaches Sheet



## Expectations

1. Players: Have Fun, Expand Love for the Game, Model Sportsmanship, and Enjoy Competition!
  - a. Master skills from Stallion
2. Coaches: Prioritize Sportsmanship, Enable Player Decision Making, Introduce Player Leadership, and Support Competitive Spirit

## Fundamentals Skills for the Age Group

1. Throwing & Catching:
  - a. Skills to Develop:
    - i. Master longer and accurate throw from 3rd and/or SS to 1st base
    - ii. Master catching
    - iii. Expand Catcher skills with introduction of mechanics for throws to 2nd & 3rd bases
    - iv. Consistent pitching mechanics with gaining arm strength for multiple inning pitching
  - b. Challenges:
    - i. Complex, inconsistent pitching motions
    - ii. Pitchers overthrowing pitches and tiring out very quickly
    - iii. Catchers not able to track ball, resulting in passed balls
  - c. Coaching Techniques:
    - i. Emphasize simplicity in pitching delivery to drive muscle memory with pitching “power” coming from the lower body to drive a higher percentage of strike throwing.
    - ii. Utilize long tossing to support arm strength
2. Infield
  - a. Skills to Develop:
    - i. Master understanding and proper execution of force-outs vs tag-outs
    - ii. Introduce turning of gloves for backhanding fielding
    - iii. Masters base coverage between based on which side of infield ball is hit
    - iv. When players are safe, return ball to pitcher to stop play
  - b. Challenges:
    - i. Players get overly aggressive, throwing ball around field vs immediately to pitcher
    - ii. Players attempted to hard to make the hard plays, and miss fundamentals
  - c. Coaching Techniques:
    - i. Incorporate baserunning drills with fielding, and do not have players stop running to engrain criticality of getting ball to the pitcher
    - ii. Identified “field” captains to call-out plays before pitcher starts wind-up
3. Outfield
  - a. Skills to Develop:
    - i. Master identification ability to throw directly to base or cut-off
    - ii. Introduce crow-hop for stronger throws back into outfield
    - iii. Master backpedal technique for proper body positioning when making catch
  - b. Challenges:
    - i. Players turn and run, lose track of ball and it falls to the grass
    - ii. Players slow to return ball to the infield, enabling additional bases to be taken
  - c. Coaching Techniques:
    - i. Utilize Zooka / Batted balls for fly-ball practice with deeper & higher hit balls



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4. Hitting
  - a. Skills to Develop:
    - i. Master understanding of the strike zone
    - ii. Watching pitchers warm-up, timing swings
    - iii. Aggressive swings early in count and protecting plate with 2 strikes
  - b. Challenges:
    - i. Developing swing timing with pitching changes
    - ii. Strike zone differences between umpires, and players difficulty adapting
  - c. Coaching Techniques:
    - i. For batting practice use varying strike zones, erroring on larger to push players to be aggressive and put ball in play
    - ii. Utilize live pitching practices whenever possible to simulate game situations
  
5. Baserunning:
  - a. Skills to Develop:
    - i. Learn how to steal bases
    - ii. Introduce signs by base coaches to reinforce steal situations
    - iii. Master rounding bases to attempt to advance to next base
    - iv. Masters finding 1st base coach with ball to outfield for direction to stay or go to 2nd
    - v. Introduce infield fly rule and to stay even if ball dropped.
    - vi. Introduce “secondary” lead off bases as ball crosses plate
    - vii. Master the “tag-up” rule and listen to base coaches to advance or stay
  - b. Challenges:
    - i. Baserunners do not look for or listen to base coaches for directions
    - ii. Players late attempting to steal due to not paying attention or not understanding
    - iii. Baserunners stop running too early prior to ball being controlled and back to pitcher
  - c. Coaching Techniques:
    - i. Utilize simple signs with player acknowledgement sign to remind them of situation
    - ii. Coach aggressive base running applying pressure on defense to get ball to pitcher
  
6. Baseball IQ
  - a. Skills to Develop:
    - i. Mastering of defensive rotations to cover bases and back-up players making play on the ball
    - ii. Masters different situations where force-out vs tag-out is necessary
    - iii. Mastery of situational and aggressive baserunning, with steals, advancing of bases, tagging-up, or returning to previous base pending situation
  - b. Rules:
    - i. Ball is live until pitcher has ball or the ball goes out of play
    - ii. Wall at 3rd base (see detailed Mustang Rules)
    - iii. Maximum runs scored per inning (5), with exception in final inning