

Manchester Athletic Association

www.maaball.com

Spring Training Camp

This camp is designed to provide fundamental, low impact, low speed drills using batting tees, sliding mat, cones, tennis and wiffle balls of various sizes to allow the kids and coaches to see the proper way to learn the fundamentals of game.

We encourage all coaches to actually run this camp, so they can also see what is desired by the organization in terms of teaching fundamentals, stretching and sportsmanship.

This camp was designed by Jeff Zoller using internet resources for the plan.

Thanks to South Dearborn School Corporation & Manchester School for allowing us to use their facilities for this camp

MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

MONDAY - GIRLS

45 minutes each station w/5 minute break between

Station 1

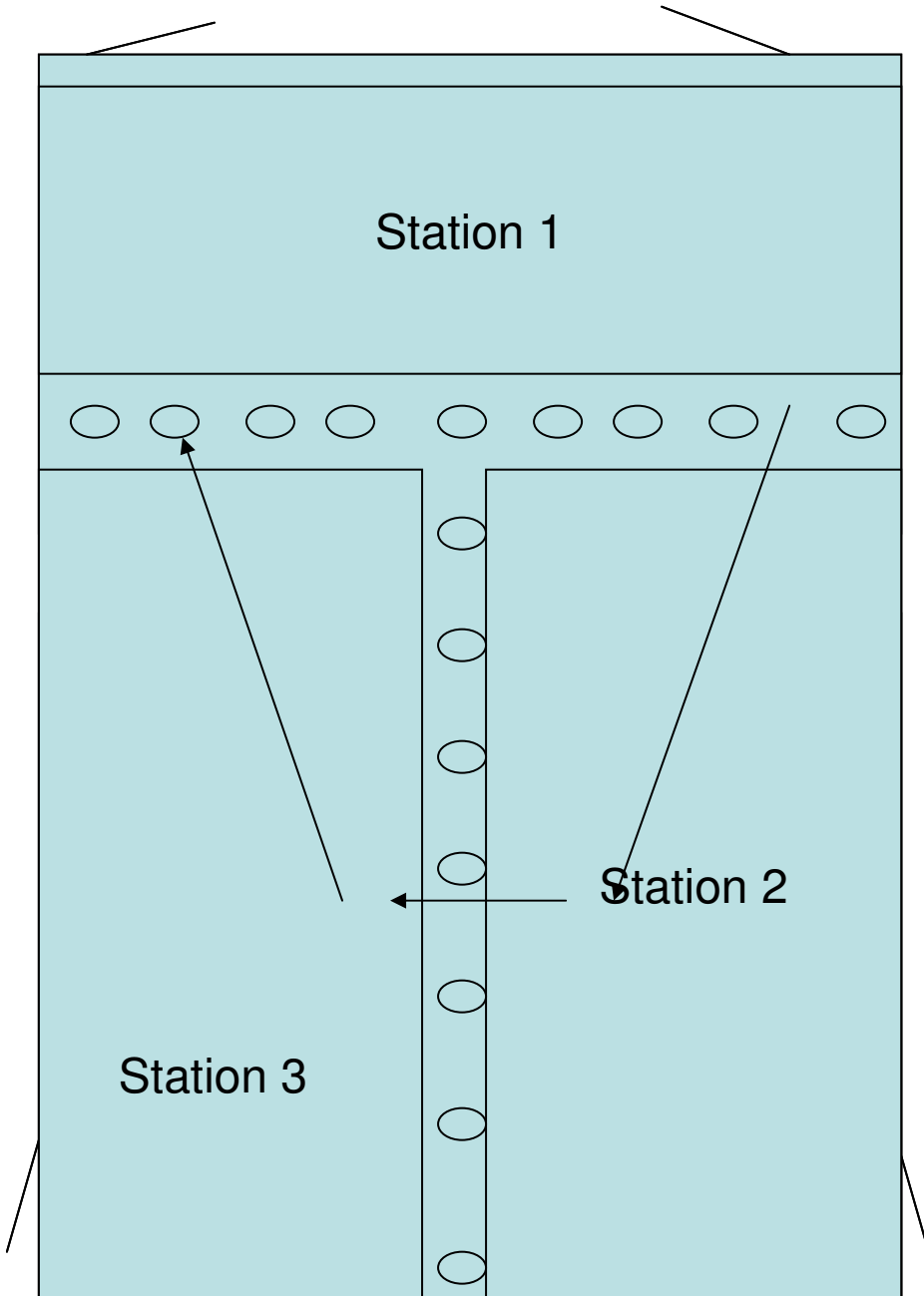
Stretching & Player Toss
Arm/Leg Stretching Exercises
Running drills
Pre-game Warm up-Top 3
Player Toss

