



**SUTTON YOUTH
BASEBALL COACHES
CLINIC**

Our Presenters

- **Tim Cummins-** *Currently an area scout for the Atlanta Braves. Tim has coached at all levels of amateur baseball from t-ball to college summer leagues, over a thirty year span. Also, he successful non-profit baseball camp, Boys of Summer, in Auburn for nine years. He has coached several players who have gone onto play professional baseball. Tim has also served as a scout for four other MLB teams. (Email: tpcummins11@aol.com)*
- **Kevin Hartigan-** *Currently serving as a part time scout for the New York Mets. Also, serves as an assistant coach with Bravehearts and is the team's main player scout. He's been involved in community sports programs for over 25 years, including the West Boylston Babe Ruth League and the West Boylston Lions (A Cooperstown Travel Team). Kevin is a retired Worcester firefighter and was recently inducted into the Millbury High School Athletic Hall of Fame. (Email: Kevin@worcesterbravehearts.com)*
- **Jeff Bercume-** *Played at Merrimack College and still holds the college's all-time hits record. Following college, Jeff played two seasons in the Oakland Athletics organization while receiving coaching from several Hall of Fame players such as Rickey Henderson. Since his playing career, Jeff has given hitting lessons to players of all ages and coordinated the 108 Stitches Baseball Camp. (Email: jeff.bercume@gmail.com)*

COACHING BASEBALL

TIM CUMMINS

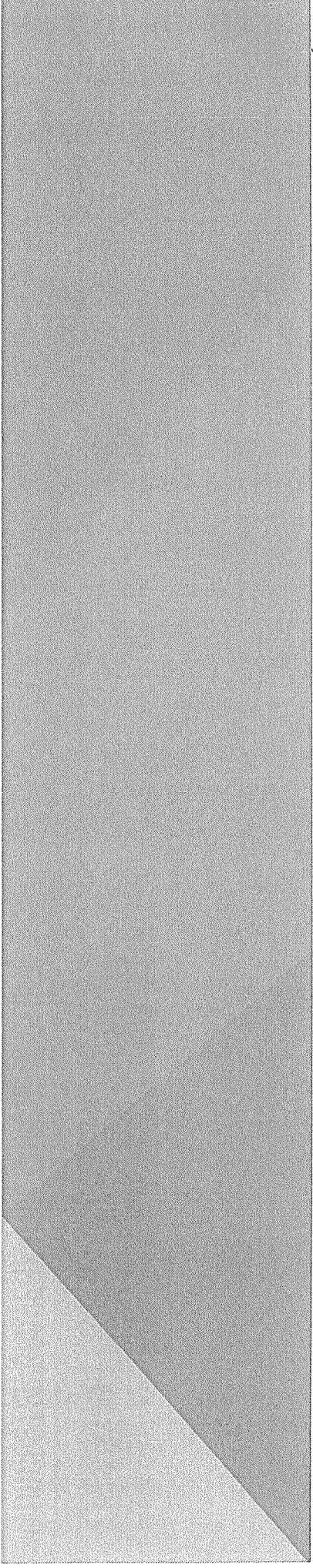


COACHING BASEBALL

“Never expect a player to perform a skill during a game if he was not shown how to perform that skill in practice.”

Tony Lucadello (*Scouting Legend*)

Philadelphia Phillies- Scout



COACHING BASEBALL

Why coach?

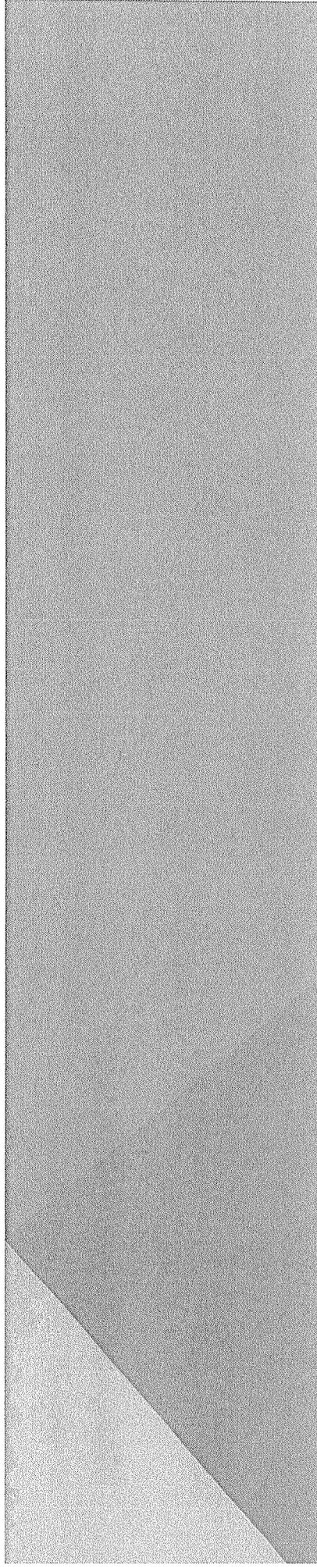
What do I want to accomplish?

What type of coach do I want to be?

What is my philosophy?

- Have fun
- Players improve
- Develop a love for the game (sign up next year)

Coaching baseball is not easy!!



COACHING BASEBALL

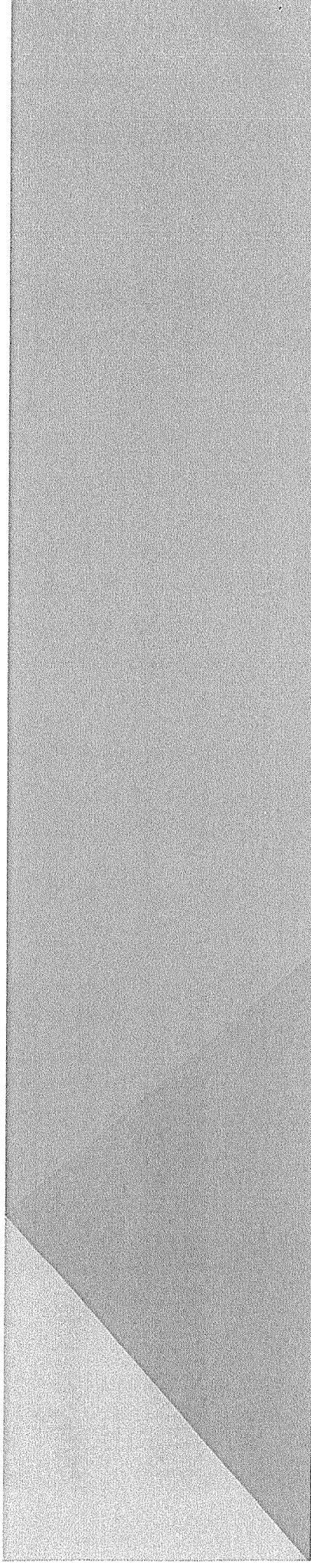
Make up of team/skill level

- Above average players
- Average players
- Below average players

Coaching Goal

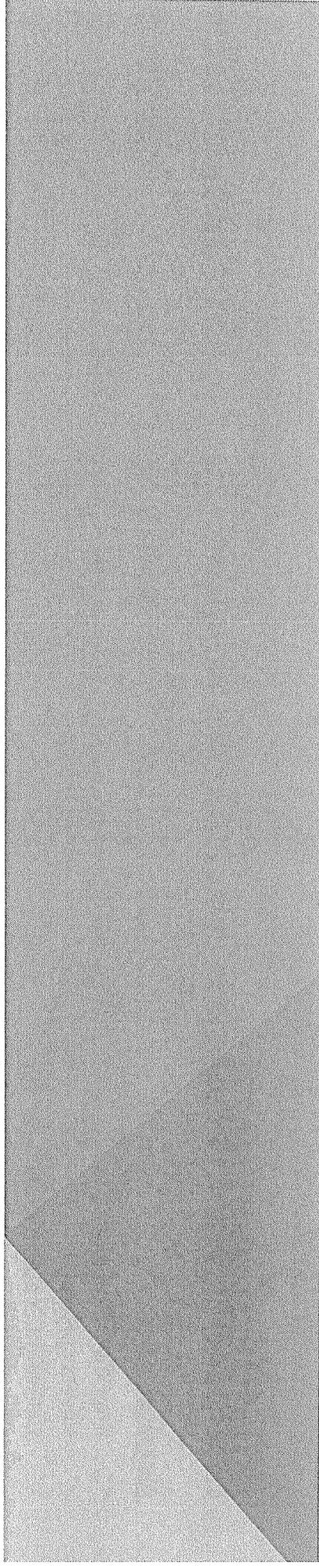
- Make above average players elite
- Make average players above average
- Make below average players average

Winning (can be a motivator if used in the concept of a team goal)



COACHING BASEBALL

- Baseball is a very fundamentally sound sport - can't specialize at amateur levels – have to hit, throw, run and field (can't hide in baseball!)-individual sport within a team concept
- Challenge of coaching is you have to be able to teach all aspects of the game- (run, throw, hit, catch)
- Important for players to learn the fundamentals at a young age, key to progressing to the next levels
- Develop a practice plan that focuses on players improving their skills (50 swings; 50 GB; 50 FB; running the bases)
- Goal of coaching baseball- make every player on your team better!



COACHING BASEBALL

Be Organized:

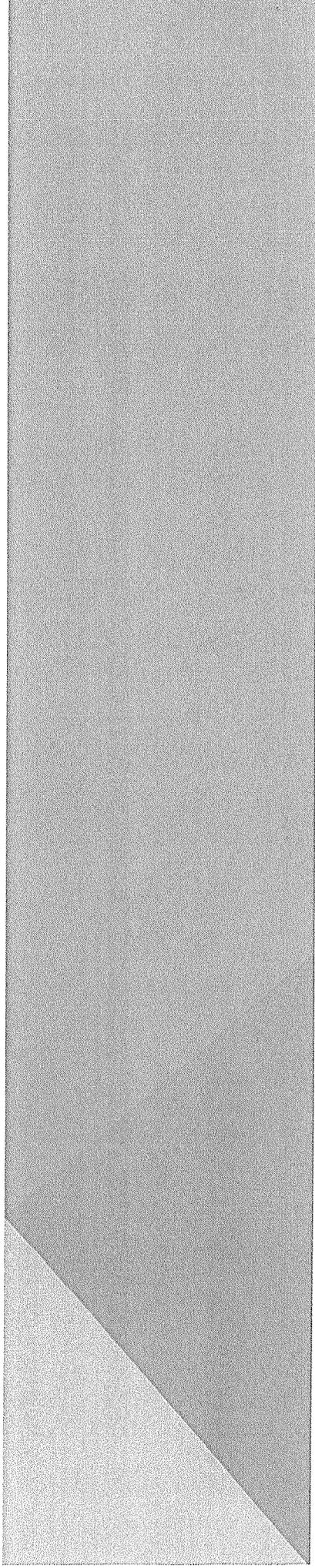
- Have a practice plan
- Have a game plan
- Delegate to your coaches

Gain Knowledge:

