



**WOODSTOCK ACADEMY
BASEBALL CLINIC**

- Get behind the ball and get momentum going back towards the infield
- Catch ball with two hands on throwing arm side

Pitching

Key Points

1. Feet-small step back with non throwing side foot
Keep weight over stationary foot that maintains contact with the rubber
2. Balancing Position-non throwing side leg comes up, glove at waist level, weight centered over pivot foot
3. Power Position-hand above ball, take the ball down and out of the glove,(circular motion) as the front foot strides towards home plate
4. Rotation-hand goes from above ball to behind it as release approaches, elbow above shoulder
5. Follow through-to glove side, lead foot toe pointing towards home plate, bring backside through
6. Field position-be ready to field position

Emphasize

- Throwing strikes
- Four seam and two seam fastballs
- Change ups
- Keeping front shoulder and hip closed
- Consistent delivery, release point, and follow through

Basic Practice Format

The key to running a productive practice is to have a plan, and keep things moving. There are basic activities that need to be done at every practice (throwing, fielding, and hitting). These activities are at the foundation of the game.

Breaking down your practice in to small working groups or stations is key to accomplishing your goals, and keeping the practice moving for the players. Outline a set amount of time for each activity, and know when the players, based on age, have reached the point where they have accomplished your objective, or the drill is not being productive any longer.

The following is a basic practice outline that should be accomplished:

- *Dynamic Warm Up-jogging, high knees, skipping, shuffle-shuffle-go
- * Stretching-shoulders, wrists, quads ,core, hamstrings, back. Good time to talk with the kids, days practice
- *Throwing
- *Fielding-ground balls, fly balls
- *Hitting Stations-T-work, soft toss, live pitching or short toss
- *Situational-full infield, cutoffs, relays, backing up, 1-3 defense, etc
- *Baserunning-"Big League". Make fun, races

***Times at each station can vary based on age, and size of your group
***Younger players should move quicker through the stations

Practices can be adapted and varied to having players in positions and having 3 players bat, basically playing a mini game. Players bat for 6 or 9 outs, then rotate to a field position. This is a good opportunity for you to see the players in game situations, where you can review plays and instruct immediately after the play. You can also have the players compete for points or runs.