Station 2

Fielding
grounder proper form
field from knees
popup proper form
field over shoulder drill

Station 3 (with sliding mat)

Sliding
Take-off
Stride
Slide & Pop up



MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

TUESDAY - GIRLS

45 minutes each station w/5 minute break between

Station 1

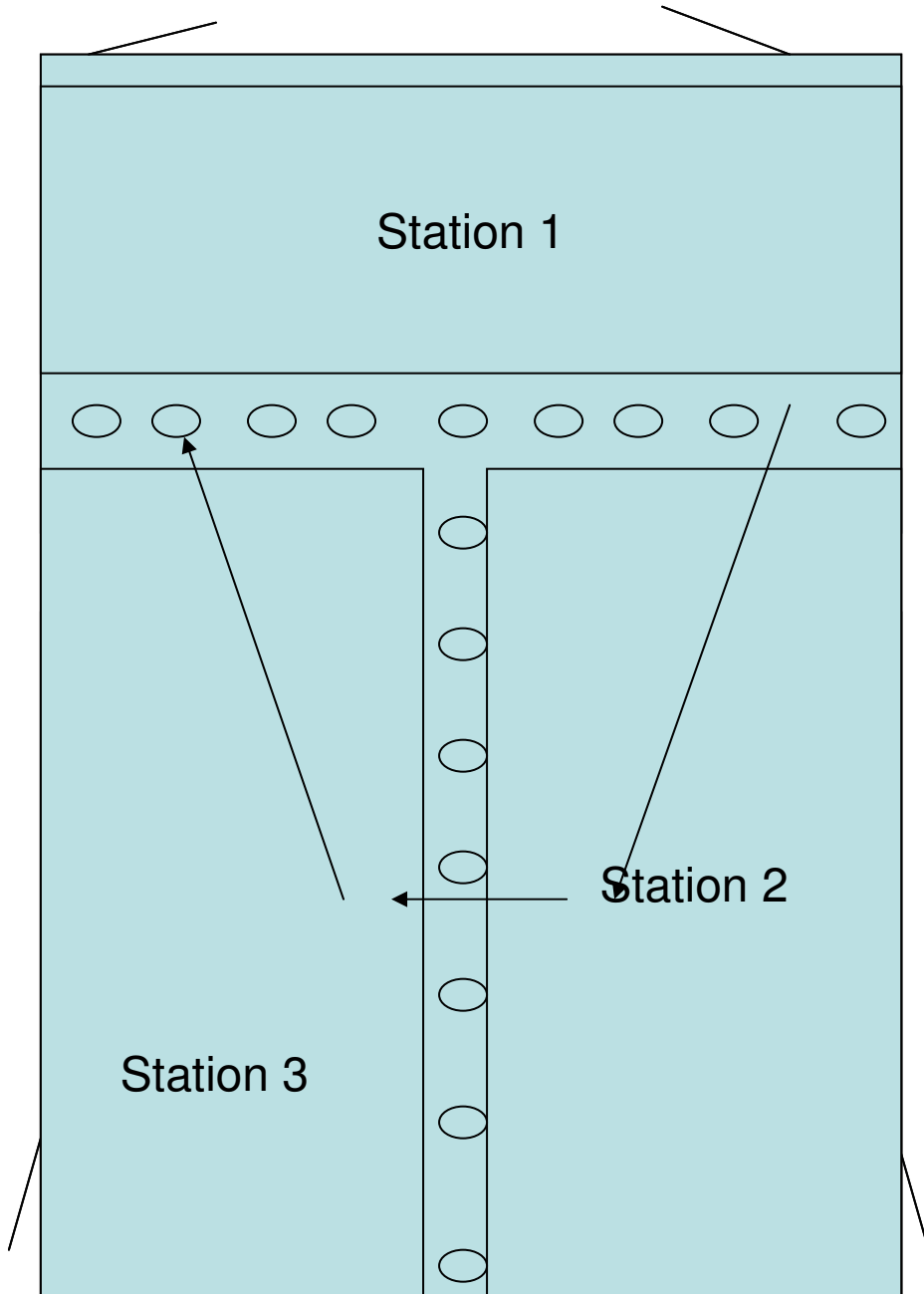
Grip
Wind, Aim & Release
Various Pitches
From Pitch to Defense