- Internet- number of video's (drills, how to...)
- Team apps
- Blogs
- Ask other coaches what they do/did
- Go to clinics- Mohegan Sun Coaches Clinic- January \$135-\$150

Communicate with your team/coaches:

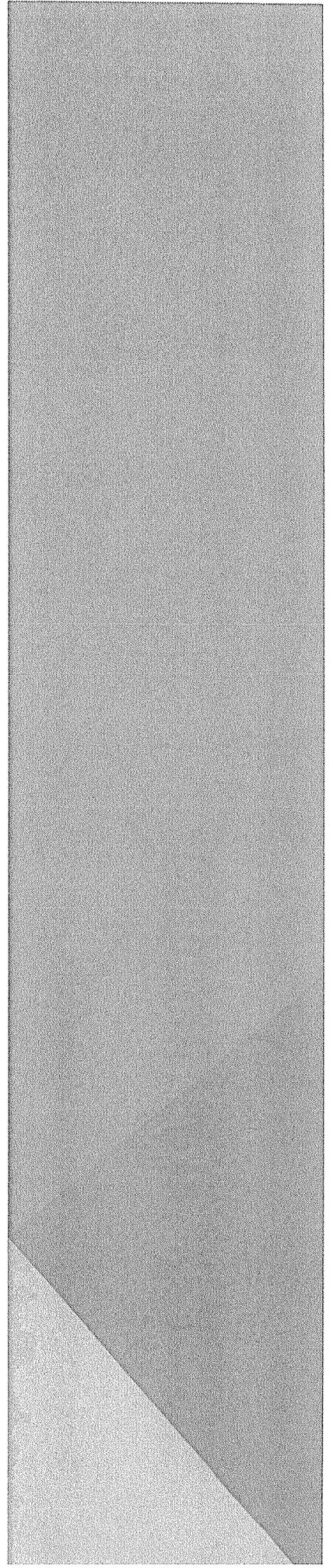
- Let team know your philosophy (talk about teamwork, dealing with frustration)
- Have a practice plan for each practice
- Keep a mild demeanor during games (stay positive)
- Team instruction during games/individual instruction is for practices
- Eliminate the rehashing of the game after the game, just a quick team meeting
- Use practices to point out areas of improvement



COACHING BASEBALL

What do you need? *(beyond the bag of catchers equipment, helmets and practice/game balls)*

- ✓ clipboard/pen
- ✓ stopwatch
- ✓ fungo bat
- ✓ batting tee
- ✓ tennis racquet
- ✓ tennis balls
- ✓ tape measure
- ✓ plastic golf balls
- ✓ bases (throw down type)
- ✓ first aid kit
- ✓ ice packs
- ✓ broom handle

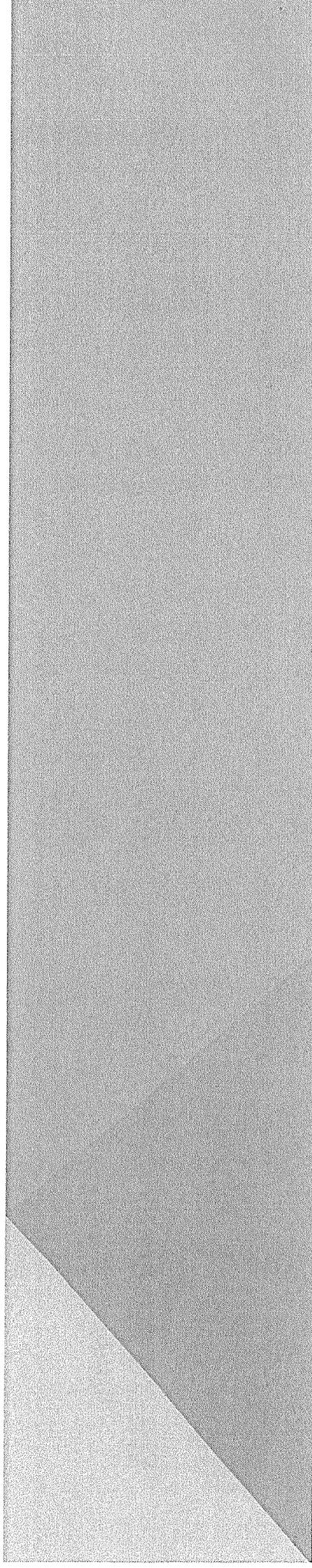


PRACTICE PLAN METHODOLOGY

Stress the four areas of baseball:

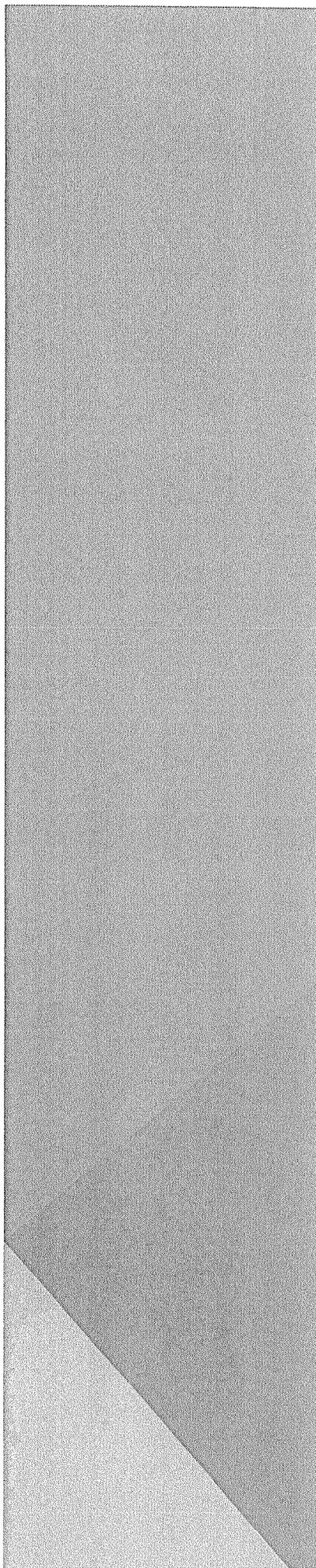
- ✓ Pitching (throwing/catching drills- younger ages)
- ✓ Hitting
- ✓ Defense (fielding/throwing/situations)
- ✓ Base-running

Follow this methodology and you will **win 80% of your games** – more important your players will get better!



CREATE A PRACTICE PLAN

- Length of practice (90 minutes) - field/parking lot?
- Coaches available?
- What equipment is needed? (*tee, golf balls, tennis balls, tennis racquet; broom handle, etc...*)
- Incorporate games into drills
- If possible try to keep skill levels together or separate by position, pitcher/catchers; infielders; outfielders
- Start off with stretching (5 minutes)
- Throwing (10 minutes) incorporate games/ long toss



CREATING PRACTICE PLAN

Defensive Stations (rotate every 12 minutes)

station 1 – fly balls

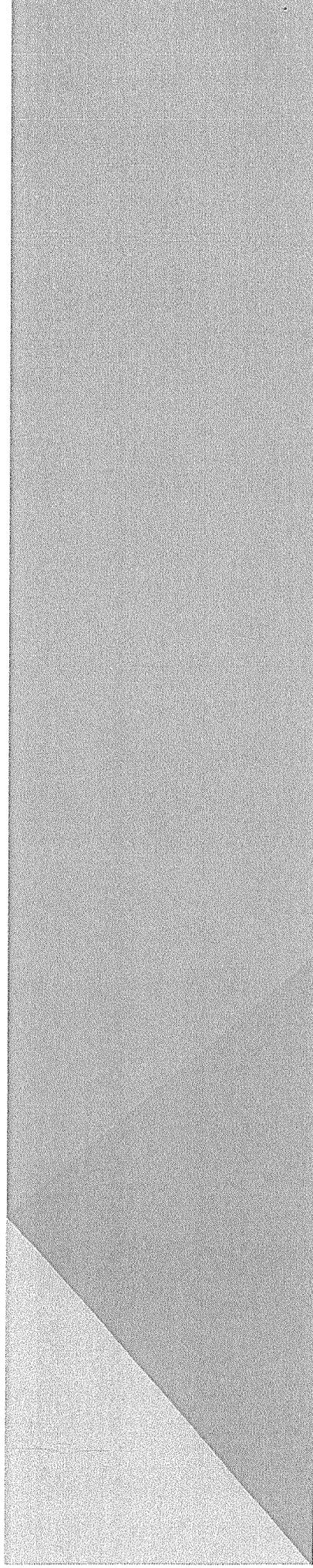
station 2 – ground balls

station 3 – infield situations

Hitting (3 stations) tee/cage/field (30 minutes)

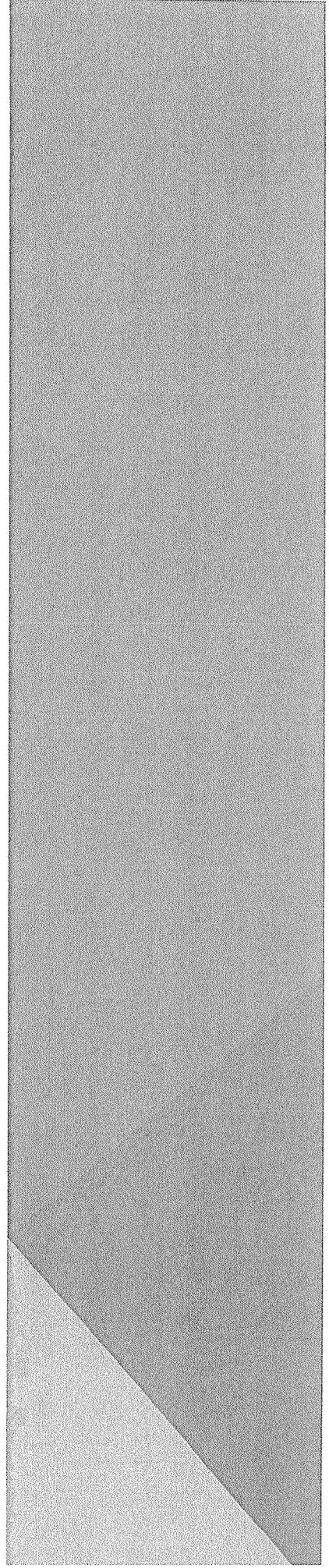
Base-running (10 minutes)

Speak with team - (positive) announcements, etc...



