



MANLY SEASIDERS BASEBALL CLUB

COACHING MANUAL



Last updated: June 2016

Handbook Contents

This handbook is a collection of useful information which has been put together to help Coaches understand their role and introduce some basic coaching techniques.

Even if you are an experienced Coach please take a little time to look through these pages as you may pick up a hint or two. If you are new to the sport it is recommended that you print yourself a copy of the manual and keep it with you for the season. Manly Seaside also look to run coaching courses at the start of each season and require all coaches to do a minimum level of coaching training to ensure our kids are offered consistent, quality coaching throughout their baseball "career".

If there is something you require that is not available here, please do not hesitate to seek help. Contact details are noted in the communication section further on.

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Extracted from:

**MANLY DISTRICT BASEBALL
DEVOPMENT MANUALS**



PDT

PATIENCE DEDICATION TEAMWORK

1. Introduction and Expectations

1.1 Introduction

Manly Seaside Baseball Club provides an environment for all junior levels of playing. It is a Club rich with players having gained skills in our ranks that has seen them move onto playing for Manly Representative, NSW and Australian teams, US College and US Pro teams, Senior District and local Summer Ball.

Manly Seaside is a junior organization playing within the Manly Warringah Junior competition within NSW Australia and prides itself in the continuation of nurturing junior players wanting to advance their talents. Our club runs and plays Tee Ball, Zooka and Baseball in the ages under-8s through to under-16's. Players have the best facilities and coaching available. Manly Seaside has a huge wealth of volunteers that run the day to day tasks that keeps the great tradition of Seaside going

1.2 Mission Statement

The Manly Seaside Baseball wants the very best out its players whilst playing in its ranks. Our aim is to teach, develop and play the game to our players within the rules and spirit of the game of baseball, whilst having fun !

1.3 Expectations

The key expectation is to "Execute the Fundamentals", that is:

- Get on base;
- Move the runner over;
- Drive the runner in;
- Get the bunt on the ground;
- Get behind routine plays;
- Use your FEET;
- Stay FOCUSED in the GAME;
- Hustle ON and OFF;
- Beat EVERYTHING out – that is, must think everything is a double until the play stops;
- Represent the club with PRIDE;
- Take pride in the CONDITION of the FIELD and CLUBHOUSE;
- Dress appropriately;
- **Respect the GAME, respect EACH OTHER, respect the CLUB, respect ALL OFFICIALS**

2. Hitting

2.1 Overview

There is no 100% correct way of hitting. Our approach is to succeed at the plate each at bat

To achieve this we aim to develop hitters who have **INTENT to HIT LONG HARD LINE DRIVES**. To hit a **LONG HARD LINE DRIVE** a player must have the following attributes:

We must:

- Be early to hit;
- See the ball early;
- Swing only at pitches we can handle;
- Hands are loaded early;
- Front foot must be down early;
- Hands inside the ball; and
- Stay down on the ball all the way through the swing.

2.2 Hitting Fundamentals

In order to achieve the above our hitters need to:

1. **Get ready to hit** – When the pitcher is getting ready to deliver the ball we want hitters to be getting ready. Weight shifts back and the hands are getting loaded.
2. **See the ball** – There is a difference between watching the ball and seeing the ball. We want hitters to see the ball out of the hand and see it all the way onto the barrel of the bat. Soft focus, hard focus.
3. **Swing at a good pitch** – It is important that players swing at a pitch that they can handle. A lot of hitters downfall comes from poor pitch selection.
4. **Get a good follow through** – It is important that hitters release the barrel and get a long, high follow through in the direction that the ball has been hit.

The swing should be:

LONG SHORT LONG

2.2.1 Getting Ready to Hit

At training, Coaches should focus on:

- a) **Stance** – Has a hitter got their weight 50/50 to start ? Is their posture good or are they hunched over ? Are their eyes level ? Is the hitter in balanced athletic position ?
- b) **Load** – Does the hitter have a good weight shift back ? Do they move their hands into a good position or are they hitting 'dead-handed' ? Are they getting ready with the INTENT to hit a long hard line drive ?
- c) **Stride** – Are hitters separating their stride from their ready position ? Hitters should get ready, stride and then HIT. Front Foot has to be down early.

2.2.2 See the ball

At training, Coaches should focus on whether the hitters are tracking the ball all the way in? Are they SEEING the ball or just watching it ? Do they know the difference between soft focus and hard focus.

