



INSTRUCTIONAL MATERIAL BASEBALL AND SOFTBALL

BATTING, PITCHING, BASE-RUNNING & MANAGING

PART II

The following are the notes distributed at our annual coaches' clinic held by former Board member, John Ottavino. It is a summary of what he instructs on a DVD we make available to all coaches and parents. We strongly recommend coaches, assistant coaches and parents to review these notes and the DVD. It is in two parts: Part I is about the basics; Part II is about more advanced skills, including pitching, advanced hitting, base running (and stealing strategies), and managing.

Pony Major's (8 yr olds) & Cubs (9-10 yr olds)

Advanced Hitting - Practice, practice, practice

I There are three components to hitting:

- 1) The mechanics
- 2) See the ball - hit the ball How many fingers?
- 3) Work the count. Using your head to maximize every at bat.
 - a) Look in the window...protect the plate. A strike is what the umpire says it is.
 - b) a walk is never as good as a hit except when that is all the pitcher gives you. If he doesn't give you the bricks, you can't build the house.

II) Hitting situations

- a) the lead off man - to get on - Can get to 2nd by himself.
- b) man on 2nd and/or third - on the ground to the right side
 - c) down & hard is better than up and hard
 - d) hard, solid contact is the goal

III) Bunting

- a) Square

- b) bat level at top of strike zone
- c) Be pre-angled to avoid death valley
- d) Not every bunt is a squeeze so pick a pitch - know the two strike rule

Pitchers

Throw with authority - 50% strikes. 2 of the first three pitches should be strikes

4 seam grip

one two three four - two & four most important.

Release Point

wind-up or stretch

the downward plane vs. the swish

balance drill, clean break of the hands, elbow up, finish completely

point, slide into the glove, scratch through the catcher's eyes,

high pitches, low pitches = wrong stride length/ slide down the slide (Nike symbol)

relax, relax, relax and grow confident - don't over manage your staff in tight situations (fear and what to say when you go to the mound) Beautiful day/ Don't work so hard/ Give me all you got - then done.

A strike is what the umpire says it is - the pitcher must adapt, the ump won't.

The two most important pitches in baseball - strike one & the change (palm ball, circle change, bunny ears)

be sure your team is set before you pitch

When to pull a pitcher - save a strike machine if you have one - (fast to faster or fast to lefty junk)

The rules let you return a pitcher to the mound - know the work rules.

Sliding: There is never a reason to stop at second without sliding.

Dirty Uniform drill. Stand up drill.

Stealing: Don't use the words "no" & "go." Stealing 2nd easier than third, but a mistake at third helps you more.

The book on baseball: See Tim McCarver "How Baseball Works"

Never steal if: 1st or 3rd out at 3rd or 2nd out at 2nd

What is scoring position? How many points do I get for getting to third?

You need four signs. Steal, fake steal, bunt, take.

RISKS & REWARDS CJBS DIVISION			
Once the third out is made, who ever is on base is erased			
Always looking two batters ahead			
Can she hit, can she bunt, can he throw a strike			
	0 out	1 out	2 out
MAN ON:			
1st	who's on/who's up	never/bunt	who's on/who's up
1 & 2nd	steal/bunt	maybe - do they back-up well	never/fake steal
1 & 3rd	first pitch	first pitch	first pitch/fake steal
bases loaded	can't steal	can't steal	can't steal
2nd	why bother	maybe - do they back-up well	desperate situation
2nd & 3rd	can't steal	can't steal	can't steal
3rd	can't steal	can't steal	can't steal
	a mistake at 2nd gets you to third		
	a mistake at third gets you a run		

Your batting order is designed to: get as many runs per inning as possible;

Read Dusty Baker's analysis. Then add the blood clot factor. Speed kills.

Finally: Know that coaching matters, but that any player at any time can make a miracle. Know that the baseball gods have a hideous sense of humor. The more you think about this before you get there, the greater the chances you will have of getting what you want.