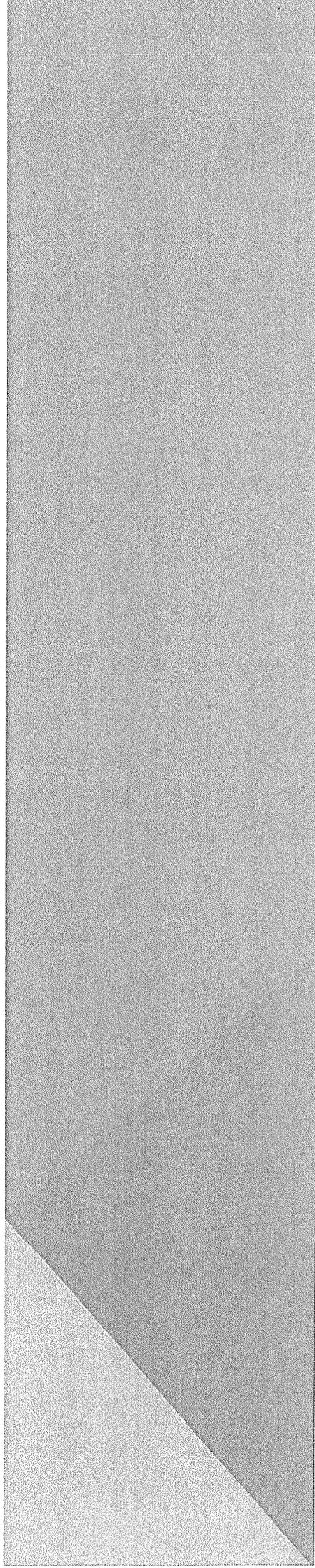
SAMPLE PRACTICE PLAN

| Stretch | 5 minutes | Run 1 lap after stretching |
|-------------------------|------------------------|---|
| Throwing | 10 minutes | Drill- relay game |
| Defense | 10 minutes per station | Fly ball, ground ball, infield situation- runner on first |
| Hitting | 10 minutes per station | Tee/live BP/fielding |
| Base running | 10 minutes | Running to first base - thru the bag and base hit |
| End of practice-meeting | 5 minutes | Next game is Thursday- be at the field at 5pm- Cy Young is pitching |



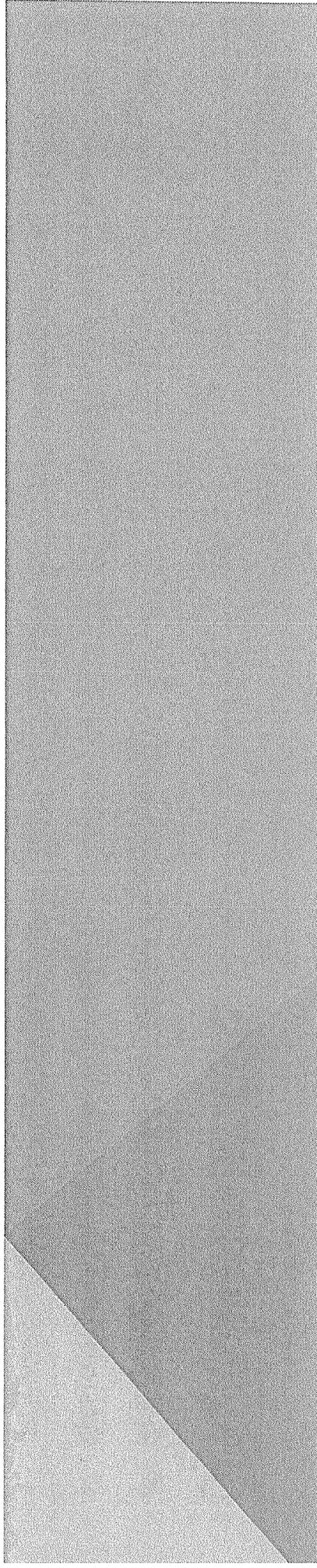
STRETCHING

- ✓ Baseball is a start and stop game; body flexibility is a must
- ✓ Players lead
- ✓ Work from head/neck down to legs
- ✓ Arm- across chest, back of neck, light bulb
- ✓ Run a lap after stretching



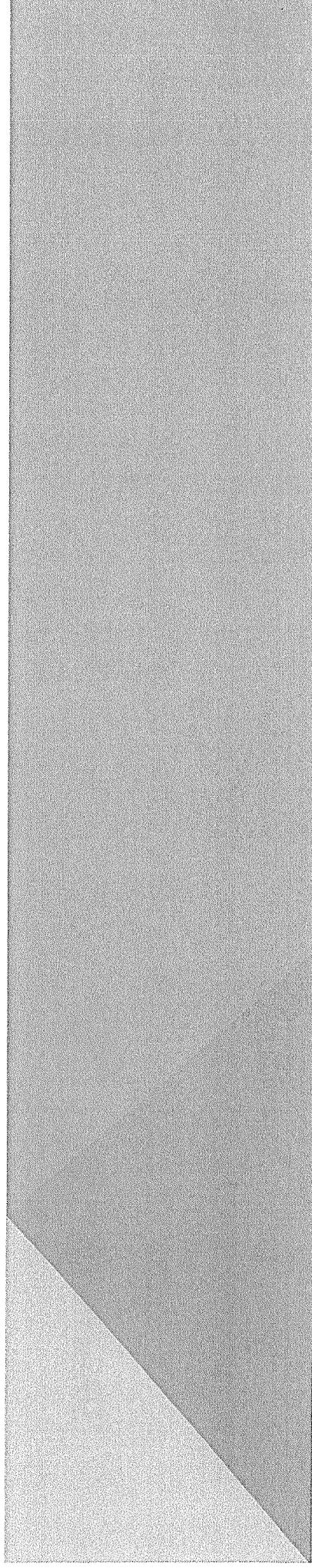
THROWING DRILLS

- ✓ Stress four seam grip
- ✓ Point shoulder at target/ ankle bone (catch fingers up above waist/ fingers down below waist)
- ✓ Encourage players to move body to the ball
- ✓ Catch with bare hand near glove
- ✓ Long toss
- ✓ Point drill
- ✓ Relay drill
- ✓ Four corners
- ✓ Star drill
- ✓ Ground ball throws (ground ball 2 over, throw one over)



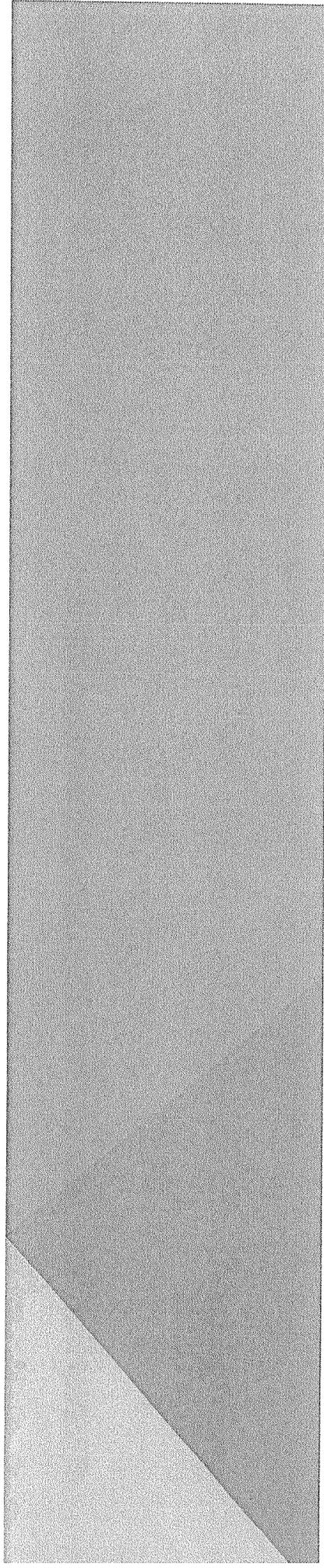
DEFENSIVE SITUATIONS

- Beginning of season ground ball and fly ball drills
- SITUATIONS: (incorporate runners)
- Runners on base, less than two outs
- Runners on base, ball hit to pitcher
- Bunt defense
- Run downs
- Relays from outfield
- Infield in (the play is home!)
- Body dictates where ball is thrown
- Back up (runner on third, pass balls)
- Infield fly rule
- Pick-off plays



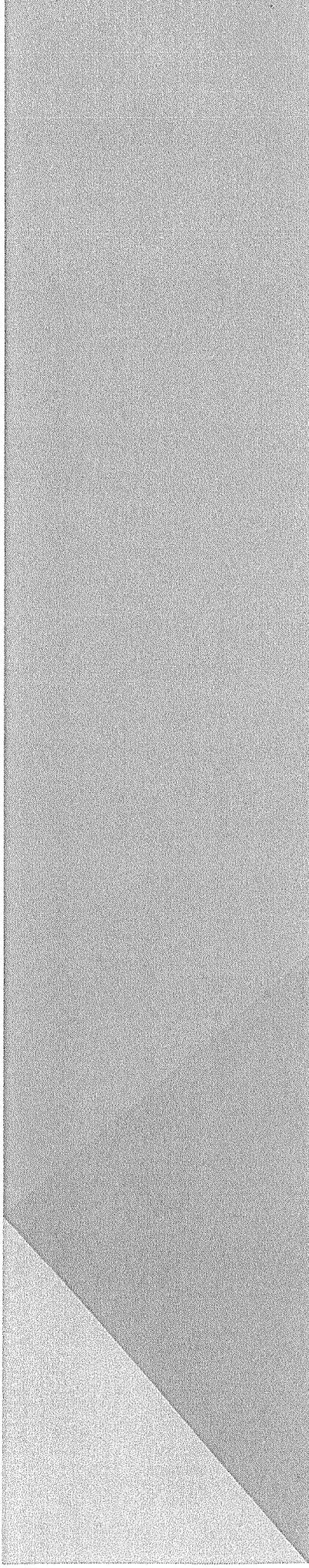
HITTING

- Hitting Stations (stance- reduce movement, focus on timing, eliminate bad strides/hitches)
- Groups- 2 bunts/5 swings; 5 swings situations; 5 swings (line drives)- simulate an at bat
- Tee work (looking for player to consistently hit the ball up the middle)
- Soft toss
- Bunt stations
- Broom handle
- Plastic golf balls



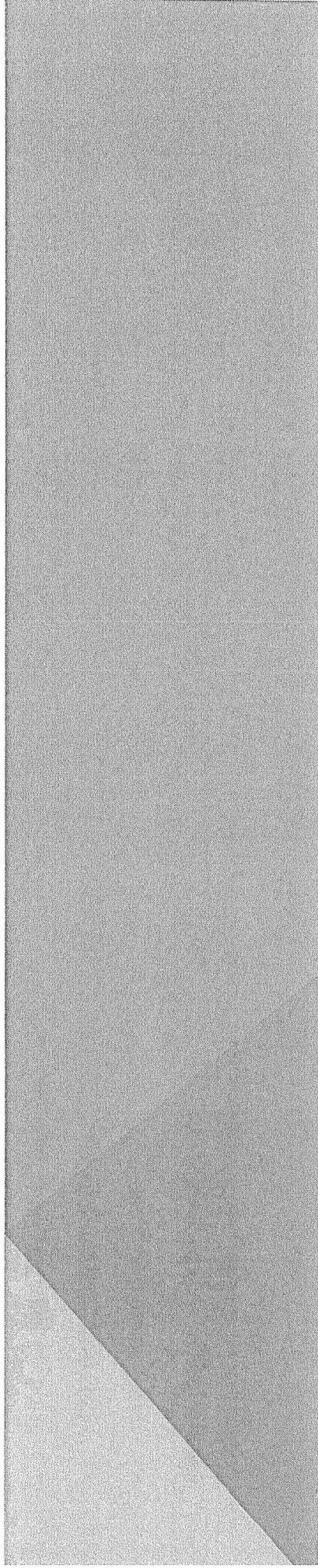
PITCHING

- Work with a catcher (can do during defensive drills)
- Balance point, follow through, proper landing
- Repeat mechanics to throw strikes
- First pitch strike (Can't throw strikes. Can't pitch, can't defend a walk!)
- Field position (25-33% of hit balls up the middle)
- Throw bullpen after practice (early in the season build up their pitch count)