2.2.3 Swinging at good pitches

At training, Coaches should focus on whether hitters are only swinging at pitches they can handle and be able to drive ? Are they making adjustments for the pitch count ?

2.2.4 Follow Through

At training, Coaches should focus on whether the hitters finish off the swing or are they cutting it off ?

2.3 Hitting Objectives

As Coaches, the main hitting objectives we want to instil in our hitters are:

- To promote **CONTROLLED AGGRESSION** with **INTENT**, that is, to put a controlled aggressive swing on a pitch they can handle. They are to have a YES, YES, YES, NO mentality. To be able to pull out of swing when saying NO, we must have loaded our hands. If the hands go early, the hitter is done;
- To have the approach to drive the ball to the big part of the field;
- To have the ability to expand their contact zone. The Contact Zone is in and out, up and down, back and forth. The bigger you can make your Contact Zone, the less chance the pitcher has of getting you out; and
- There is only ONE called zone, which is the UMPIRES. Players MUST learn this zone from other hitters and previous time batting.
- Lastly we must preach that there is only ONE called zone, which is the UMPIRE'S. Players MUST learn this zone from previous at bats and the hitters before them. Excuses should not be tolerated, "the zone changes", "the zone is not right", "the zone is different for them than us". The zone can be the hitter's if they are mentally ready to hit.

2.4 Hitting Objectives

The checklist for a Coach with each and every hitter is that we see a player:

1. With INTENT to hit the ball;
2. SEE the ball early;
3. That has their WEIGHT back;
4. With HANDS LOADED early;
5. That gets their FRONT FOOT down early;
6. Getting their hands INSIDE the ball; and
7. FINISH the swing off.

2.5 Mental Keys

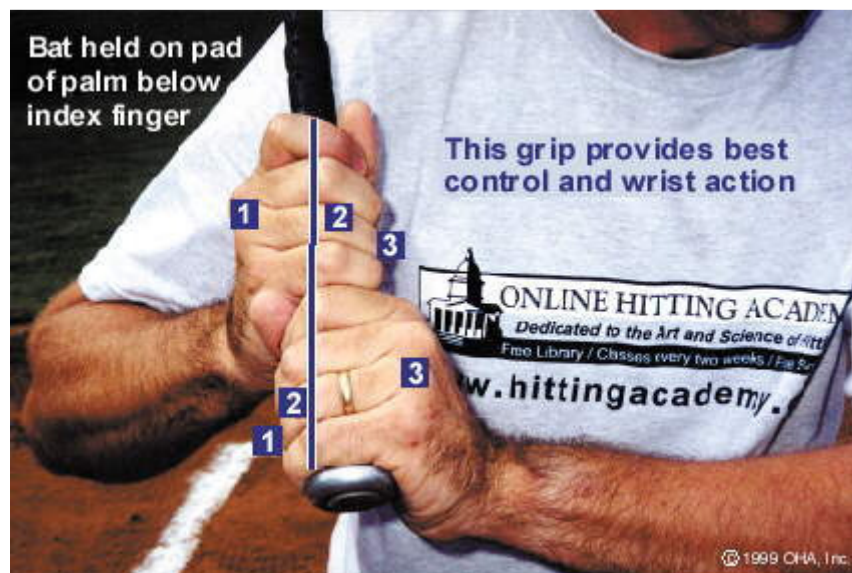
Just remember:

Keep	Focused	When	Hitting	Hard
Knuckles	Feet	Weight	Hips	Head
Keep knuckles lined up	Wide stance, lines up parallel to batting box line	Even weight, both feet	Turn the hips, squash the bug	Head still, eyes on the ball, chin from shoulder to shoulder

Repetition is the key. Get the players to think about the same thoughts prior to each time they bat

