

## Chester BB & SB Instructional Level

### **Core Purpose (Mission)**

To continue encouraging the spirit and cohesiveness developed at the tee ball level while introducing some higher level competitive components of baseball. Our primary goal is to create an environment where our players have fun while learning the basic skills and etiquette of baseball. It is essential that volunteer coaches' model and teach good sportsmanship and healthy competitiveness at this level because of the jump in required skills.

### **Objectives: (Player Goals)**

- Learn the general responsibilities of each position on the field
- Develop the skill to hit a pitched baseball
- Develop a mechanically sound throwing motion
- Learn how to crow hop
- Use fielding fundamentals to catch a thrown or batted ball
- Improve basic baserunning knowledge and skill
- Practice good sportsmanship

### **Skills & Knowledge:**

1. Throwing
2. Batting
3. Catching the ball & fielding
4. Base to base running fundamentals
5. Responsibilities for Positions
6. BB/SB Safety

### **Throwing:**

- How to grip the ball
  - Focus mostly on getting players to grip the ball with their fingertips rather than with their palms.
  - Gripping the seams correctly at this stage is **less** important than developing proper arm angle, mechanics, and gripping with fingertips.
- How to throw overhand
- When to throw underhand
- Look at and step to target
- How to release the ball correctly
- Proper follow through with arm and leg

### **Catching and Fielding**

- Catching a ball above the waist (fingertips up, preferably two hands)

- Catching a ball below the waist (fingertips down, palm facing up)
- Receiving the ball with “soft” hands.
- Encourage movement of feet to position body behind the ball when possible
- How to field a ground ball
  - Fielders head should be low
  - The glove needs to be out in front of the players body so that they can see the ball into the glove
  - You should be able to see the button of the players cap, which suggests they are watching the ball into their glove
- How to field a pop-up
  - Calling the ball
  - Discourage “back pedaling”
  - Encourage catching the ball above the waist with fingertips up and two hands
  - Watch the ball into the glove
- Tag plays versus force outs
  - Teach the meaning of a force out
  - Increase awareness of when a tag is necessary

### **Base to Base Running Fundamentals**

- Learning to slide safely into a base
- Ready position at a base for baserunning
- First steps off of a base on a batted ball
- How to run from home plate to first base
  - Running through first base correctly
- Encourage sprinting to each base
- What to do if the ball is caught on the fly
- Teach baserunners about the base coaches’ role
- Teach baserunners to be aware of what the runner ahead of them is doing

### **Batting**

- Batters Box rules: where to stand in the box, when to get in and out of the box
  - Leaving the batter’s box: How to get rid of the bat after making contact
  - The 4 stages of the CBB&SB hitting curriculum
1. Grip and hand position
    - Bat in finger tips
    - Line up knocking knuckles
    - NOT in palm
    - Loose hands
  2. Stance and Position in box
    - There is no wrong position

- Feet shoulder width apart (athletic position)
  - Preferably a straight/neutral stance
  - Balanced position achieved by “getting rhythm” (light bounce in knees)
3. Stride and weight transfer
- Slow take back – “bow and arrow” approach
  - Reach with front foot – toe first (DON’T move weight forward) Power transfer thru hips
  - Stay Straight – head & eyes level
  - Transfer weight – hands go straight to ball
  - KEEP FRONT SHOULDER DOWN ON BALL (chin to shoulder)
4. Swing & follow through
- Level swing (for liners and grounders)
  - Do NOT look up! Again, shoulder down!
  - Head Down.

### **Position Responsibilities**

- All players should get the opportunity to play every position (with the exception of catcher)
- Teach the most basic duties of each position to every player
- Encourage getting in the set position for every pitch at every position on the field
- Demonstrate how to locate the proper place to position oneself on the field when assigned to a particular position
- Differentiate between right side of the field positions and left side and give explanation
- Outfielders should back-up the base in front of them on every play in the infield

### **BB/SB Safety**

- As per league recommendations!!!!!!