Station 2

Bunting
Why we bunt
Square & Bat Placement
Bunt @ Targets
Fake Bunt

Station 3

Catching
Form (setup, blocking)
Defense & Tag
Throw



MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

WEDNESDAY - GIRLS

45 minutes each station w/5 minute break between

EVERYONE- First 15 minutes
Sportsmanship



Station 1

Station 1

Hitting

Grip

Balance, Stride, Swing

quick toss big and little

bounce toss & front hand

Protect against bad pitch

Station 2

Station 2

Baserunning

Turn to dugout

Round base

Drills(Stay, Go, Turn&Hold

Work every pitch on base

MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

THURSDAY - BOYS

45 minutes each station w/5 minute break between

Station 1

Stretching & Player Toss

Arm/Leg Stretching Exercises

Running drills

Pre-game Warm up-Top 3

Player Toss

Station 2

Fielding

grounder proper form

field from knees

popup proper form

field over shoulder drill

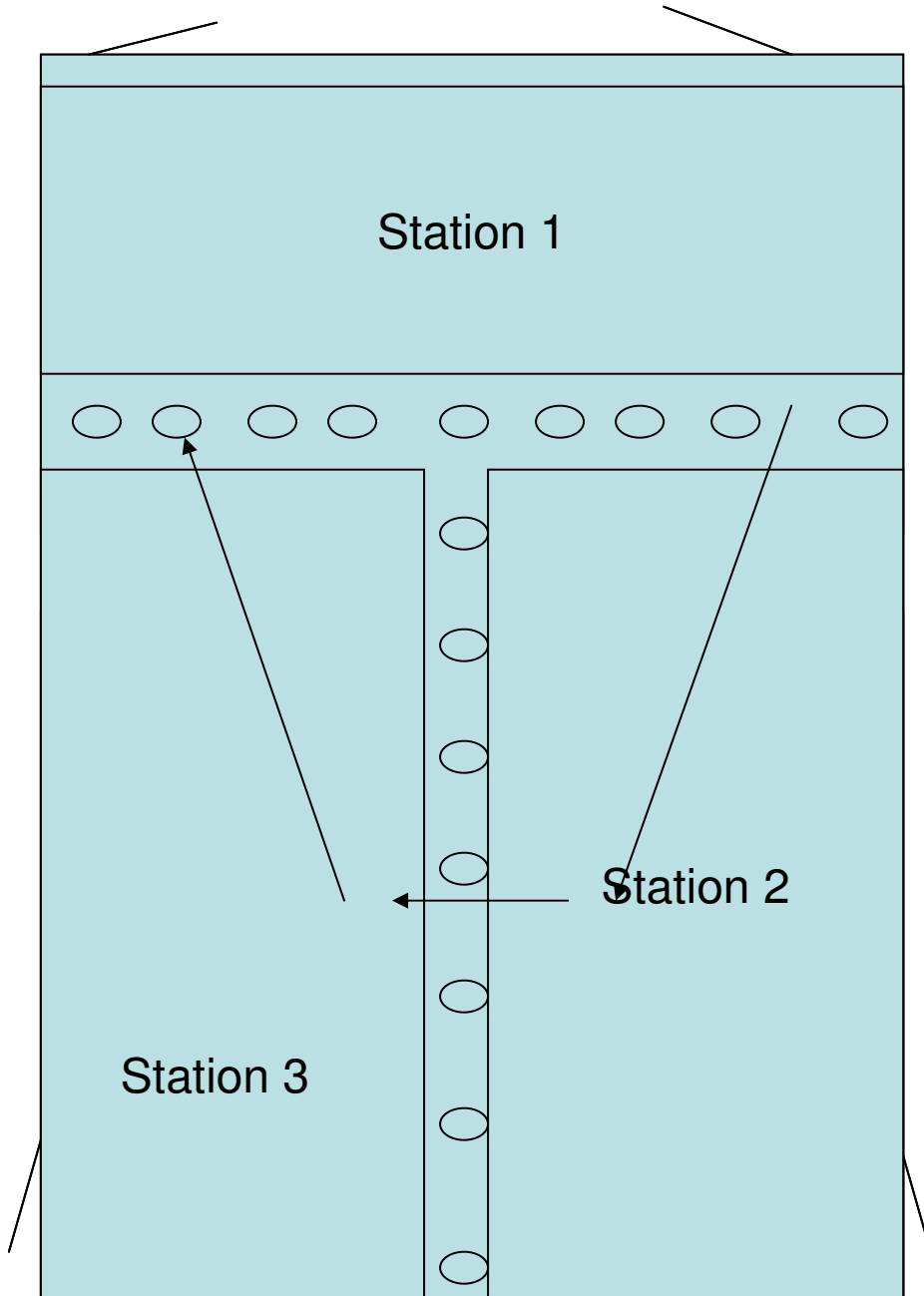
Station 3 (with sliding mat)