2.5.1 Knuckles

Number the knuckles



2.5.2 Feet

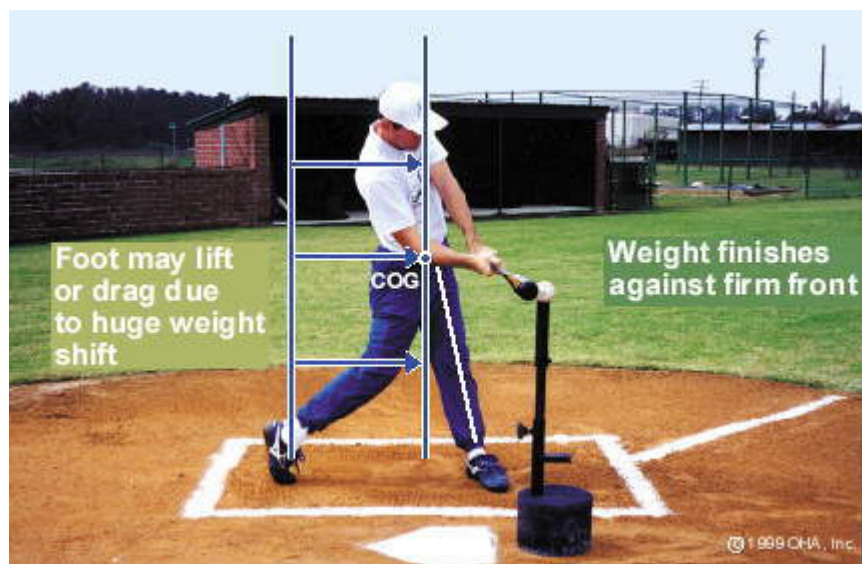
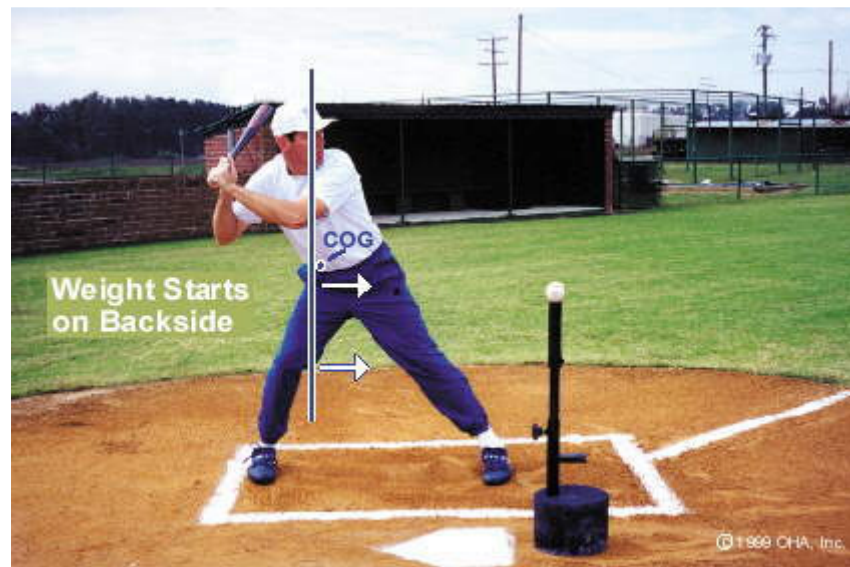
Widen your stance



2.5.3 Weight

Even weight to start, then shift weight.

Load up ! Hands go back and front foot is down early.

