

METRO BASEBALL LEAGUE

COACHES CLINIC - Paul Blanchard, Southwest Minnesota State University Head Coach - 27 years(retired)

BASIC INSTRUCTING

1. BE CONCISE/PRECISE WITH WHAT YOU SAY
2. SLOW DOWN YOUR SPEAKING PACE (ALL THE BEST COACHES DO THIS. EASIER FOR THE PLAYERS TO LEARN)
3. STAY AWAY FROM VERBAL PAUSES ("YA KNOW...RIGHT, OKAY, OKAY, OKAY...UMM,UMM)
4. PAUSE WHEN MAKING A POINT. LET THEM PROCESS WHAT YOU SAID. (SAY IT... pause...then say it again)

THE TWO MOST IMPORTANT PARTS OF INSTRUCTING (THEY'LL SEEM SIMPLE)

#1 - "Never tell them something unless you tell them WHY?"

#2 - "Make them feel what it is you're after."(Works for any skill or play)

BASIC THROWING

- -Grips - two fingers and thumb underneath
- -Arm Action - "Down, Back and Up"
 - "Thumb goes by your thigh"
 - "Gather Up Before You Throw": Move towards your target before, during and after release.
 - "Follow Your Throw": overhand or underhand
- Stand behind thrower and see the spin pattern. Shows efficiency
- LONG CATCH: Best proven way to increase arm strength. Must be done UNDER CONTROL.
- It's okay to bounce the ball to a partner. Should throw ball high at longer distances.
- Keep face pointed at the target throughout throw. Step in front, not behind.
- Can be done every other day

PROGRESSIONS

- BREAK SKILLS DOWN TO THEIR MOST SIMPLE MOVES
- START WITH THE BALL IN THEIR HAND/GLOVE
- ONCE THEY HAVE SUCCESS, MOVE TO NEXT LEVEL OF SKILL(REPEAT)

RECEIVING

- -Make sure glove is right size and in good condition(No rips or frayed laces). Must be secure to hand, not loose.
- -Glove Habits - Present glove early. Two hands as often as possible. They'll want to catch ball in "The Web" all the time, because it DOESN'T HURT. It's a natural occurrence. They will catch throws with their wrist, elbow and shoulder in a straight line often. It stops the force of the ball the best. As they get older/stronger, this tendency relaxes.

RECEIVING TEACHING QUES

- "KEEP YOUR GLOVE BETWEEN YOUR EYES AND THE BALL."
- "MOVE YOUR FEET TO GET YOUR GLOVE IN POSITION."
- "STAY AHEAD OF THE BALL." (Players will figure out how slow they have to move to still catch the ball)
- "THE HARDEST YOU'LL WORK IS BEFORE YOU CATCH THE BALL." (After you catch it, the rest is easy. Most throwing errors occur when their set-up is late/bad and they stop/"Spin Out" to throw)
- Infielders: "
- THE BALL AS CLOSE TO THE HITTER AS YOU CAN." ("CHARGE IT")
- Infielders: : "Keep your glove open TO THE GROUND BALL the last 10 feet." (Players will "Flip" their gloves open at the instant the ball arrives)
- "NEVER SHOW THE BACK OF YOUR GLOVE TO THE GROUND BALL THE LAST 10 FEET."
- "GET THE BALL OUT OF YOUR GLOVE AS FAST AS YOU CAN." "IF YOU FIELD THE GROUND BALL LOW, STAY LOW WITH ARM ANGLE THROW."

DOUBLE PLAYS: Get to the base as fast as you can, then set-up. (Double play depth before pitch is thrown)

- 2nd BASEMAN PIVOT: "LEFT FOOT TO THE BASE, RIGHT FOOT TO THE BALL.
- "START MOVING OFF THE BASE, BEFORE THE BALL GETS TO YOU." "ELBOWS TOUCHING RIBS, THUMBS UP." (When receiving throw with two hands)
- 2nd BASEMAN FEEDS: UNDERHAND THEY MUST FOLLOW THEIR THROW
- SIDEARM THROWS FOR LONGER DISTANCES. THE BALL SPINS SIDEWAYS AND STAYS UP. OVERHAND THROWS GO HIGH OR LOW AND TAKE TOO LONG TO RELEASE.
- FEET ARE STAGGERED WITH RIGHT FOOT BACK TO CLEAR HIP FOR EFFICIENT THROW.
- SHORTSTOP PIVOT: Right foot sweeps the back corner of the bag. Left foot goes to the throw by 2nd baseman.

"Elbows in and thumbs up."

If throw is below waist, catch with glove fingers pointed down and palm faces the throw.

“Work with the throw, not against it.” Stay away from backhanding the catch. Remember, they’ll want to catch it in the web because it doesn’t hurt.

- SHORTSTOP FEEDS: SIDARM! THE THROW WILL STAY UP. LEFT FOOT IS BACK. It clears the left hip to make the throw easier. STAY BENT OVER AT THE WAIST WITH BENT KNEES. (USE PROGRESSIONS)
- ANY UNDERHAND FEED TO 2B, MAKE SURE THE SS FOLLOWS HIS FEED!!

TAG PLAYS:

KEEP ELBOW BELOW THE GLOVE, WHEN RECEIVING THROW. LET THE BALL TRAVEL. “THE BALL CAN MOVE FASTER THAN YOU CAN PULL IT BACK.”

THREE VERY IMPORTANT PHRASES:

1. “SEE WHAT YOUR TAGGING.”
2. “GLOVE HITS THE GROUND.” (SELL THE PLAY. ALLOW THE UMPIRE TO ‘LOOK GOOD’)
3. “SPIN OUT OF THE TAG FOR SAFETY PURPOSES.” ALWAYS SPIN/PIVOT ON THROWING SIDE FOOT.

