



BPR

Baseball

Resource for Coaches



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BPR Baseball Philosophy & Expectations

- **Rec League Baseball should be a Fun, Positive, Learning Experience for all.**
- **Playing time should be relatively equal. (Instructional ALL play)**
- **Position kids in multiple fielding positions per game, (including Pitching)**
 - **Doesn't mean rotate every inning, but maybe every 2-3 innings (infield AND outfield)**
- **Encourage kids to cheer FOR their team, rather than AGAINST opponent**
- **There is no arguing with umpires (kids & coaches)**
- **Safety is paramount!**
 - **no swinging "on-deck"/no bats in hands in dugout)**
 - **Recruit Asst Coach or parent helper to keep dugout behavior in check.**
 - **Players always warm-up/throw**
 - **Remain after game & practices until ALL players have been picked up.**



Throwing Basics



- **Grip: Index, Middle, & Thumb Under**
- **Rotate Shoulders (& hips for pitchers)**
- **Chicken Wings/ Elbow to target**
- **Thumbs Down**
- **Stride/step toward intended target (point foot)**
- **Overhand/90 degree angle**
- **Pronate & follow through across body**
- **Encourage “throwing it” vs “aiming it”**



Pitching Rules

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)					
		0 Days	1 Days	2 Days	3 Days	4 Days	5 Days
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+

- **Instructional:**
 - **Coach Dart Toss (Tee if needed)**
- **Rookies:**
 - **Machine Pitch (Blue Flame Demo)**
- **Minors:**
 - **2 Innings per pitcher**
 - **Must pitch 3rd grader for 1 inning**
 - **See Smart Pitch Limits**
- **Majors:**
 - **Max 3 innings per pitcher**
 - **Must pitch 5th grader(s) 3 outs in an inning or full lineup**
 - **See Smart Pitch Limits**



Hitting Basics



- **Balanced Stance**
- **Hands Back**
- **Align Knuckles Loose Hands**
- **Head Still Tracking Ball**
- **Transfer Weight Back & Forward**
 - “Load & Explode”
- **Level Swing**
- **Hit “thru” the ball**





Hitting: Step by Step

The Absolutes of Hitting

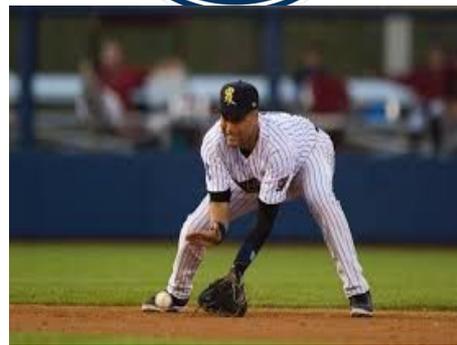
Phase 1: Athletic Stance	Phase 2: Balanced Stride	Phase 3: Launch Position	Phase 4: Rotation	Phase 5: Connection	Phase 6: Level / Up Swing	Phase 7: Hinge / Extension	Phase 8: Follow Through
							
Athletic Stance Maintain a Rhythm	Comfortable Leg Lift Head Over Center	Knob Toward Catcher Front Heel Down	Front Foot Pushes / Stops Back Knee Torques	Passive Hands Trail Body Get on Swing Plane Early	Swing Level / Upward Back Toe Gets Dragged	Front Leg Locks / Extends Back Knee Hinges	Hands Fully Follow Through Preference: 1 vs. 2 Hands
							

ATLET ATHLETE ENHANCEMENT TRAINING

Strength Inspired. Sport Applied



Catching/Fielding Basics



- **2-3 Step Approach**
- **Wide/Athletic/Low Stance**
- **Step to side (depth perception)**
- **Glove Down/Heel Out (no flipping glove)**
- **Glove hand “hello”/Cover Ball**
 - **Backhand: Thumb Down**
 - **Eyes Over the Ball**
- **Momentum to Ball & Base**
- **Hands to Throwing Shoulder (Short Arm**)**
- **Stride to Target**



Baserunning Basics

- **3rd/4th Step: Look to see if ball is thru**
- **Fielded: “Break the Tape”/Look to Right**
- **Thru Infield:**
 - Round the Base (Extra bases as well)
 - Push off Inside Corner of Base(s)
- **Pitch Crosses Plate: Get off Base Aggressively**
 - If Throw down: dive to near-side/furthest corner from incoming ball
 - 3rd Base: “Down in Foul/Back in Fair”
- **Sliding: No head-first when baserunning**
 - Figure-Four/Land on Glut’s
 - Try to Slide furthest side from incoming ball (pic)





Practice Plan Ideas (add your own)



- **Instructional/Rookies (especially):**
 - Learning/running bases
 - Races
 - Offer Rewards: Preferences in BP order if run bases correctly
 - Use [poly spots](#), or cones, for warm-ups, games (“stand here”), throwing/standing positions, defensive positioning, lines, etc.
 - Supervise stations, especially swinging/hitting
 - Utilize tennis racquet & parent
 - Perfect fly-balls, even for the non-baseball player Dad.
- **Rainy Day = Sliding practice:)**
- **Station work will allow for max Reps & Efficiency**
 - Doesn't have to be every/entire practice
 - Tee, soft-toss (machine?), BP, Infield, Outfield (Tennis racquet-Dad)
 - Catcher/catching stations (minors, majors, kids can run this)
 - Not practiced enough





Instructional / Rookies Progress Markers

It's ok to use whiffle balls and tennis balls to build confidence in drills!

<h3>Base Running</h3>	<h3>General Rules / Positioning</h3>
<ul style="list-style-type: none">• They will slow down at 1st base - teach running through the base• 2B and 3B teach not running through• When runners are on bases, inbetween pitches, asking where they are going to go when the ball is hit• Teach difference between force out and tag out	<ul style="list-style-type: none">• Teach fair/foul by alternating standing on either side of the fair line and have them scream fair or foul• Practice running to their fielding positions (e.g., knowing the difference between 2B as a fielder vs. runner)• After each batter rotate positions (e.g., 1 to the right or do infield/outfield triangles)
<h3>Hitting</h3>	<h3>Fielding</h3>
<ul style="list-style-type: none">• Hands in right top/bottom order• Not standing on the plate• Bending knees / balanced stance• Even swing (but not moving legs)• Stepping into a swing• Gaining timing with a pitch	<ul style="list-style-type: none">• Legs apart, gloves down and heads up• Practice shuffling feet - coach points in a direction (left or right) and have fielders shuffle in that direction (look to make sure they aren't crossing their feet)• Work way up so that as shuffling roll a ground ball• Work way up so they start to come to/charge the ball



BPR Baseball Team Philosophy

- **Focus on Enjoying the game of Baseball**
 - **Failure is part of the game. It's OK to fail.**
 - **Learn from mistakes.**
- **Develop a TEAM Philosophy**
- **Root FOR your team, NOT against the opponents**
- **Encourage ALL Teammates**
- **Encourage & Reward Attention to Detail**
 - **Watch new Pitcher, Time the Pitcher/Pitch, Know the Batting Order, Know Positions, "What are you going to do if the ball is hit to you?", Know situation (count/outs)**
- **Team Chants (YouTube It!!:)**