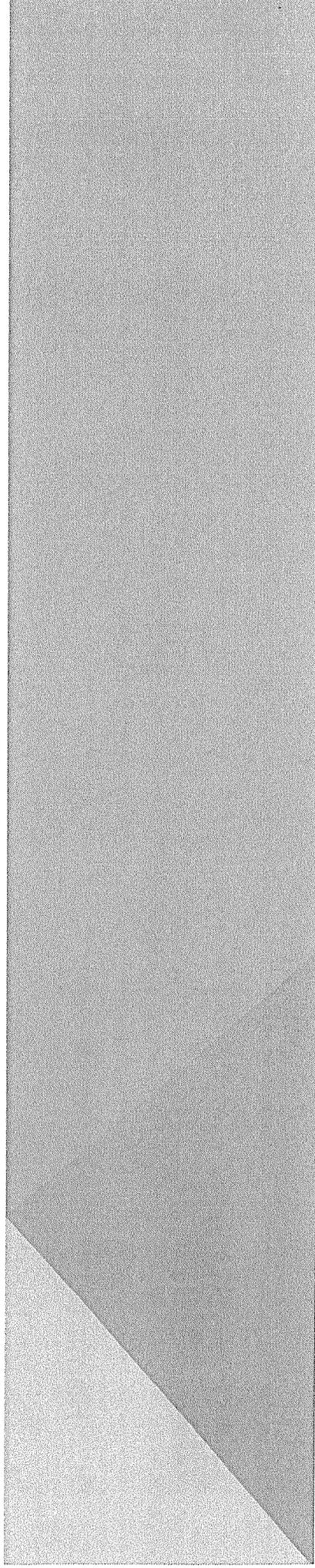
BASE-RUNNING

- Home to 1st- run through bag
- Touch inside of bag/proper route
- Team drill
- Read the ground ball (runner on second- belly button play)
- Soft-toss- live base-running
- Tag-up
- Stealing (taking a lead-1st, 2nd, 3rd- reading pick off)
- Picking up the third base coach



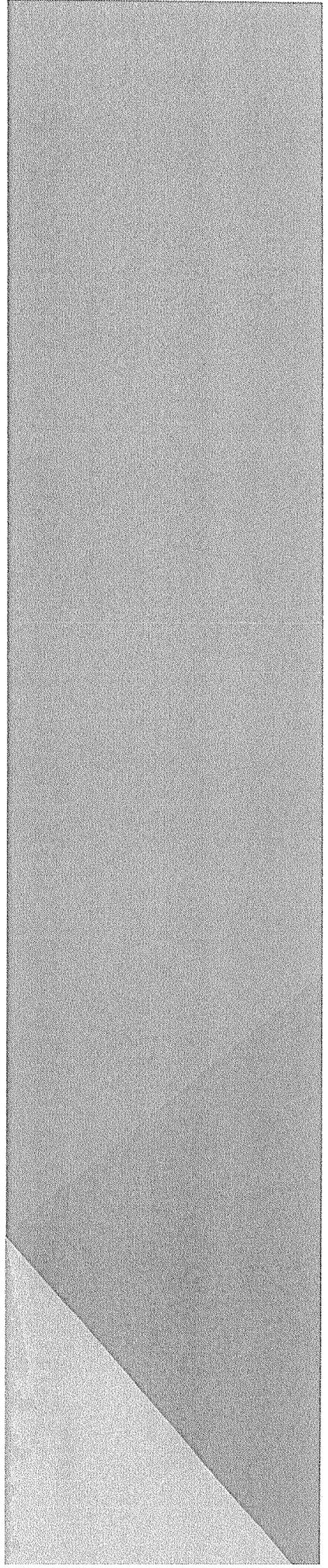
COACH PRE-GAME

- Team stretch/warm up
- Get team settled in dugout
- Line Up (substitutions- planned)
- Team pre game (I/O)
- Starting pitcher warm up time (should be supervised)
- Walk the field (condition, grass length, fencing)
- Wind
- Distance between home plate and backstop
- Ground rules / if you have special plays this is a good time to mention to umpire (out of ear shot of opposing coach)
- Pre-game- players focused (4 areas of the game)
- Review signals
- Stay positive, promote hustle
- Learn the rules



TEAM GOAL

- Pitchers throw strikes
- Quality at bats
- Solid defense
- Aggressive base-running

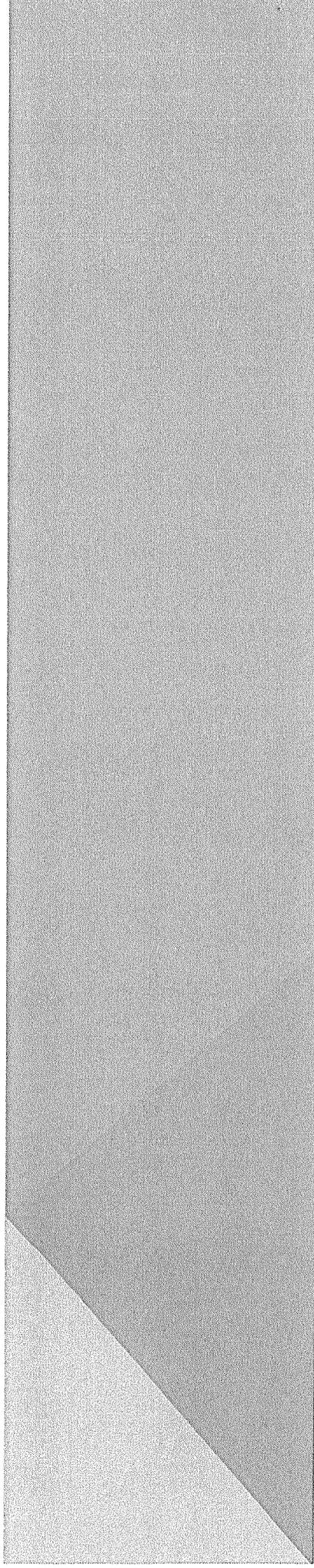


PLAYER ADVICE

“Don’t sail too high or sink too low. Learn to be good at handling failure. Be the first one to the ballpark and be the last one to leave. Work hard, don’t complain, be a great teammate!”

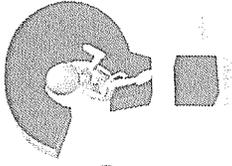
Jim Thome

Baseball Hall of Fame Player



COACHING BASEBALL

Have fun - enjoy!



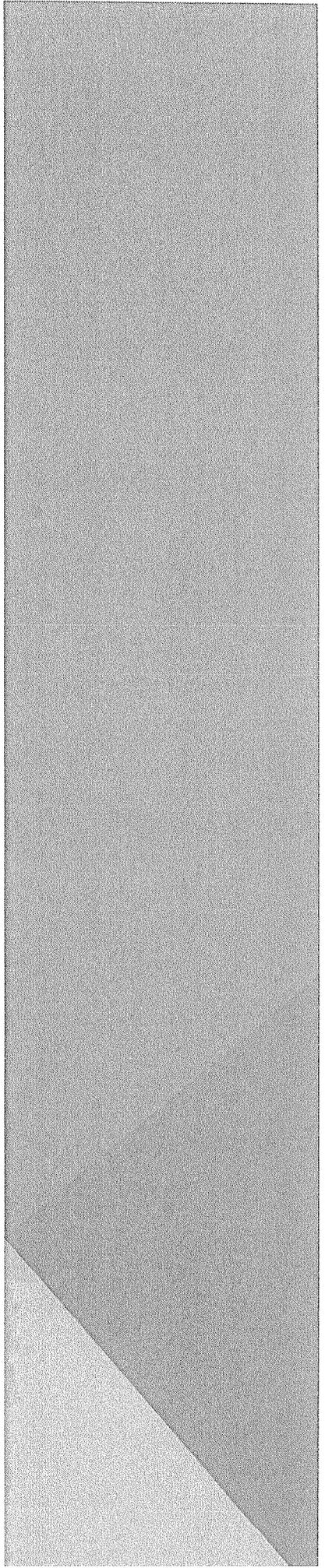
QUESTIONS?

Contact information:

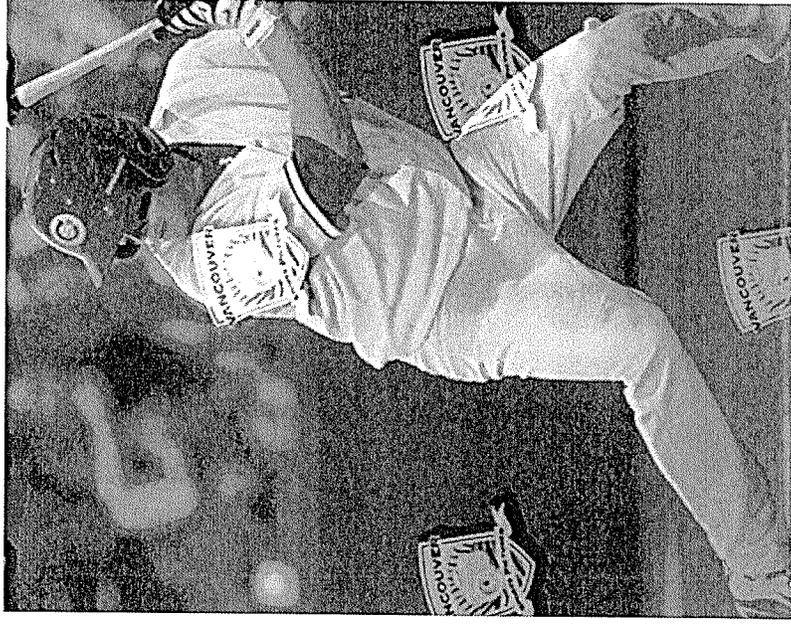
tpcummins11@aol.com

508-753-8387

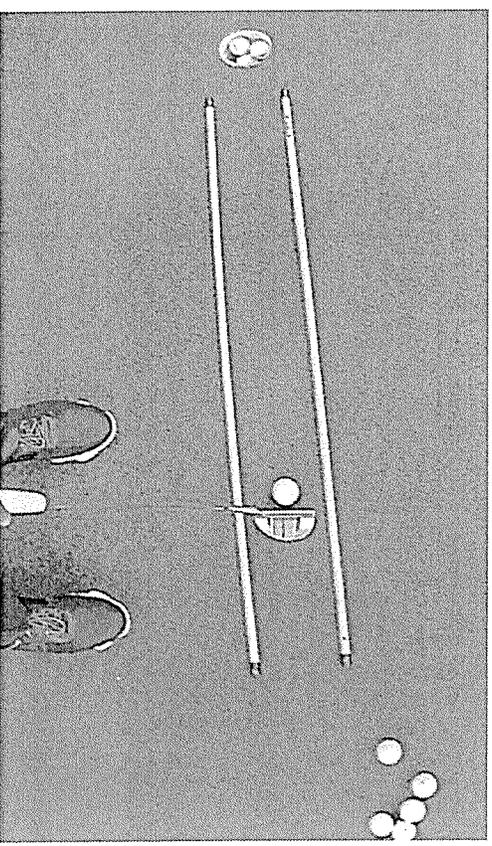
If you have a future major leaguer call cell immediately: 508-612-6250!