OUTFIELDERS:

- CATCH FLY BALLS WITH ELBOW IN. CREATES MORE SURFACE AREA FOR THE BALL TO ENTER GLOVE.
- “SEE HOW LONG YOU CAN SPEND UNDER THE FLY BALL.”
- “TRY TO GET BEHIND THE SPOT THE BALL WILL LAND.” (2-3 FEET), THEN MOVE FORWARD TO CATCH IT.
- GROUND BALLS: RUN FAST TO THE BALL AND GET RID OF IT QUICKLY. DON’T LET THE BATTER GET ANY IDEAS ABOUT GOING TO 2B.
- ROUTINE GROUNDER CAN’T GET BEHIND THEM. “SQUARE UP ON ONE KNEE AND TAKE THE BAD HOP OFF THE CHEST.”
- THROW ONE BIG HOP TO A BASE, IF YOU HAVE A PLAY. CUT OFF MAN ALWAYS HAS A CHANCE TO FIELD THE THROW AND THE FIELDER AT THE BASE HAS A CHANCE TO FIELD THE THROW.
- BACKING UP PLAYS IN THE INFIELD: “KEEP THE BAG BETWEEN YOU AND THE BALL.”

GAME MANAGEMENT

BEFORE GETTING TO THE BALL PARK:

- 1.) DRINKING WATER SITUATION
- 2.) WHO’S HOME TEAM AND DUGOUT ASSIGNMENTS
- 3.) GAME BALLS AND EQUIPMENT SECURED
- 4.) SIGNAGE NEEDS

AT THE BALL PARK-BEFORE A GAME

- 1.) UNLOCK GATES
- 2.) UMPIRES - ARRANGE PLACE TO PARK, CHANGE CLOTHING, SNACKS (IF POSSIBLE), EQUIPMENT NEEDS(?)
- 3.) FIELD NEEDS: CHALK LINES, TARPS, PORTABLE MOUNDS(?) AND MEASURING TAPE, BASES SET, FIELD DRAGGED & RAKED.
- 4.) DUGOUTS CLEANED BEFORE AND AFTER GAMES. TRASH PICKED UP.
- 5.) POST LINE-UP IN OPPONENT'S DUGOUT WITH A GAME BALL, BEFORE THEY ARRIVE.
- 6.) SCOREBOARD CONTROLS AND OPERATOR
- 7.) ARRANGE EQUIPMENT/GEAR, CHARTS, IN THE DUGOUT
- 8.) POST LINE-UP CARD AND DUTIES LIST, BEFORE YOUR TEAM ARRIVES. THEY'LL KNOW WHAT TO DO, BEFORE, DURING AND AFTER GAME.

DURING GAME:

- NATIONAL ANTHEM: DESIGNATE A PLACE TO STAND. HOLD CAP OVER HEART UNTILL THE MUSIC STOPS!
- BETWEEN INNINGS: INFELDERS ON BACK EDGE OF INFIELD TAKING GROUNDERS FROM 1B.(2ND, 4TH, 6TH INNING-DP'S). CATCH OFF MAN FOR OUTFIELDER NEEDS TO STAND ON THE FOUL-LINE(SAFETY). (HE TAKES BALL FROM CF AND 1B/3B)
- CATCHER CAN THROW DOWN TO 3B, 2B, AND 1B IN ALTERNATING INNINGS. WHY JUST 2B?
- POSITIONING OF DEFENSE: OUTFIELDERS-LINE-UP THE BAGS. (SPRAY CHARTS)
- 1ST AND 3RDS(HOW IMPORTANT IS THE RUN AT 3B?) PLAY #1. THROW THRU TO 2B. PLAY #2. ARM FAKE, CHECK 3B
- BUNT COVERAGE: "ROTATE TO THE BALL." -SEE ME FOR ADDITIONAL PLAYS
- PICK OFFS: ONLY WHEN NEEDED. (WHAT'S THE SCORE?). PITCHERS MUST CHANGE THEIR ROUTINE TO HP(LOOKS/HOLDS).
- FOUL BALLS - HAVE NAMES OF FOUL BALL CHASERS ON DUTIES LIST, BEFORE GAME STARTS. "SOMEBODY ON THAT"
- FOUL BALLS TO BACKSTOP - RETRIEVE AND THROW OVER TO HOME TEAM, IF YOU'RE THE VISITING TEAM.
- STRANDED RUNNERS (HELMETS), TEAMMATE RUNS HIS HAT/GLOVE OUT TO HIM.
- STRIKEOUT TO END THE INNING. STEP OUTSIDE BATTER'S BOX AND SET BAT/HELMET DOWN. TEAMMATE GRABS GLOVE/CAP.

DUTIES LIST

- FOUL BALL CHASERS NAMES
- BALL RUNNER - REPLENISHES UMPIRE'S SUPPLY
- WHO WARMS-UP OUTFIELDER IN LF OR RF (DEPENDS ON YOUR DUGOUT)
- BULLPEN CATCHER: IF APPLICABLE
- BATS: WHO'S RESPONSIBLE FOR SETTING THEM UP IN THE DUGOUT
- BASEBALLS
- DUGOUT DUTY: PEOPLE RESPONSIBLE FOR CLEANING DUGOUT AFTER GAME
- TARPS: FOLDING AND STORING.
- FIELD EQUIPMENT
- CHARTS/TENDENCIES: "# OF LOOKS TO A BASE BY THE PITCHER", TIME OF DELIVERY, ETC.

Paul Blanchard

pblanch3844@gmail.com

(507)829-5920

Let me know if I can help.