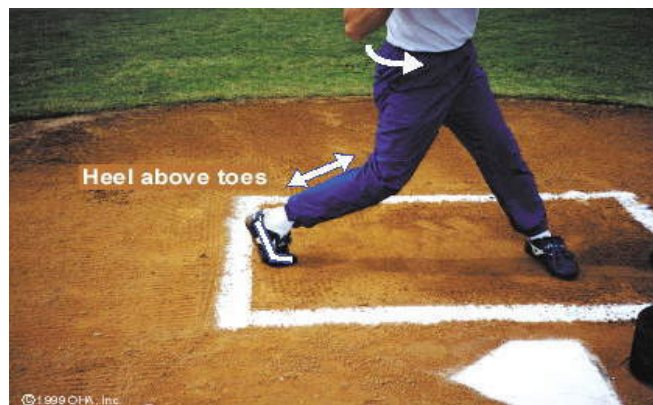


2.5.4 Hips

Rotate around a firm front leg



Turn your laces to the pitcher



2.5.5 Head

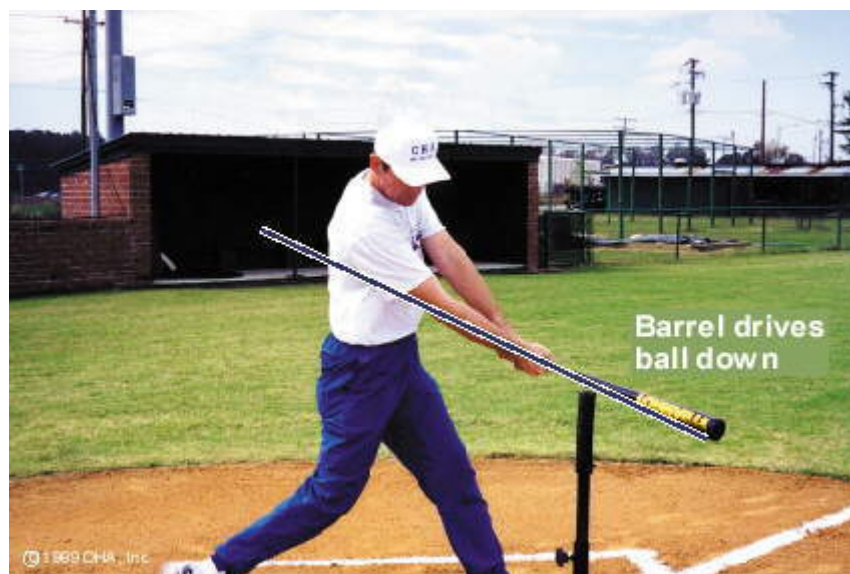
Chin starts on one shoulder



Chin ends on the other shoulder.

Hands inside the ball.

Eyes down the barrel



2.6 Batting Drills

2.6.1 Top Hand

Purpose

- To develop proper top hand action;
- To develop a feel for the top hand controlling the head of the bat;
- To teach the top hand to push the barrel through contact; and
- To teach the position during the swing that the top hand begins to accelerate the bat head through contact.

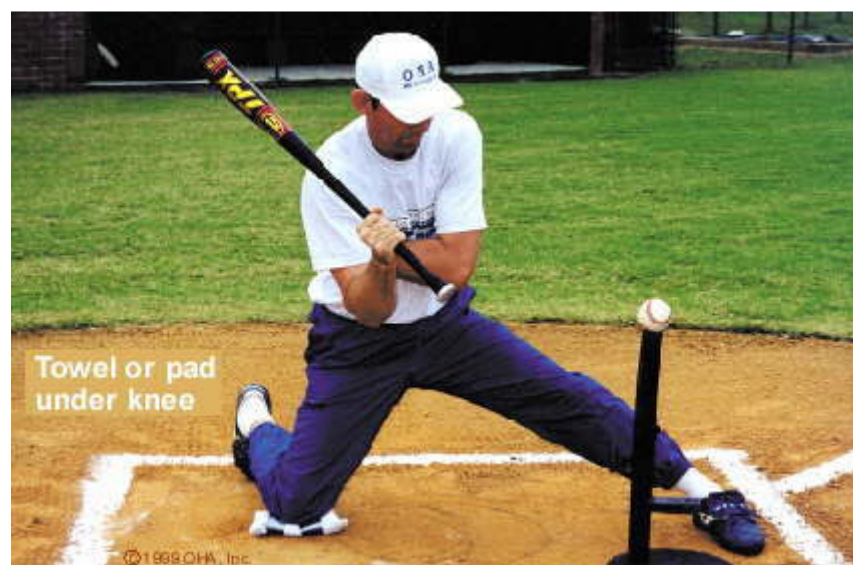
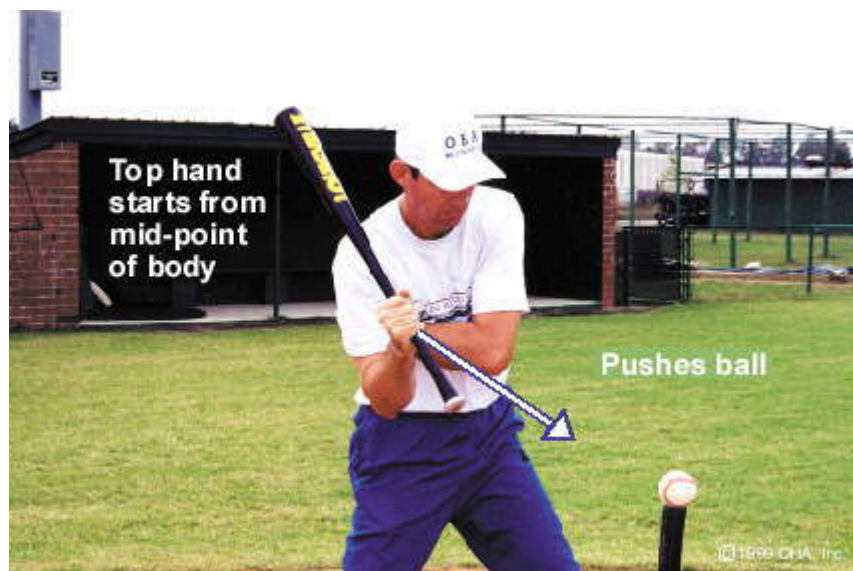
Equipment / Setup

Balls, bat, protective screen, plate, tee, or tosser

Explanation

This drill can be done with a tee or tosser. They should choke the bat 6-8 inches for better control of the bat. Remove the bottom hand and reach across the chest, grasping the back of the back shoulder. Move the top hand toward the centre line of the body as a starting position. Toss balls or use a batting tee.

