



Hessischer Baseball & Softball Verband e.V.

Trainerfortbildung Teil 1, Redwings, 17.07 2010

Thema:	Zeit:
Introduction	10:00 – 10:10
Throwing	10:10 – 10:50

Mechanics: importance of proper arm action, foot work (sideways, shift, swing, step, throw)

Drills/Games:

typical work up drills; whoosh; long toss

4 corners – hit the target – touch ‘em all – doubles

Progressive long toss (<12 – 40m; 12-15 – 50m; >16 – 75m)

Stars

Cut offs/Relay race

Doubles, triples, touch ‘em all (for schuler)

Infield 10:50 – 11:50

Fundamentals: 4 R’s – relax, ready, receive, release; transition (circle of deep focus); breakdown not charge; R/L – R/L; bring ball to buttons & hold!; follow throws; types of groundballs

Drills/Games:

Toolboxes

Backhand Force/Spin and Fire (also for 3rd and 1st)

Crossover

Double Play Rotation

Follow the bouncing ball

PPF with a twist



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Outfield **11:50 – 12:50**

Fundamentals: footwork – drop step, hips; going back; hand position; moving in to throw out runners; fielding line drives; ball flight rules; environment; positioning (moving with hitter); shallow or deep?

Drills/Games:

Toolboxes (Skills to teach: charging gb, moving in to fly balls, hitting cuts, no drifting, playing angles)

Two Line Communication (CF low; corners high)

5 Alive

Do or Die with Target

Cut ‘em Down

Tweeners

Lunch **1:00 – 2:00**

Pitching **2:00 – 3:00**

Fundamentals: linear, rotational, torque; philosophy (tilt, reversals, duplicates, the “L”)

Drills/Games:

Work up drills to teach pieces of the mechanics

Location, Location, Location

U-R-O-U-T

Diamond and One

Pickoff Circles

Smash Ball



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Catching

3:00 – 3:45

Fundamentals: footwork – fundamental job: to catch (24,000 vs. 47); sign stance, catching stance (cut angle), throwing stance; mobility, leadership

Drills/Games:

Toolboxes (Skills to teach: blocking, shifting stances, framing [outside; nose]; footwork; throwing – elbow, arm [golf balls])

Egg Drill

Catcher Challenge

Fielding Bunts

Quick Transfer

Block, tag, spin and throw (inside) (Pre-game infield routine)

Hitting

3:45 – 4:15

Fundamentals: loading with leverage, pushing off the back side, hitting against a strong front side

Drills/Games:

Mass Drill – checkpoints

The learning curve of hitting: Closed to Open skills

Using Targets for closed drills

Hammer Drill/45 degree angle/triangles with wiffle balls

Walk through drill (rhythm)

Basketball toss

Medicine ball toss



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Team Drills/Situations

4:15 – 5:00

Drills/Games:

21 Outs

Bingo, Bango, Bongo

Bunt Game

Combat Scrimmage

Double Steal Challenge

Long Tee

Pickle

Contact; 0-2 breaking ball

Move Up

Situations 9 innings; 9-0