



## U9s to Seniors Clinic

- Welcome and thanks for taking the time to coach your teams and attend the clinic.
- Background and reason for the clinic:
  - Trying to figure out how to teach the kids to catch a hard ball, throw and hit safely
  - Try to develop the kids skills
  - You don't need to know the game to be a great coach, you will learn with the kids.
- This is not the only way to coach, just some examples that worked for my teams.
- Main objectives:
  - Have fun
  - Players to get better over the season.
- Be prepared:
  - Have a plan for training; know what you are going to do.
  - Have some extra things to do in case what you had planned doesn't work (A/B/C)
  - Get there a few minutes early so you can set up and be ready for the kids.
  - Don't do the same things all the time – kids and you will get bored.
  - Persevere with the basics – kids develop at different rates
- Skills and Drills for Training:
  - Activities to start training with while waiting for the kids.
    - Pepper / Stinky Cheese
    - Throw between pairs
    - Hitting
    - 2 ball catching competition
  - Start with Base Running – warm them up, get them moving!
    - Chasey
    - Race to 1<sup>st</sup> (Turn to Right)
    - Relay Race (Starting at Home and 2<sup>nd</sup>) – Be careful of Home Plate
    - Relay Race with Sliding
    - Hot Potato – groups of 3. Lots of talk. Make it a timed race.
  - Throwing and Fielding
    - Throw between pairs. Most important as it will happen in the game. Increase distance as skills develop and arm strength increases
    - Relay throwing races
    - Talk about the correct position to field the ball. Have the kids move across to field the ball and then make the throw
    - Roll ground balls, then high balls, then combine – use helpers in lines
    - Start to incorporate forehand, backhand, middle fielding
    - Throwing competition at target e.g. hit a ball off a tee



## Coaching Clinic Notes

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- Fielding on the diamond
  - Hit / throw to Pitcher, out at 1<sup>st</sup> – RF to back up. 3 groups
  - Standard infield drills – rotate the kids around
  - Double Plays – groups at 1<sup>st</sup>, 2<sup>nd</sup> and Short Stop – hit to both 2<sup>nd</sup> and SS
  - Tag drill going to 2<sup>nd</sup>. Can add to this to work on the double play
  - Throwing drill around the diamond, anticlockwise – run where you throw
    - Talk about backup, safety, team play
  - Chase the runner (runner must wear a helmet)
  - 3<sup>rd</sup> to Home, bare hand pickup and flick to Home. Attack the ball.
- Outfield drills
  - Drop step / Texas Leaguers (overhead)
  - Fly balls with blind turn – make it a competition
  - Groups at LF and RF. Hit off a tee for catch and throw to 2<sup>nd</sup>
  - Backing up drill. Hit between 2 groups and have them field or backup
- Batting
  - Hitting off tees to fielders – get 3 or 4 tees
  - Competitions to hit targets, between targets, down the line to 3<sup>rd</sup>
  - Encourage to hit ground balls or high balls
  - Talk about where to hit depending on runners on base
  - Encourage the kids not to cast and to point their feet to 2<sup>nd</sup> base
- Games / Competitions – Finish with a game / competition!
  - Teeball variations
    - 3 Batters and 9 Fielders – Rotate through
    - Short sided games - 2 teams with gaps in outfield / infield
    - Parents vs Kids – great for last trainings
    - Jumbo Ball
  - Sliding – use cardboard or plastic and soapy water
  - Chase down game – 1 hitter & Chasers on 1<sup>st</sup> and 3<sup>rd</sup>
  - Relay Throwing Races
  - Leader Ball Competition
  - Quick hands drill (use 4 cones around a base)
  - Chase the Runner (must use helmets)
  - Other competitions we used in different trainings (can use reward)
    - Throwing competition at target e.g. hit a ball / mascot off a tee
    - Competitions to hit targets, between targets, down the line to 3<sup>rd</sup>
    - Blind turn outfield catching competition
    - Hot Potato
    - Pepper / Stinky Cheese
  - King of the Diamond
  - Run down plays
  - Toss Ball games
  - Whiffle Ball games



## Coaching Clinic Notes

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- Game Day:
  - Consistent warm up – Hitting and then Fielding
  - Be ready for the umpire on the base
  - Kids to know if they are fielding or batting – use a magnet board?
  - Run in between innings – Get as many innings in as possible.
  - Have fun playing, be fair. Enjoy the challenge of playing good teams.
  - Respect the umpire, your teammates and the other team – you are a Role Model
  - Rotate through different positions (I have sent out a spreadsheet we use)
  - No Suicide Running
  - No Practice Swings with the bat
  - Strikes will be introduced in U9s after Christmas
  - Get the kids to position themselves in the batter's box as soon as you can.
  - Encourage the throw to make the out! Team mates to back up the throw.
  - Talk to RF about backing up. Get them in the game.
  - Have all kids playing their position not running where they like. Be ready to backup.
  - Try to get three outs – back to batting.
  - Try to run double plays. Focus on the first out and then try to get the next one.
  
- After the Game:
  - Three cheers for umpire and other team
  - Talk to players about great team play
  - Recognize and celebrate individual efforts and improvements – Give awards.
  
- State Championships:
  - Consider taking part – great fun!
  - TBAWA training at the club for accreditation to coach at States
  
- Little things:
  - Good to get down on you knee when talking to the kids, be on their level.
  - Don't talk too long.
  - Don't have the kids looking into the sun when talking to them.
  - Check your gear bag and make sure when you return it everything is there
  - Keep your patience and your sense of humour!
  - Remember we are the adults and we control the game – don't let it get out of hand. There are no premierships, ladders or titles. We want the kids to have fun, get better during the season, and want to come back again next season.
  
- Thanks for attending:
  - Hope the information was useful
  - Hope they enjoy coaching their kids and seeing them develop and have fun
  - Keep learning and trying new things with the kids
  - Check out what other coaches do – take the good, leave the bad
  - Develop your own style and have FUN
  - If they want to have a chat or have questions, let me know and I am happy to help.
  - Thanks!