The object is to drive balls with the top hand only from this position. Keep the barrel up approaching the ball.



Teaching Tips

This drill is executed with the top hand beginning at the centre line of the body. Starting from the launch position can send the wrong feel to a hitter, making him think the top hand drives from the back shoulder. This can cause an over the top, outside-in path and reduce extension occurring through contact.

Emphasise pushing the barrel through the ball, attempting to turn the knob around to face the belly button as fast as possible. Don't be overly concerned if the ball appears to be driven slightly downward. When both hands are used and combined with trunk rotation, normally the swing plane will flatten out on plane with the ball.

2.6.2 Top Hand

Purpose

- To develop proper bottom hand action;
- To develop an inside out hand path;
- To teach the hitter to keep the barrel up approaching the ball; and
- To feel the bottom producing a directional movement to the ball.

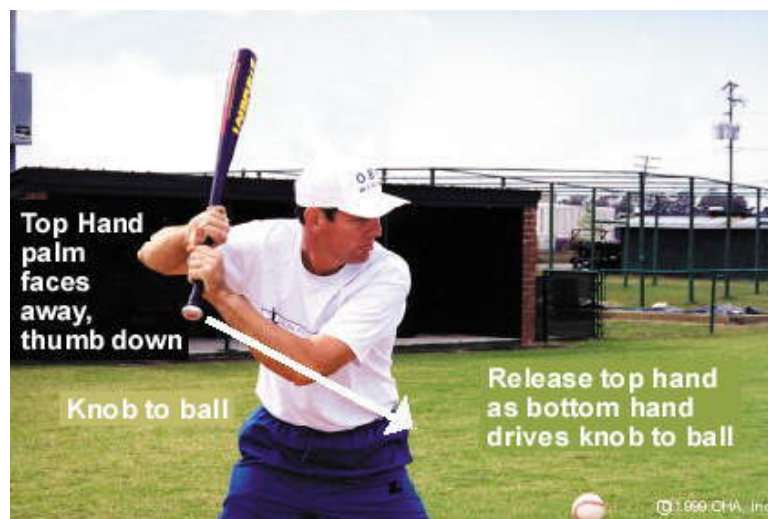
Equipment / Setup

Balls, bat, protective screen, plate, tee, or tosser.

Explanation

This drill is similar to the bottom hand drill with one exception. The top hand is removed and rotates thumb down and re-grips the bat with the palm facing the catcher. This allows a bit more control of the bat than gripping the bat with the bottom hand only. The hitter keeps the top hand on until the bottom hand starts to move forward. He then releases the top hand so the swing is performed with bottom hand only.

The object is to drive the ball with bottom hand only.





Teaching Tips

Emphasize driving the knob to the ball. This should be in a downward direction. Make sure that the barrel stays above the hands to contact. Keep in mind the sequencing of the front elbow starting down, followed by the knob, then the barrel. Make sure the bottom hand is at shoulder height and close to the body. The hands should only work in one direction, down through the ball on an inside out path. Attempt to keep the front shoulder down and in.

2.6.3 Batting Session Example – 5 Stations

Equipment / Setup

3 tees, sufficient baseballs, wiffle balls, "L" screen, screen. Players pair up and hit at every station

Tee Station 1

1. Top Handed Drill – Take cuts with top hand. Set up both hands on bat, take bottom hand off and hit wiffle off tee or soft toss.
2. Bottom Hand Drill – Turn top hand over so both palms are facing back to catcher. When hitting off the Tee of soft toss wiffle, at point of contact the top hand is released throwing off the bat and forward with the bottom hand hitting the ball only.
3. Two Hands Drill - both hands to the ball - load hands back, stride and the hit

Wiffle Ball Station

- Soft Toss – wiffle balls or baseballs
- 2-3 groups hitting approx. ten balls.
- Watch
- Step and cock [load up].
- Hands to the ball
- Squash the bug, hips to the pitcher
- Knuckles lined up
- Push the ball away from you
- Think every time you hit the ball that I'm going to hit the ball.
- Mechanics and timing will get you big hits not trying to hit big

Live Station

- Live batting – pitches thrown by coach
- As a game, either
 - a) Split into two teams for 1/5/10 Batting Game. Points given for:
 - 1 = hit fielded by infield
 - 5 = error through the infield
 - 10 = over the outfield
 - b) Or Teams for 11 outs. Two sides, each team has 11 outs to get runs home. Fielders play the outs as a game, hitters hit away to score. Each team has to achieve 11 outs to then bat.