Hitting Drills

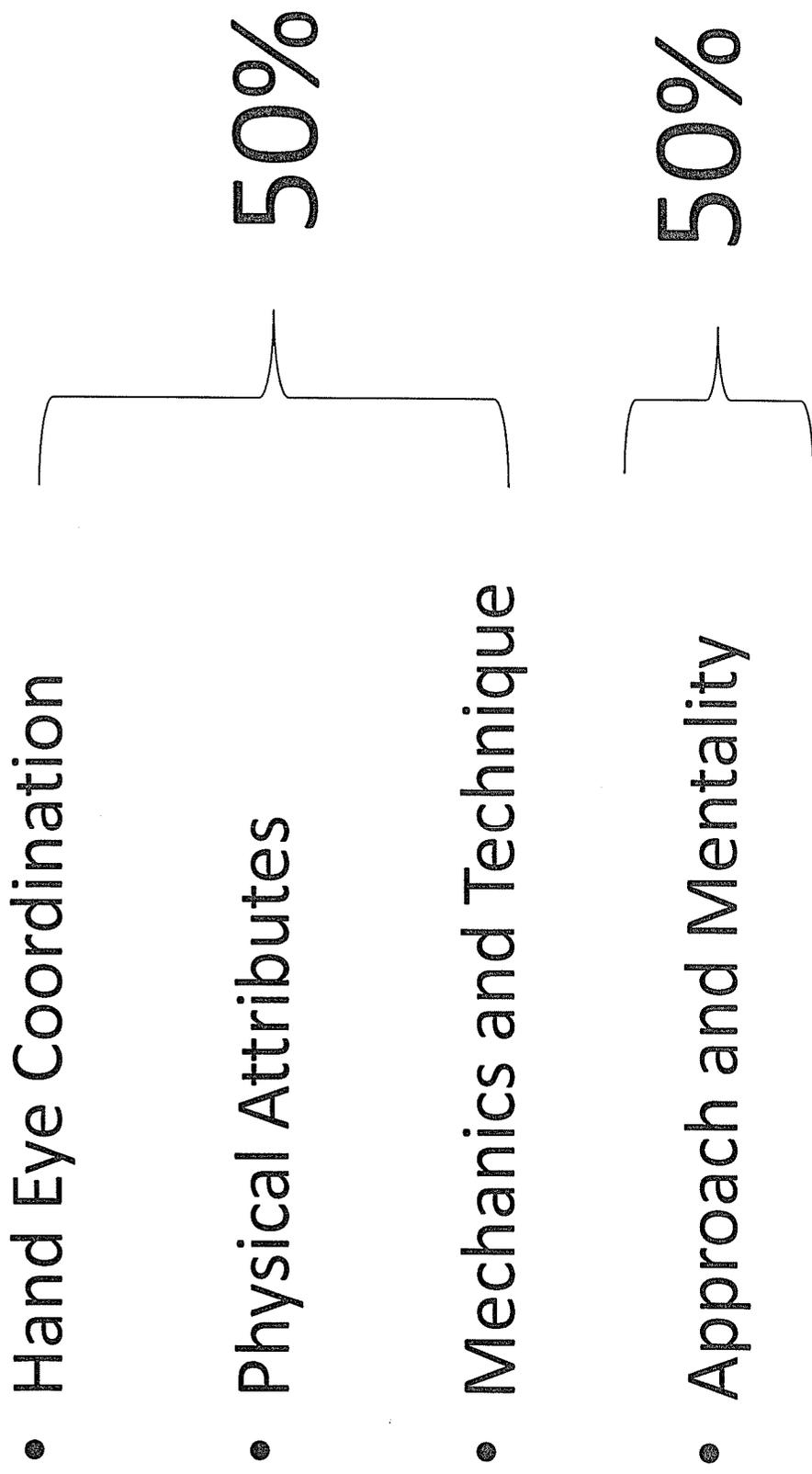


What baseball can learn from golf?



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The Make Up of a Successful Hitter



Hand Eye Coordination

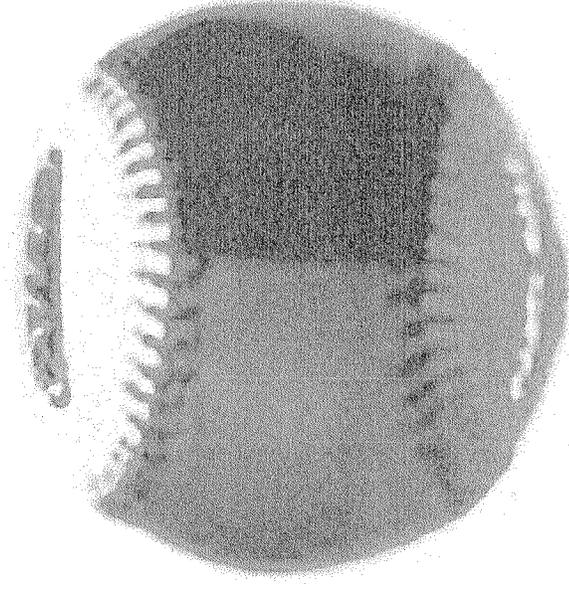
- Develops in infancy
- Refined between ages 9-12
- Further development is slow
- Declines with aging



Hand Eye Coordination

DRILLS

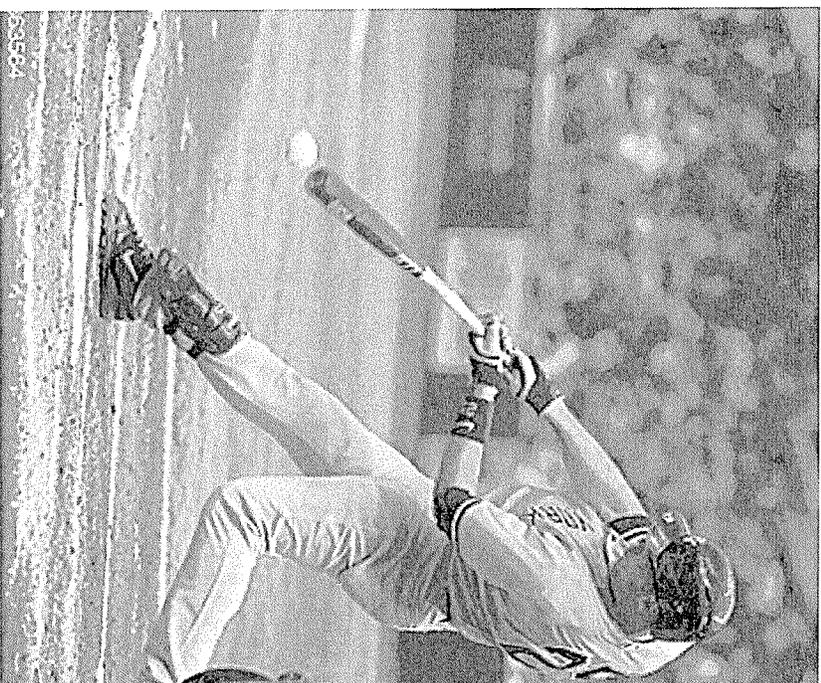
- Two Ball
- Juggling
- Color Ball
- Symbol Ball
- Stick Bat
- Sweet Spot Bat
- Undersized Ball



Hand Eye Coordination

DRILL

- Right under it
- Right above it
- Right on it



Physical Attributes

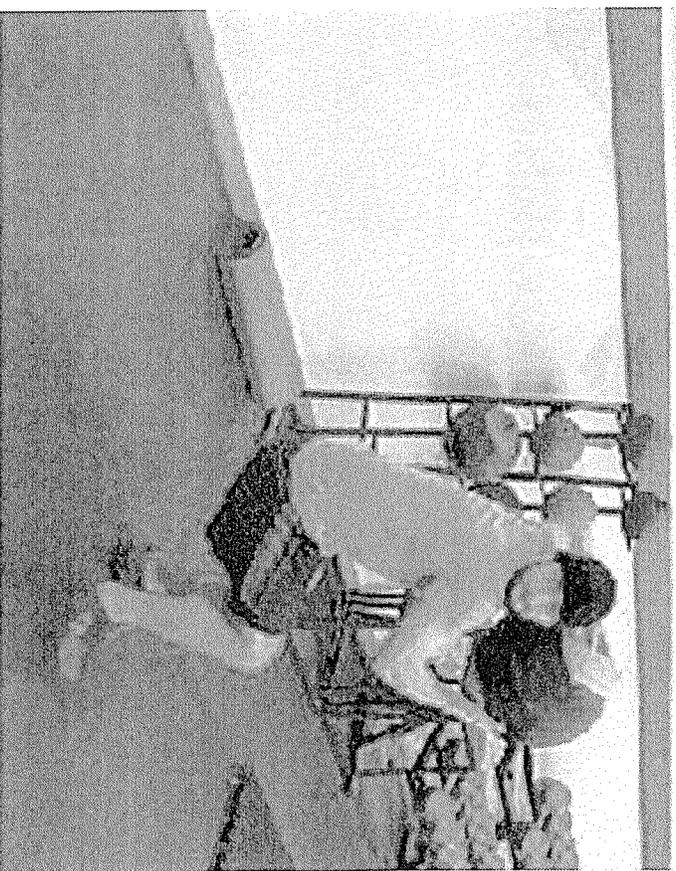
- Body Type
- Strength and Conditioning
- Hand Speed
- Nutrition



Physical Attributes

Age Appropriate Strength and Conditioning

- Pushups
- Pull-ups
- Sprints
- Broad Jump
- Vertical Jump
- Medicine Ball Throws
- Medicine Ball Slams



