

Throwing / Creeping / Bunting / Base Running / Tagging / Athletic Stance

1. Throwing Progression = when players are doing throwing progression make sure they have proper form = hold the ball on the laces by finding the C to get rotation on ball, tea pot – arms up high and back with ball and wrist back at 90 degree angle, no side arm throws – the ball should be thrown over the top and the ball should pass directly past the ear, big follow through – the players should finish with throwing arm all the way across the body and lean into their throw using their core to put power onto the ball
1. Defensive Creeping = players should be about 4 to 5 feet back from the field position they want to end up at when the ball is hit. Players can take 2 big steps or a few little steps but should be down in a athletic position with knees bent and glove down in front of them open to the sky with throwing hand directly over the glove ready to alligator the ball, use an air plane landing approach, butt down, shuffle from side to side keeping body square to line of ball, head should be down and pony tail should flip forward, receive ball into body, then pop up quick and transition into throwing position fast- quick hop sideways with both feet turning, good hard throw and follow through
2. Bunting = turn hips, bat at eye level, bat at 45 degree angle, soft elbows, bend at the knees and move to the ball, if pitch is over height of ball then pull back – ball high pitch, Know when to be sneaky – when advancing a runner to second it is obvious- no need to hide bunt so get set with hips turned to pitcher on pitchers down swing, when executing a suicide bunt with a runner on third base batter should be more sneaky.
 - a. Sacrifice bunt = is when you bunt to make a character advance but you get OUT
 - b. Squeeze bunt = is when there is a player on 3rd base and then you bunt and he goes home, and he is safe, Such a bunt is uncommon with two outs because there is a significant chance that the batter would be thrown out at first base
 - c. Suicide bunt = is when the runner takes off as soon as the pitcher begins to throw the pitch, before releasing the ball. If properly executed, a play at home plate is extremely unlikely. However, if the batter fails to make contact with the pitch, the runner is likely to be put out at home plate (hence, "suicide")
 - d. Drills – catch the egg , front toss
3. Base running = batter should take off from an athletic stance hard and low then rise up as the approach to first base, batter should never look at the ball, batter should try to reach first base so that the runners foot hits the front part of the base, base runner should always run all the way to the base and then break down with-in ten feet after stepping on base the runner should then turn and look at the fence for an over throw, runner must turn towards the fence and not into the field of play, When running onto second runner should make a 3 – 4 foot banana turn about ten feet before reaching first base to make the turn to run on to second base and then be looking at third base coach for direction.
4. Things to consider when applying a tag to a runner. The base player needs to be aware of where the base is, be in a good athletic stance down low, player can either straddle the base or stand just off the edge of the base, let gravity do the work, use tow hands to catch the ball and place the tag, be aware or a possible hook slide, focus on applying the tag quick, hard, and to the base not try to air the tag at base runner, hold the tag until the umpire makes the call, and to be aware of any other plays developing

5. Always remind players to be in a good athletic position to make plays before ball is hit – two step creep, should be on the balls of feet, butt down, knees bent, open hands in front of body ready to use two hands to make a play on ball, receive the ball in towards body up to throwing arm side, pop up quick and turn hips and body into a throwing position