Sliding

Take-off

Stride

Slide & Pop up



MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

FRIDAY - BOYS

45 minutes each station w/5 minute break between

Station 1

Pitching

Grip, Wind, Aim & Release

Pivot drill

Finish over Cone drill

3 Hops drill & Pitch @ targets

Station 2

Bunting

Why we bunt

Square & Hand Placement

Bunt @ Target – 15'x4'

Fake Bunt

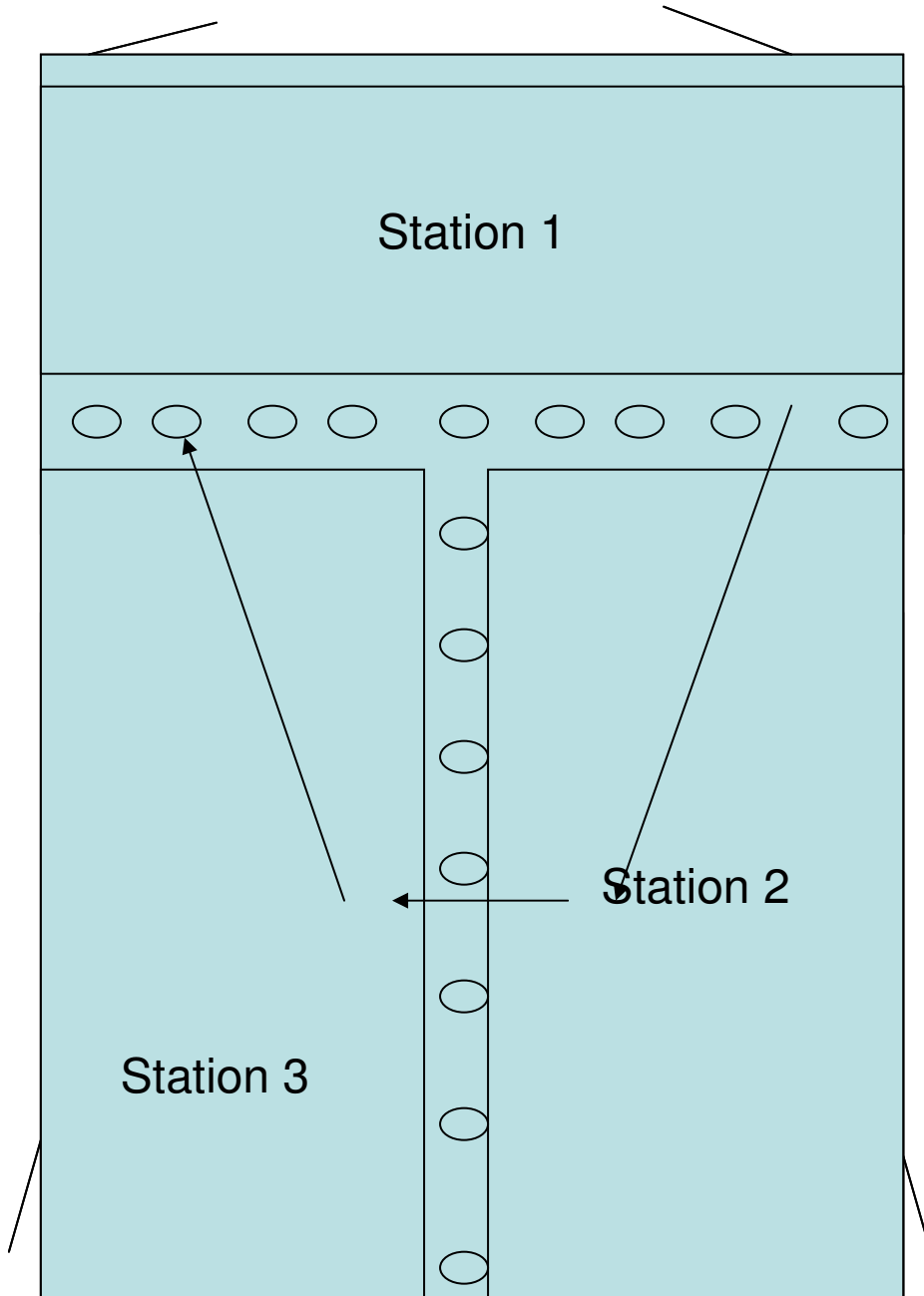
Station 3

Catching

Form (setup, blocking)