Physical Attributes

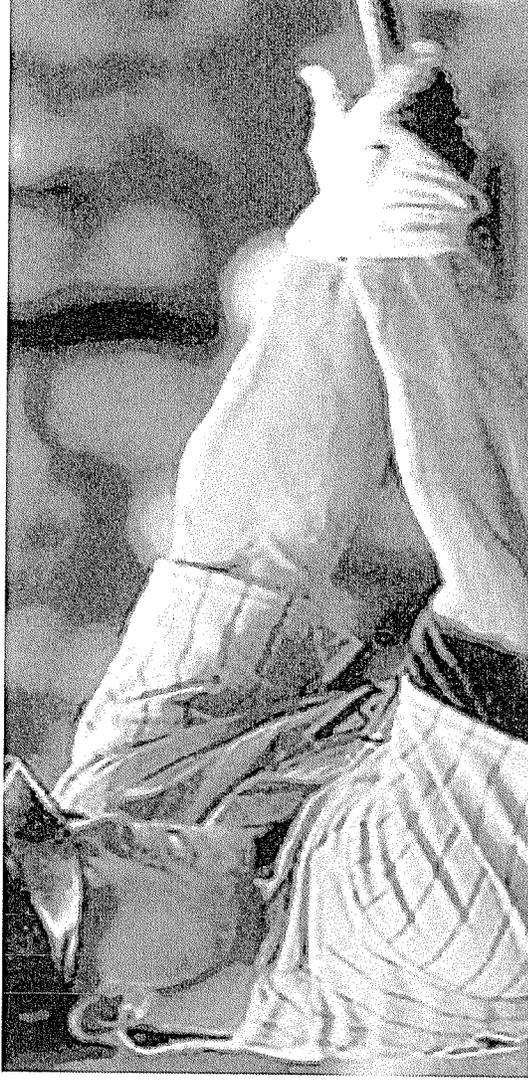
Hand Speed Drills

Tee or Soft Toss:

- Top hand x 5
- Bottom hand x 5
- Fat grip x 5
- Regular x 5

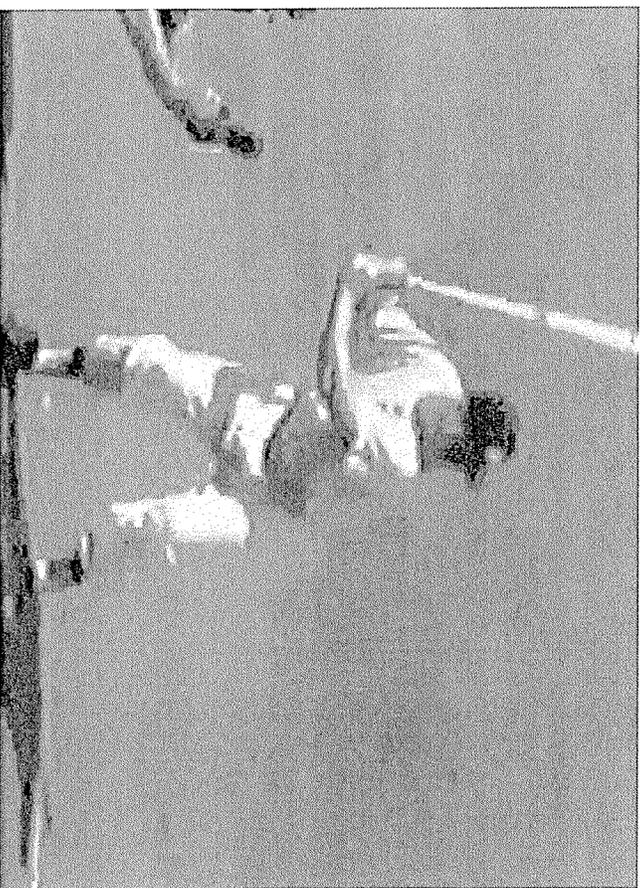
Rapid Fire

Elevated Drop Toss

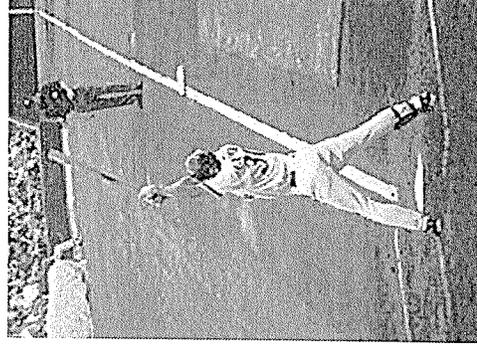
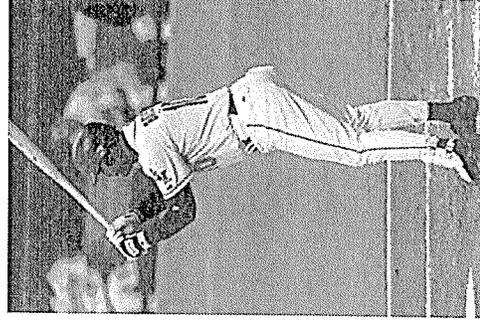
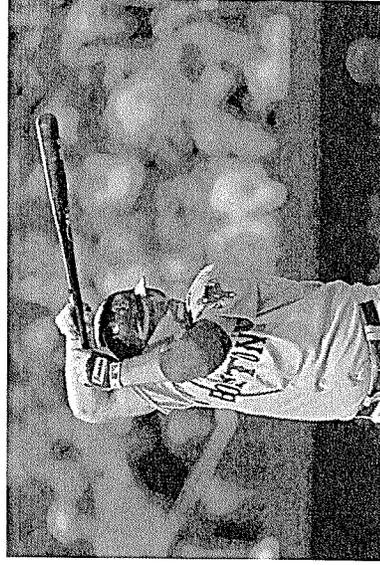
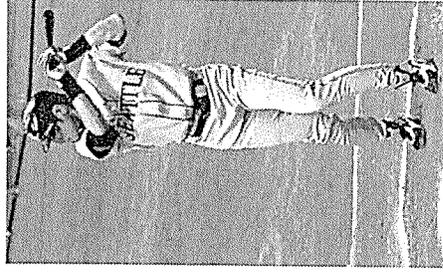
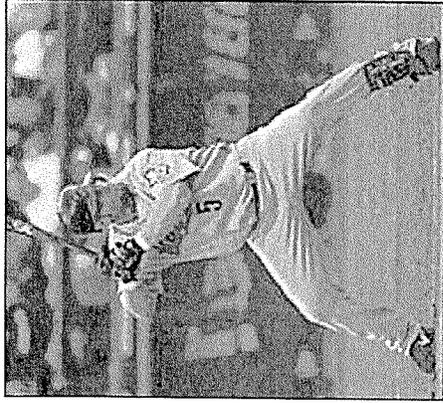


Mechanics and Technique

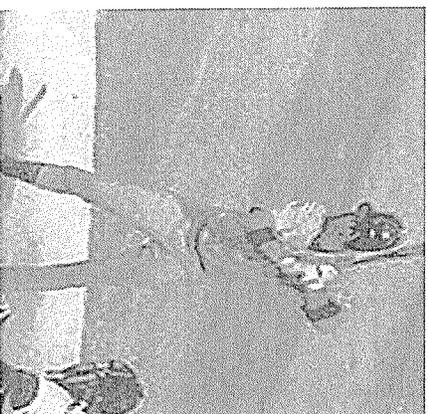
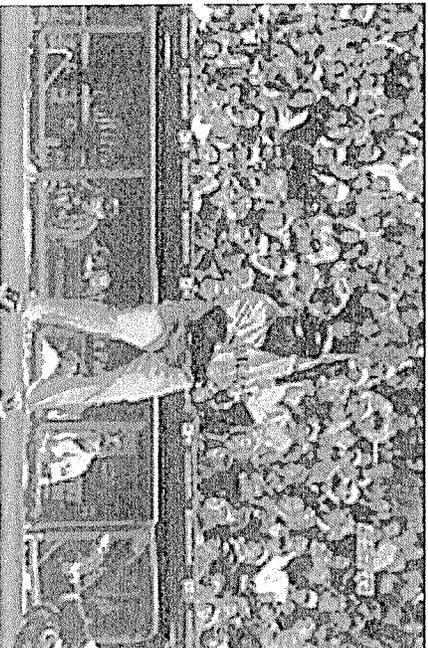
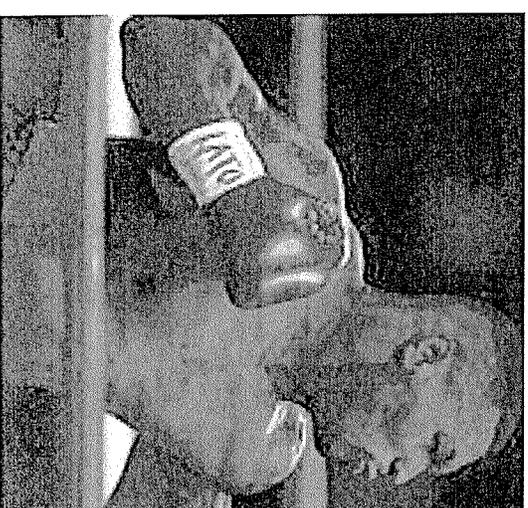
- Stance
- Hand Load
- Hip Load/Fall/Stride
- Launch Position
- Heel Plant
- Turn
- Pre Impact Slot
- Impact Position
- Post Impact Slot
- Finish
- Linear Hitting vs. Rotational Hitting



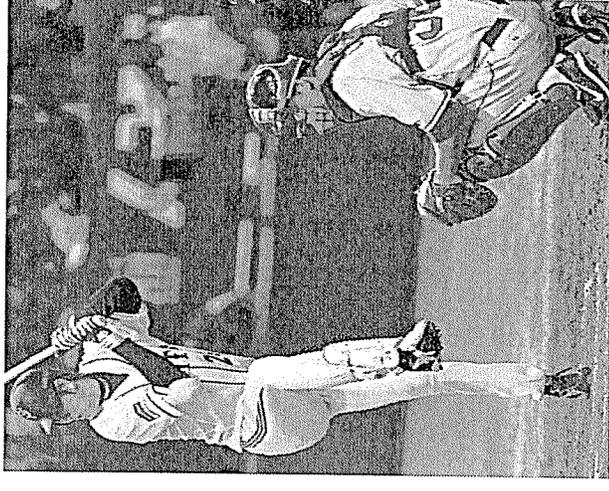
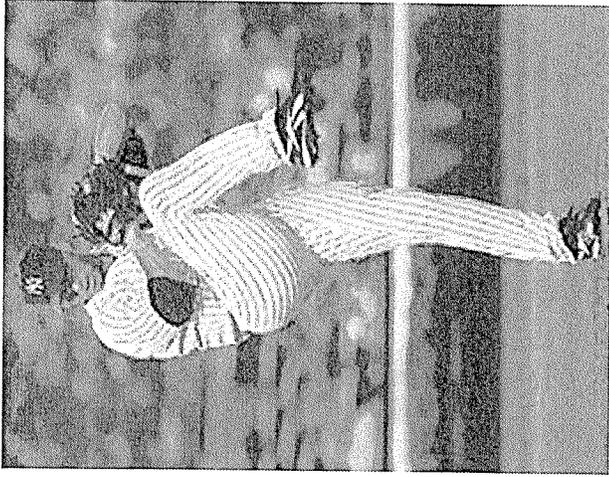
Mechanics and Technique - Stance