3. Pitching

3.1 Pitching Objectives

1. Not scared to pitch to CONTACT

9 to 1 mentality – 9 in a fight against 1 is better odds. Take philosophy to mound: concentrate on throwing effective strikes pitching to contact. Pitch to contact and trust your defence

2. Learn to pitch with the Fast Ball

If you want to be a good pitcher, learn to throw your fastball for a strike.

If you want to be a great pitcher, learn to throw your fastball low in the zone.

If you want to be an outstanding pitcher, learn to throw your fastball for a strike low in the strike zone to both sides of the plate.

3. 1st Pitch K (swinging strike)

It builds team confidence as the hitter is on the back foot from first pitch being 0-1 rather than 1-0. This way we can disrupt the hitter's rhythm and balance by throwing strikes early, then we can change speeds

4. 3's

On or out in 3 pitches. If we believe in pitching to contact then our efficiency rate should be a pitch in 3's mentality. We want quick inns. Quick inns are an enormous momentum swing and a positive to the team for offensive endeavours. Our teams want another at bat not our team needs another at bat

5. Be a Pitcher not a Thrower

Let's be knowledgeable. Let's watch hitters and take note what type they are; pull, crouch, slap, open, upright, contact, power, what happened last AB, as all types are beatable.

Pitchers will work quickly and set a tone for the team as baseball is about momentum. Pitchers should get on the mound and attack. This helps keep the defenders in the game and focused, limit their distraction time

6. Tilts

As a pitcher develops we want them to be able to throw to all areas of the zone so we need to practice throwing. A tilt is when we throw up, down, inside and outside of the zone to change the hitter's eye line to the ball. Tilt sequences in the bull pen so we can throw them in a game to be effective and efficient.

7. Bullpens

Pens should be worked on as inns like, 12-18 pitches and rest. Pregame bullpens will be around 20-21 pitches imaging attacking the first three hitters and then go to straight to the mound.

3.2 Pitching Personal Goals

- Awareness
- Feel
- Ability to adjust
- Focus and concentration – going from pen to mound
- Health/Arm maintenance

3.3 The Five Positions of Pitching

First Position

Set position;

Glove hand up facing inwards to face or just below;

Back foot in contact with rubber;

Front foot slightly forward and in line;

Weight evenly balanced; and

Centre of gravity over the feet.

Second Position

Knee lift and starting the hands;

Knee lift – balance is the key. Front foot is lifted with the knee up loading the front side;

The front foot toes are pointed down to the ground and should be just directly over the back foot;

Breaking the hands – Cracking an egg. Once they have the knee up the forward motion happens, the hands start to break. Both hands come down and up to the set, break, throw position with the ball now pointing behind pitcher (picking the ball off the shelf whilst facing forward).

Third Position

Starting to the plate;

Stride is closed to the catcher;

The front foot little toe lines up with our target – the catcher;

From the set break throw position in this movement the knee glides more than it steps towards the plate; and

The stride action should be one fluid raise and glide down and forward to the plate.

4th Position

Landing and rotating;

Once your front foot has landed your elbow and chest lead the throwing hand through and until the pitch is thrown;

Both elbows should be in front of head and the centre of gravity;

Throw from out in front over your front leg;

Try to stay as long as you can on the rubber, using your back foot to drive the pitch to the plate;

Try to stay closed to target as late as possible before torso rotates; and

Our upper body axis of rotation should happen at close to 75% of the stride length.

5th Position

Finishing;

Kick over – your finishing position is just as important, your back foot follows through and over an imaginary object after the ball is released. The step is as if you're trying to kick someone with the outside part of the foot. It should not be too big a step forward more a step over;

Your gloved hand comes straight into your side at the hip;

The throwing hand finishes down and following through by the same side – deceleration; and

Try to pretend to grab something from the back pocket with the throwing hand at the end of the pitching action.

MANLY SEASIDERS BASEBALL CLUB



BASEBALL BY THE BEACH