Defense & Tag

Throw



MANCHESTER ATHLETIC ASSOCIATION TRAINING CAMP

SATURDAY - BOYS

45 minutes each station w/5 minute break between

EVERYONE- First 15 minutes
Sportsmanship

Station 1

Hitting

Grip

Balance, Stride, Swing

quick toss big and little

bounce toss & front hand

Protect against bad pitch

Station 2

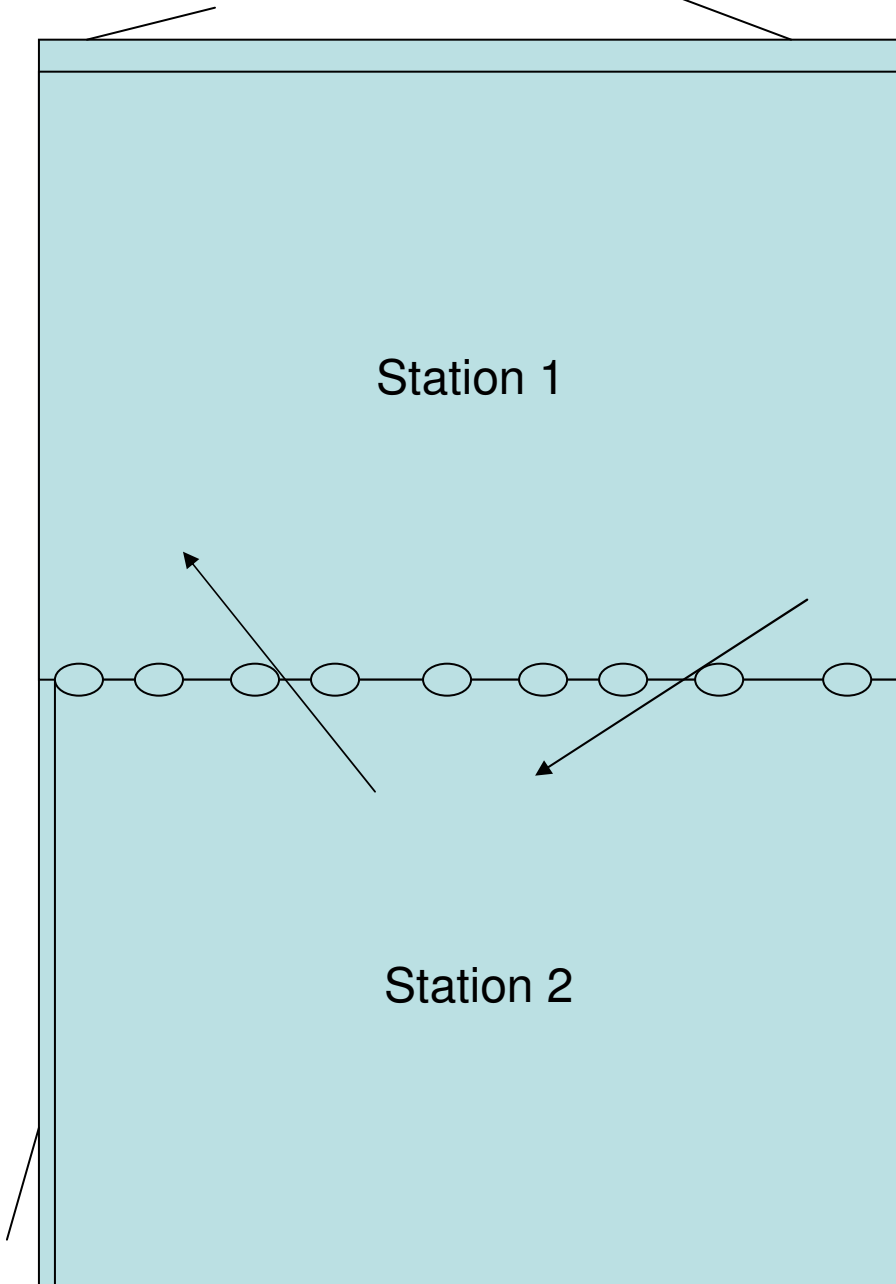
Baserunning

Turn to dugout

Round base

See Drills(Stay, Go, Turn&Hold)