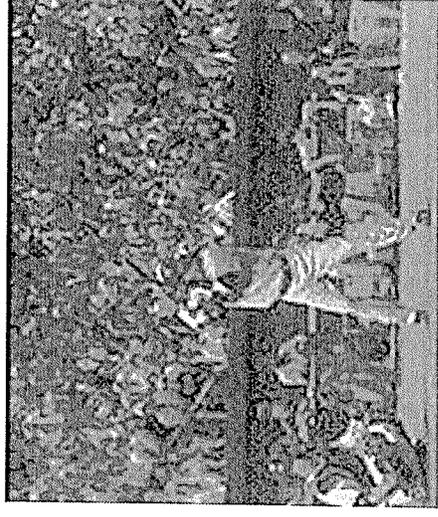
Mechanics and Technique - Hand Load



Mechanics and Technique - Hip Load/Fall/Stride

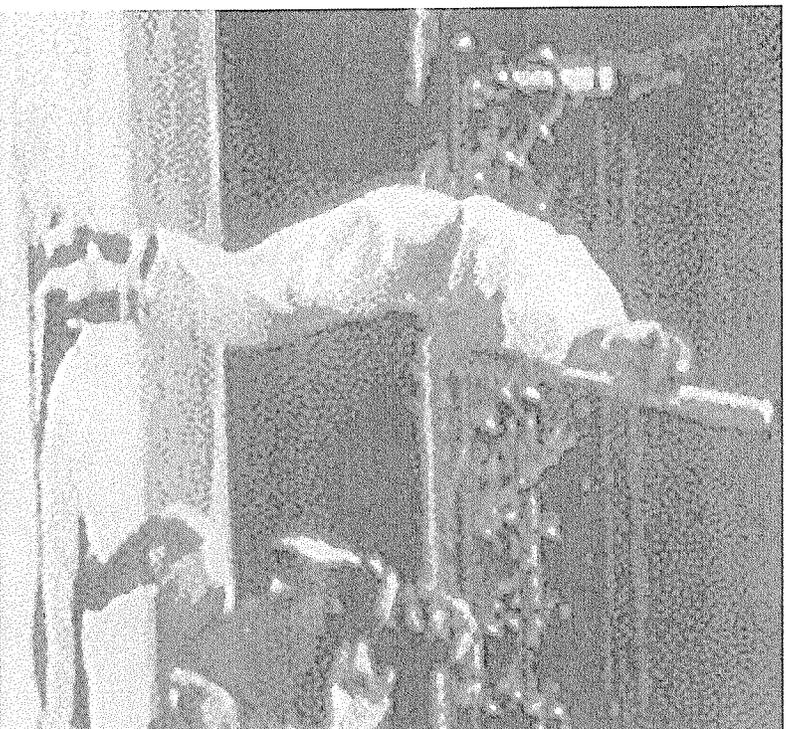


- Balancing movement opposite of hand load
- Like stance, has an element of “style”, but accomplishes the same thing
- Timing and Tension



Drill:

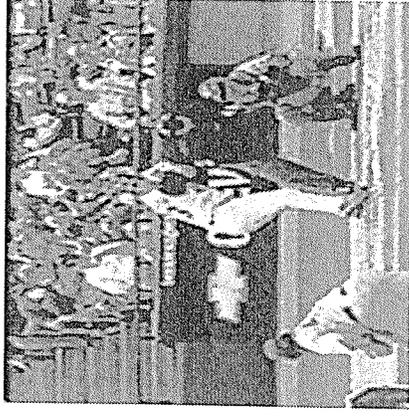
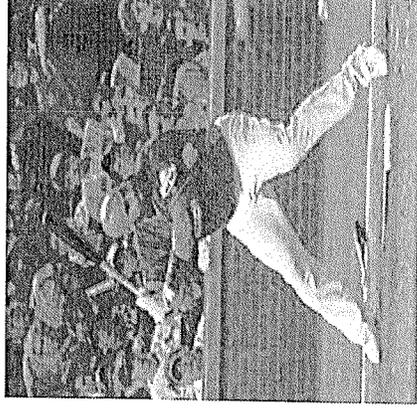
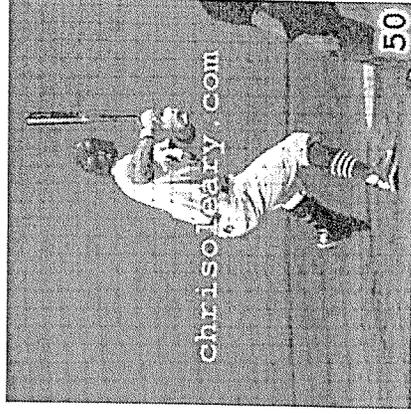
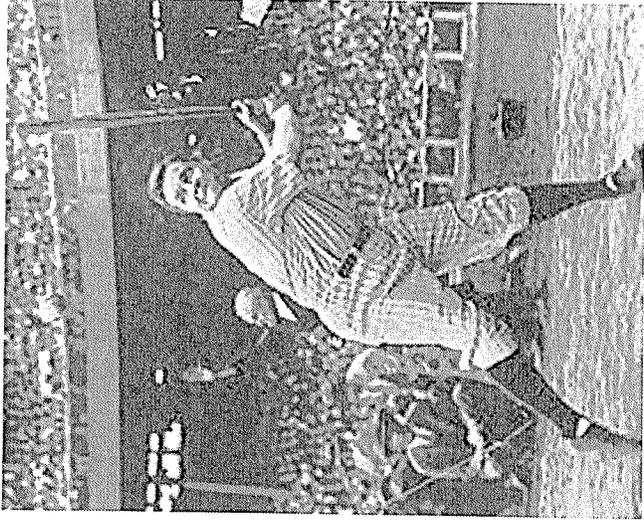
- Ted Williams Drill (tee work)



Grooves hand load and hip load/fall/stride

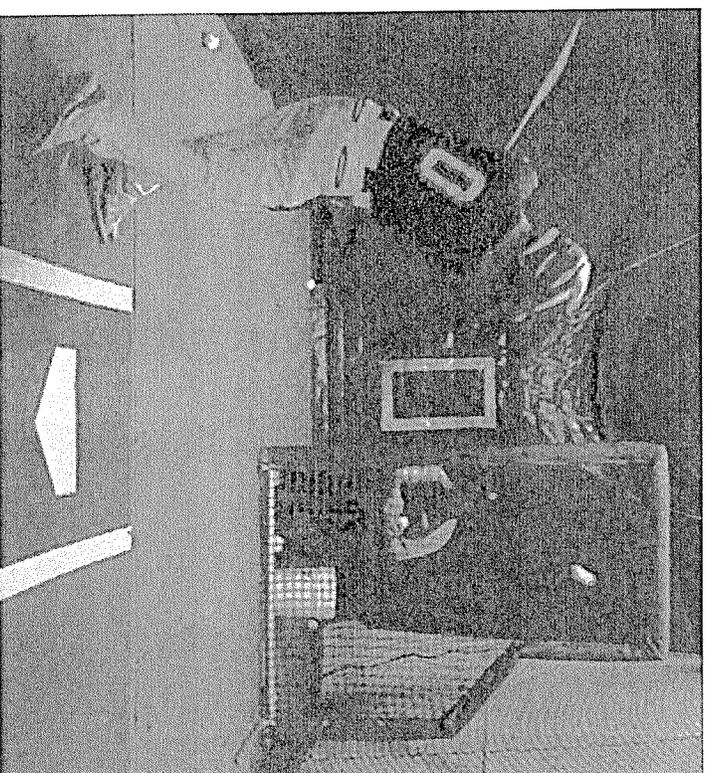
Mechanics and Technique - Launch Position

- The result of a good hand load and hip load/fall/stride
- Knob to catcher, elbow up
- Recognize the pitch



Drill

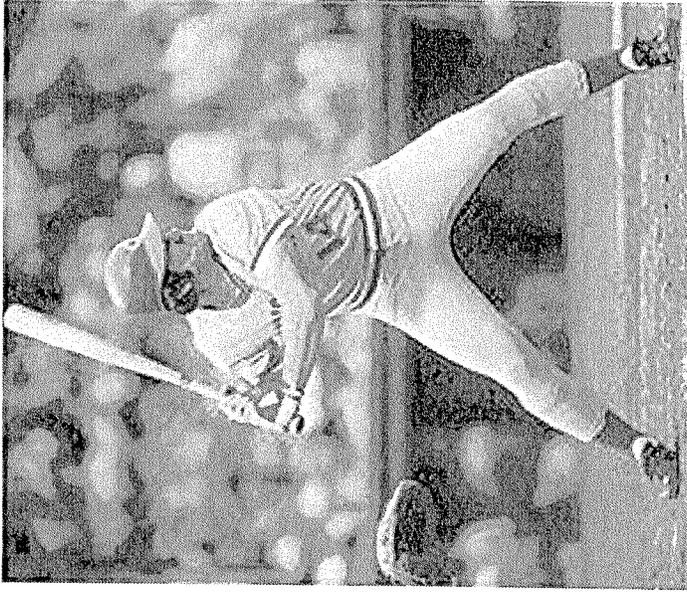
- Front Toss - Fastball Change



Preserves hand load in launch position, pitch recognition

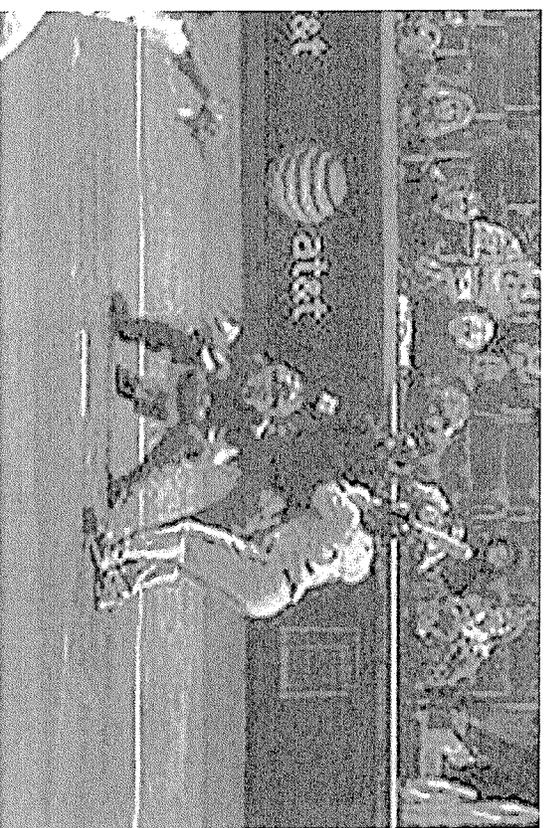
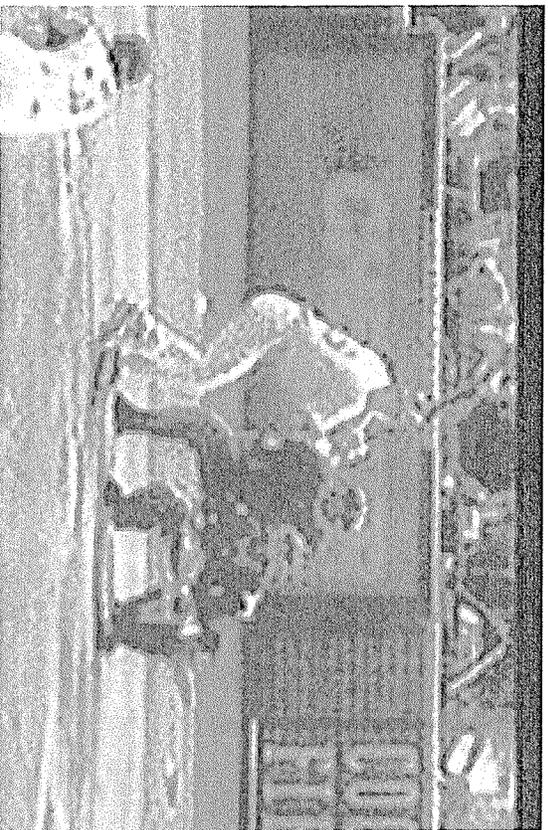
Mechanics and Technique - Heel Plant

