

Larchmont Mamaroneck Little League

Coaching Baseball Basics

Your go to easy guide to successful coaching strategies for
LMLL Baseball non-Competitive Gold Division Ages 6-7

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WHAT SHOULD A GOLD PLAYER KNOW?

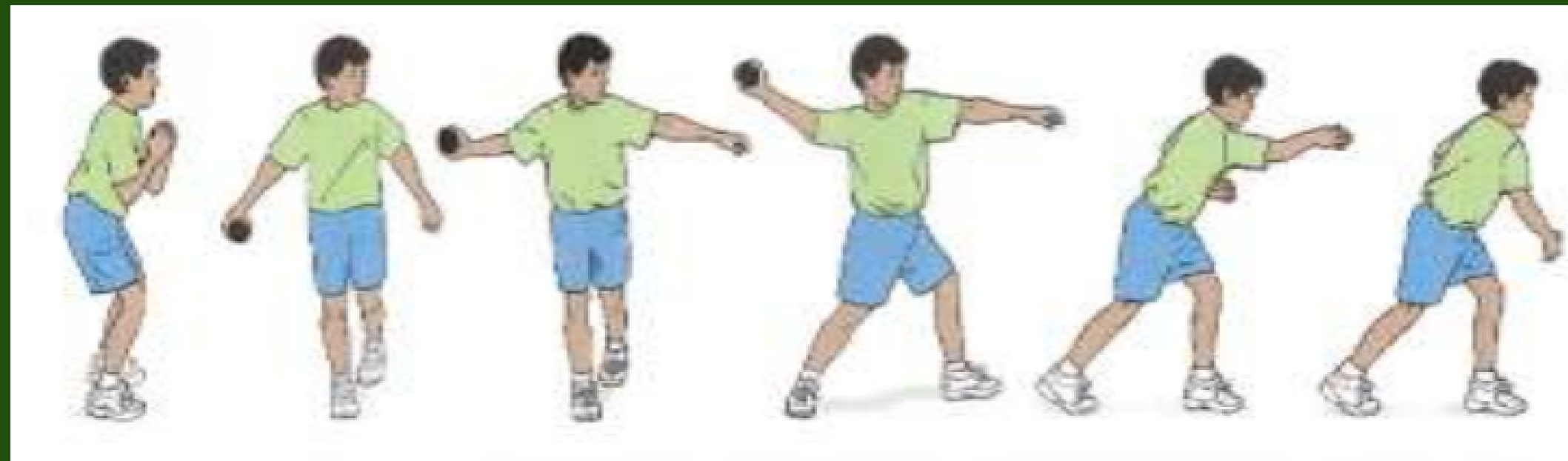
Gold Division Ages 6-7:

- Consistently hit off a tee and transition to coach pitching.
- Hit coach-pitched balls regularly; focus on stance and swing mechanics.
- Develop accuracy and strength in throwing.
- Catch fly balls consistently.
- Understand force outs, tagging runners, base running and basic defensive plays.
- Recognize when to run or stay based on game situations.

Coaching Basics for Success

Throwing a Baseball

- Three finger grip
- Side to target
- Making the letter "T" with glove pointing to target & Baseball facing the ground
- Step with opposite foot of throwing arm & release ball
- Belly Button points at target when finish throwing



Coaching Basics for Success

Catching Fly Balls

- “Ready Position” - Feet shoulder-width apart, knees slightly bent, and glove up.
- “Find the Ball” - Track the ball with eyes, move under it.
- “Glove to the Sky” - Catch above the head with fingers pointing up.
- “Two Hands” - Use the throwing hand to secure the ball in the glove.
- “Soft Hands” - Absorb the catch by slightly giving with the ball.
- Remember “Feet, Eyes, Hands” - Run to ball, see with eyes, and raise glove

Catching Throws from Teammates

- “Glove Target” - Present the glove where you want the ball.
- “Soft Hands” - Absorb the ball on impact.
- “Quick Transfer” - Bring the ball to the throwing hand fast.

Fielding a Ground Ball

- Player makes fielders Triangle
- With your glove on the ground, stand with your feet shoulder-width apart, knees bent, and butt down.
- Keep your eyes on the ball as it approaches
- Try to meet the ball and move towards it
- Use your throwing hand to trap the ball in your glove



Coaching Basics for Success

Hitting Set up

- Assist player to determine if a right handed or left handed batter
- line up Knock knock knuckles on the handle
- Bat should be off the shoulder in hitting stance
- Introduce Loading and transferring weight
- Have players swing and follow through keeping 2 hands on the bat



Photo: Tannertees.com



Hitting

1. Stance & Setup

- Feet Shoulder-Width Apart - Balanced and athletic stance.
- Bend Your Knees - Slight flex for stability.
- Bat Up & Hands Back - Bat at an angle above the shoulder, hands near the ear.
- Eyes on the Pitcher - Focus on the ball from release to contact.

2. Load & Stride

- Small Step, No Jump - Short, controlled step forward with the front foot.
- Hands Stay Back - Avoid lunging; weight slightly shifts to the back leg.

3. Swing & Contact

- Squish the Bug - Back foot pivots to generate power.
- Short & Quick to the Ball - Hands move directly to the ball (no long swings).
- Head Down, See Contact - Keep eyes on the ball through the swing

4. Follow-Through & Finish

- Full Extension - Arms extend after making contact.
- Finish High - Bat follows through above the shoulder.
- Stay Balanced - No falling forward after the swing.



How to Organize Practice & Games

Practice before Game

Have players warm up by teaching base running

Set up stations

- **Hitting off Tee**
- **Fielding grounders**
- **Throwing and catching**
- **Live pitching**

Do your best to:

- **Encourage players to have fun**
- **Use all coaches available to engage players**
- **Rotate positions & batting order**

Playing Game

- **The game ends after the sixth inning or after 1 hour and 45 minutes, whichever comes first.**
- **10 defensive players in the field: catcher, "pitcher" (who plays next to the coach who is pitching), 4 other infielders and 4 outfielders. The defensive team should have 4 outfielders evenly spread.**
- **All players bat in the inning**
- **Until the second Saturday in May, an inning ends when all players in the lineup have batted. From the second Saturday in May on, an inning ends when 3 outs are made or all players in the lineup have batted, whichever comes first.**
- **Until the second Saturday in May, there are no strikeouts. If the ball is not put in play after 5 swings, the batter is awarded first base. From the second Sa**

Official LMLL Rules : [Link](#)

Drills

Tee play players need to be engaged with little down time
Use all coaches to create stations

Throwing/Catching/Fielding

- **Have coach roll balls or assign partners**
 - **Coaches should use a bucket, get down on a knee have players form a line or shoulder to shoulder. Players throw ball to 2nd coach or run and drop in bucket.**
- **Players line up along 1st or 3rd foul line and throw for distance**
 - **3 finger grip, make the letter “T”, step with opposite foot of throwing arm**
- **Line players up in different infield positions and have them throw to first. Reinforce proper throwing**

Batting

- **Transfer weight drill - with or without bat have players practice “rocking” back and forth in batting stance. Have them count to three and swing.**
 - **1. Rock forward lifting back foot**
 - **2. Rock back lifting front foot**
 - **3. Rock forward again transferring weight to front foot towards ball and swing**
- **Have players take turns hitting off the Tee**
 - **Tee should be belly button height**
 - **Players should be behind the ball or line up lead foot with tee**
 - **Players swing keeping the chin down, eyes on ball and seeing the bat hit the ball.**
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