Work every pitch on base



INDOOR DRILLS

courtesy of <http://www.corrarobaseball.com>

Indoor Practice

Indoor Baseball Practice Outline

10 minutes of running and stretching

10 minutes of throwing warmups

70 minutes of skill work

Skill work should include the following:

Hitting Drills:

1. ***One knee swings*** (soft toss or tee)
2. ***Wide Legs swings*** (soft toss or tee)
3. ***Balance Point, Stride, Swing*** (soft toss or tee)
4. ***One Hand swings***, top hand and bottom (soft toss)
5. ***Bounce Toss*** (Bounce ball straight on from behind L screen)
6. ***Soft toss from behind*** (ball goes through zone from behind.)
7. ***High/Low soft toss*** (toss two balls and call out which to hit)
8. ***Quick toss*** (soft toss one right after the other for hand quickness)

INDOOR DRILLS

courtesy of <http://www.corrarobaseball.com>

Fielding Drills:

1. **No Glove Drill**, Field ball properly, throw ball short, hops, left, right, proper throw
2. **Extension Drill** - put bat in front of child, roll ball ,fielder approaches bat, fields on coach-side of the bat
3. **Parallel Ball Lines** (up to the ball, field, shuffle across, field, up to the next ball, field, etc)
4. **Tennis Ball line** (line players straight across and hit a tennis ball at them. Player throws ball back and coach hits it again with a racket)
5. **Fielding from the knees** (on your knees with bare hands rolling ground balls back and forth fielding and up to throwing position)
6. **Drop step** (facing coach, player drops foot & runs & catches ball over shoulder.

Pitching Drills:

1. **Pivot drill** (pivot feet as you throw the ball to target)
2. **Finish over cone** (after ball is released back foot goes over the cone)
3. **Towel Drill**(use a t-shirt taped together to reach out and hit target)
4. **3 Hops** (Balance point, three hops and throw the ball)
5. **Balance point toss** (from windup, once in balance point toss ball, then throw)

* Equipment: tees, wiffle balls, baseballs, hitting stick, tennis balls, racquet

INDOOR DRILLS

- **BUNTING DRILLS**

- **The Stance Drill** - To begin, players spread out approximately 20 feet in front of the coach. Each player has a bat and assumes their batting stance while the coach simulates a pitch. One by one, the players transition from batting stance to bunting stance. Coaches should be watching to see if the players appear balanced and if they are stepping where the plate would be. Also, this drill gives coaches an opportunity to watch many players as once to see if their bats are at the correct bunting angle at the top of the strike zone.
- **Hit the Target Drill** - To begin, place a throw down base which will act as home plate with two cones on the first base side and two cones on the third base side. They should be 15' from home and 4' wide, starting from the foul line. These sets of cones will act as targets for the bunts. The first player stands at the throw down base as another player pitches to them. The batting player gets 10 pitches to try to bunt the ball between the cones. Each time a bunt goes through the cones, the bunter gets one point. After the 10 pitches, players rotate positions, and the player with the most points is the winner.
- **Drag Bunt Drill** - The drag bunt is used to primarily by left handed hitters to provide the runner with a few extra steps toward first base. The right handed hitters will have trouble because they are not allowed to step on the plate during an at-bat. Use a ball on a tee to provide the runner with a target, have the hitter bunt the ball off the tee and advance toward first base side. Use the same cone placement as the drill above.

INDOOR DRILLS

courtesy of eteamz.com

- **CATCHING DRILLS**

- **FRAMING THE BALL**

- **Shadow**

- Catcher starts out in their stance. Coach holds a ball in front of the catcher and moves it around the strike zone. The catcher follows the path of the baseball and frames the area. The catcher should work on body movement and catching the ball in halves.

- **One Knee Underhand Toss**

- Coach gets on one knee five to ten feet from the catcher. The coach will underhand toss a ball to the catcher. The catcher will work on body movement and catching the ball in halves. The benefit of this approach is that the coach is close enough that they can be more accurate with their toss and work all areas.

- **Medium Toss**

- Coach stands up and throws pitches to a catcher from 40-50 feet. This allows the catcher to track the ball from a longer distance. The catcher will still work on body movement and catching the ball in halves.