- Transfer weight to 50 – 50
- Key to the ignition – cant swing without a heel plant
- Front heel plants, End of “Linear Phase”, back heel begins turn



Mechanics and Technique - Turn

- Beginning of “Rotational Phase” of swing
- No more linear movement (head stays still and doesn’t drift forwards)
- Explosive Rotational Movement, source of power



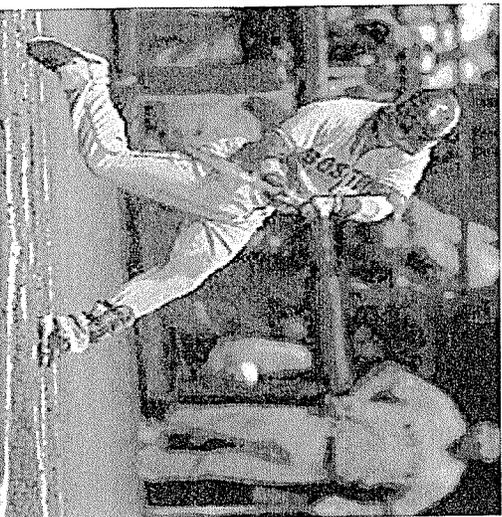
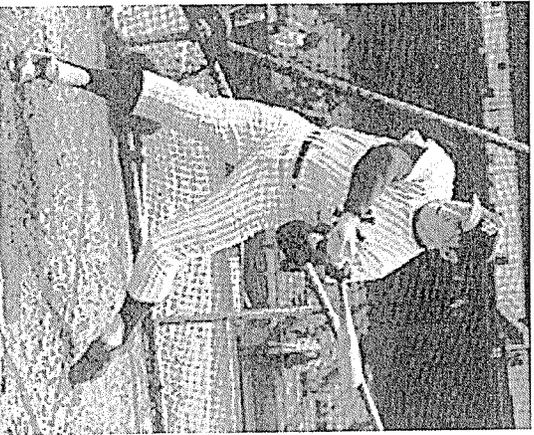
Drills for Common Mistakes

- “drop the back shoulder”
 - High tee drill
- “stepping out”
 - 2x4 behind lead heel
- “out in front” or “diving”
 - High soft toss
- “Off Balance”
 - Walking toss

Mechanics and Technique - Pre Impact Slot

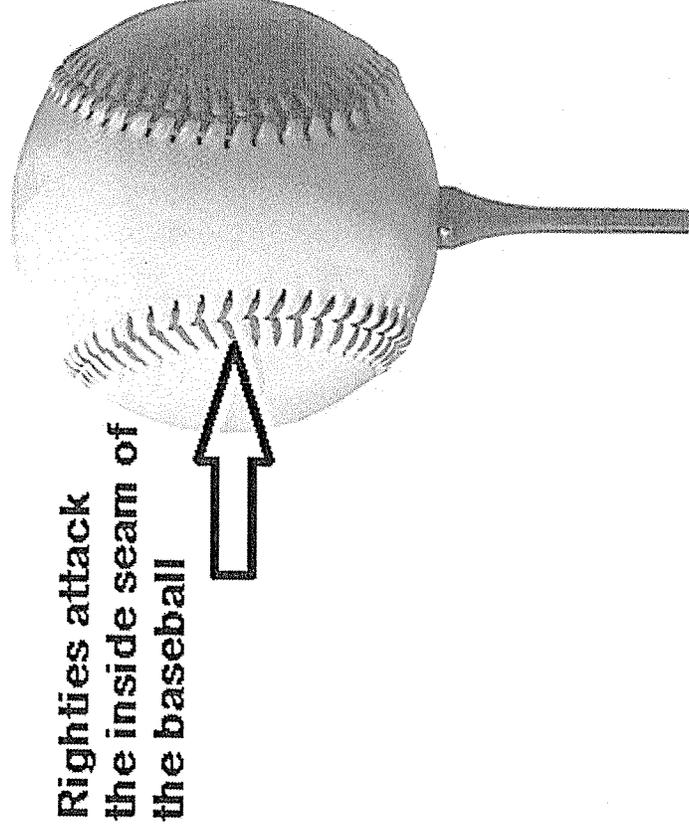
- Pre impact slot = “hands inside the ball”
- Eliminate the need for perfect timing – can be very late but still make contact.

- Antithesis of “throw your hands” and “swing down”



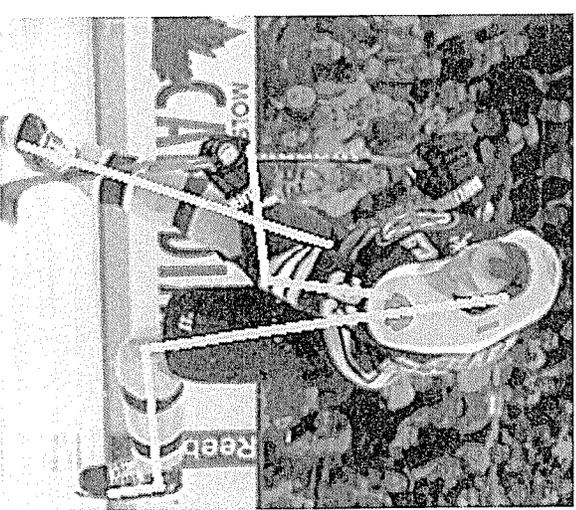
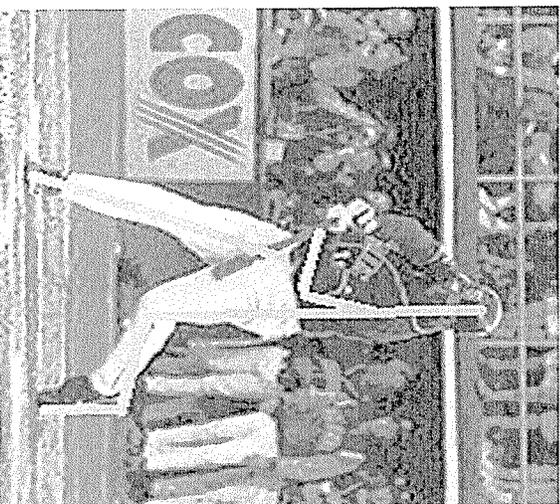
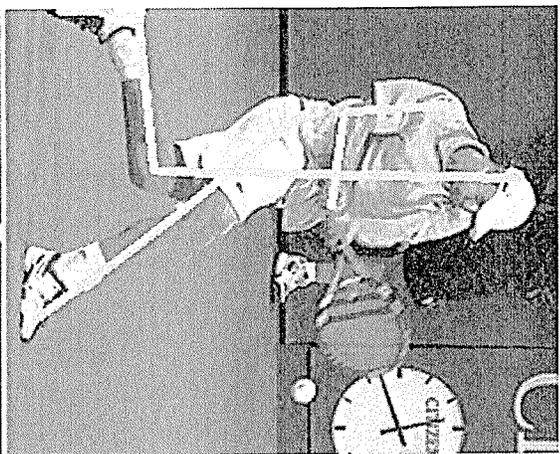
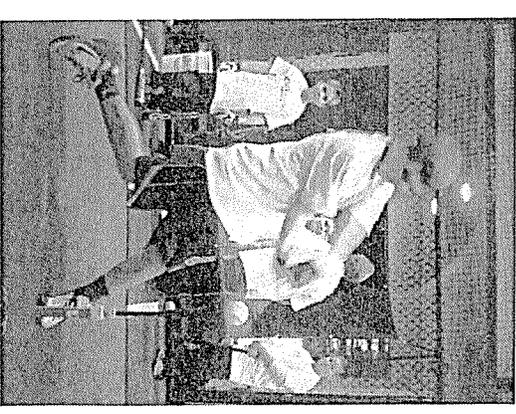
Drills

- Tee or Front Toss – opposite field
- Tee or Front Toss – inside seam



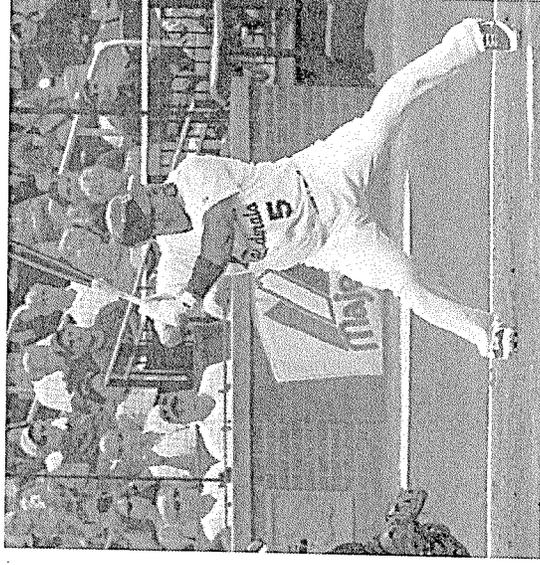
Mechanics and Technique - Impact Position

- Best to observe on film
- If this is correct chances are everything prior was good
- If this is correct chances are everything following will be good



More often than not:

- Stride is short, too upright at impact, causing a steep swing plane, lack of power
- Drill: Pujols Drill - wide stance, no stride (tee or front toss)



Mechanics and Technique - Post Impact Slot

- Eliminate the need for perfect timing – can be very early but still make contact.
- Antithesis of “throw your hands” and “swing down”



margin for error perfect timing margin for error

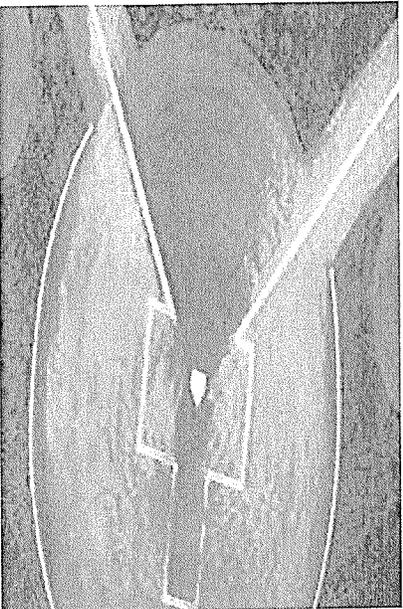
Post Impact Slot

- Drill – behind toss



Preparation

- Put in the time
- Build Confidence
- Create Muscle Memory
- Forget about mechanics once inside the batters box



Then compete.
It's personal.