INDOOR DRILLS

courtesy of eteamz.com

- **CATCHING DRILLS**

- **BLOCKING THE BALL**

- **Sit and Get Hit**

- Coach gets on one knee from a short distance. The catcher assumes the blocking position. The coach will throw the ball in the dirt and off the chest of the catcher. The catcher gets the feeling of balls coming off their body.

- Medium Toss**

- Coach stands half-way between the mound and home plate. The catcher assumes their stance. Coach will throw balls in the dirt and the catcher will block, retrieve, and get their body in a position to throw.

- Up-Downs**

- Lay out five balls five feet apart. The catcher will shuffle to each ball, assume the blocked position, get up and shuffle to the next ball. The object is to work on quickness down to the ball and up from the ball. Make sure the catcher's hands are moving in the correct position on the way up. The drill can be varied by having the catcher not only go down all five, but moving to the other side and returning to where they started.

- Hands Drill**

- The catcher should start in the down position with a ball placed in front of them. When the coach says go, the catcher fires their hands out to the side and away from the ball, gets to their feet quickly, rakes in the ball and gets their body in a position to throw the baseball.

INDOOR DRILLS

courtesy of eteamz.com

- **CATCHING DRILLS**

- **FIELDING THE BUNT**

- **Three ball.** Place one ball near the first base line, one up the middle, and one near the third base line. Catcher will assume their stance. Coach will stand behind and call out which ball to field. Catcher will attack the ball, field it, and make a strong and accurate throw to a base.
 - **Over the shoulder toss.** Catcher will assume their stance. Coach will stand behind the catcher with a ball. The coach will toss the ball over the catchers shoulder. The catcher will field it and throw to a base. A variation can used by telling the catcher that the runner has great speed and they must hurry. Also, the coach can throw it far enough that a throw to first would be late. The catcher will execute a full arm fake and throw out the lead runner who may have drifted off a base.

INDOOR DRILLS

courtesy of eteamz.com

Catching Drills – FOOTWORK



Jump Pivot Method - Catchers with quick feet usually use this technique on a ball thrown near the middle of the plate. As the ball hits the mitt he quickly shifts his feet, pointing his shoulder 2nd base and his right foot pointing toward the first-base dugout. he will then step and transfer his weight to his left foot finishing his throw to second base.



Jab Step Method - The jab step method is recommended for catchers with average throwing strength. Just before receiving a pitch that is in the middle of the plate the catcher will jab step 6 to 8 inches with his right foot to gain momentum toward second base. He must turn his right foot perpendicular to second base so that he can rotate his hips and shoulders. He will need to follow through with his left foot, transferring his weight as he releases the baseball. For balls on the inside part of the plate the catcher will jab step with his left foot first and then re-adjust his feet to be in position to throw to second base.

Rocker Step Method- This method is for catchers who have strong arms. As he receives the ball, the catcher rocks back on his right foot, rotates his shoulders, steps and throws to second base. While this is probably the quickest way to release the baseball, few catchers possess a strong enough arm to use this technique.

Stretching

The goal of this stretching program is to increase your flexibility and to help you warm-up and prepare your body before an exercise or sport. Stretches should be done slowly and should NOT BE PAINFUL.

For maximal efficacy: Hold 30 seconds and repeat 5 times. Minimal requirements: Hold 10 seconds and repeat 3 times

CAUTION: If you have any health concerns, consult your physiotherapist or your doctor before proceeding. If you feel any pain or unusual sensations (tingling, numbness, dizziness) with any of these exercises - STOP IMMEDIATELY and seek medical advice.

1. Shoulder Rotations

Raise your arms out to your sides to shoulder level. Start with small clockwise circles. Work your way to bigger circles. Then reverse directions and progress from small to larger arm circles.

2. Shoulder Stretch

Standing with a bat held in both hands behind your back, extend your arms upward, reaching for the sky.

3. Standing Trunk Rotations

Standing with a bat in both hands, rotate your upper body to the right and then to the left. Move in a slow, controlled fashion.

4. Standing Side Bends

Standing with a bat in both hands, side bend to the right, and then to the left, placing the bat overhead.

5. Triceps Stretch

With your arms overhead, use your left hand to pull the right elbow behind your head. You should feel the stretch in your right triceps. Hold. Repeat with the left arm.

6. Cross-Arm Stretch

Take your right arm and reach across your chest and try to touch the left shoulder. Using the left hand, pull the right elbow over until you feel a stretch. Hold. Repeat with other arm.

7. Calf Muscle Stretch

Stand a few feet from a wall and put both your hands on it at shoulder level. Step back with your right leg, keeping it straight, while the left knee bends. With both heels on the floor, lean forward by bending your left knee until you feel a stretch in your calf. Hold. Repeat on the other side.

8. Quadriceps Stretch

Stand with your left hand holding onto something stable for balance. Using your right hand, grab onto your right foot and pull your heel in towards your buttocks. Keep your knees close during this stretch. If you do not feel a stretch in the front of the right hip and thigh, pull your right knee further back behind the left knee. Hold. Repeat with the left side.

9. Hamstring Stretch

Place right leg flat on table while the left leg stays put on the floor. Keep the right knee straight during the stretch. Keep the arch in your back as you reach to touch your toes. Repeat with the other side.

10. Groin Stretch

Sit on the floor with the soles of your feet together. While holding your toes, lean your upper body forward, bending from the hips. If you do not feel a stretch in the groin, try to keep your knees further down towards the floor and bring your heels closer to your seat. Hold. To isolate one side of the groin more than the other, push one knee downwards with your hand while you lean forward.

11. Low Back Stretch

Lie on your back with your right arm extended out to your side. Using your left hand, slowly pull your right knee across your torso, while keeping your right shoulder on the ground. Hold. Repeat on the other side.

Top 3 Pre-Game Stretches



Lying Knee Roll-over Stretch: While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.



Elbow-out Rotator Stretch: Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward.



Rotating Wrist Stretch: Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.

The above 3 stretches are just a small sample of stretching exercises that will help you improve your baseball game and eliminate baseball injuries.

Baserunning Drills

- **Out of the Box Drill:** This drill is similar to the base drill, but this time the runner is a batter. The dropper is lined up a short distance from home plate in the basepath to 1st base.

Have the batter take a normal swing with a "bat" (use a fake bat, or top of a batting tee). As the "bat" enters the impact or contact zone, drop the tennis ball and have the batter run out of the batters box and catch the ball before it bounces on the wood a second time. Once again, start out at a short distance and increase the distance to challenge the batters.

NOTE: Make sure batters weight is balanced and not leaning forward or backward or she will take unnecessary steps to regain her balance before running for the ball. Also, watch the right arm and elbow (right handed batters). The proper movement is to drive the elbow back and outside the hip to initiate the running sequence. Finally, watch the "bat" to make sure she does not "whip" the bat back to the right side and then run. The "bat" should be dropped by the left hand after the right hand has released it.

- **TURN or HOLD :** Each player stands in the batter's box holding a bat. The player swings at an imaginary ball on command, disposes of the bat properly, and then runs to first base. The coach stands at first base and calls: "Run through the bag", or "Take a turn", or "Second" loudly enough so that the runner can hear the command two or three strides before first base. Position a coach at second base to direct runners coming from first. This coach calls: "Stay", or "Round it", or "Third". The third base coach can give similar commands. So each runner can get the full spectrum of running after a one base, two bases, three bases, or home run hit.

Baserunning Drills

- **WATCH THE BALL:** Line up a player at first base, shortstop, second base and in shallow left, center and right fields. Line-up your remaining players in foul territory at first base. Start off the drill with a player on first. The coach hits to one of the fielders. If it's a fly ball to left field the runner at first should go half way between first and second and watch the ball to see if the fielder catches it. If the fielder catches it then the runner should return to first. If the fielder misses it then the runner needs to continue to second. Have the fielder's play the ball live. Continue the drill with different baserunning situations and hitting to different fielders.

Sportsmanship

- The idea of sportsmanship seems to be lost on many youth players. The fact is, sportsmanship must be taught. If children watch professional sports then their idea of sportsmanship may be to trash talk, spike the ball in the opponents face, or to mimic some other visual statement that demonstrates their superiority. As a coach it's important that you teach the value of sportsmanship. I want my team to show joy when they make an exciting play, but not at the expense of the player on the opposing team. I want my players to always show the other team respect. Your leadership is the best way to get this across to your players. Interact with the players on the other team. Compliment them when they make a good play. Show your players that you appreciate the other team and the opportunity to play against them.
- Respect to Coaches
- Respect to Umpires
- Personal Actions and First Impressions
- You represent Manchester Baseball and Softball ... all of us !
- Win or Lose, Appreciate and respect your opponent. Shake hands.
- Set the Example, Others will follow ...
- Smile, have fun... it truly is a kids game !