



DYBA Pinto Coaches Sheet



Expectations

1. Players: Have Fun, Expand Love for the Game and Model Sportsmanship!
 - a. Expand skills from T-Ball
2. Coaches: Prioritize Fun & Sportsmanship, Expand baseball skills and introduce Competition

Fundamentals Skills for the Age Group

1. Throwing & Catching:
 - a. Skills to Develop:
 - i. Making longer throws and learning to throw higher to throw further
 - ii. Practice throwing with more force with increased distance
 - iii. Utilize shuffle when making throws to be moving into proper throwing position
 - iv. Master glove positioning with thumb-to-thumb above the belt & pinky-to-pinky below the belt
 - v. Master catching ball by end of Pinto
 - b. Challenges:
 - i. Players attempt to throw too hard and “spike” throws with low release
 - ii. Poor throwing mechanics with arms and legs not in sync
 - iii. When attempting to catch, player moves body away from ball resulting in drops/deflections
 - c. Coaching Techniques:
 - i. Throw against a fence with target of middle horizontal pole, take step back with each hit
 - ii. Start close, throwing to a partner and take a step back each time they make a catch and take a step closer if they miss
2. Infield
 - a. Skills to Develop:
 - i. Masters moving feet to field ground balls with body in front of ball
 - ii. Cover bases when ball not hit to them
 - iii. Learn 2nd base coverage between SS & 2nd based on which side of infield ball is hit
 - iv. Introduce cut-off with SS or 2nd baseman creating cut-off
 - b. Challenges:
 - i. Fielders “watch” balls hit to others vs covering nearest base
 - ii. Players not aware of situation where force-outs are in play
 - iii. Incorrect players or no players, set-up cut-off
 - c. Coaching Techniques:
 - i. Coaches have players call-out where force is prior pitch being thrown
 - ii. Master Prep-Step, to have players in ready position moving towards home plate
 - iii. Coaches instruct in-moment who should be in cut-off position
3. Outfield
 - a. Skills to Develop:
 - i. Players learn proper positioning, in grass and good distance from infielders
 - ii. Track batted balls to back-up infielders and be in position to catch fly balls
 - iii. Throw balls into second base or cut-off
 - b. Challenges:
 - i. Throws are thrown to “no-one”, just at the infield
 - ii. Players not-tracking or moving towards balls put in play
 - c. Coaching Techniques:
 - i. Utilize “survivor challenge” for infield & outfield drills for fun & competition
 - ii. Turn relay drills into speed competition to work on quick release for cut-off



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4. Hitting
 - a. Skills to Develop:
 - i. Master proper batting stance, without needing coach direction
 - ii. Master throwing knob of the bat at the ball & back foot and leg pivot
 - iii. Master tracking & hitting coach overhanded pitched balls
 - b. Challenges:
 - i. Swing timing, with weak & late swings
 - ii. Inability to get into proper batting stance and positioning in batters box
 - c. Coaching Techniques:
 - i. Hit into fence with tee at variable heights to introduce variable swing planes
 - ii. Introduce swing cue for "belt buckle to 2nd base" getting hips through
5. Baserunning:
 - a. Skills to Develop:
 - i. Learn to find & listen to base coaches to advance bases when ball still in outfield
 - ii. Learn the "tag-up" rule and only take 2 steps for fly balls; return to base if caught or wait for ball to hit ground to advance
 - iii. Learning to hold when batted ball in "front" of you and no runner on base behind you
 - iv. Returning to unoccupied base if unable to get to next base safely
 - v. Stay within baseline when move base-to-base, and returning to open base to avoid tag
 - b. Challenges:
 - i. Players run on contact for all batted balls, on-ground or in-the-air
 - ii. Players do not looking for or listening to base coaches
 - iii. Players overrun 2nd/3rd or run into outs
 - c. Coaching Techniques:
 - i. Introduce making turns on bases when force-out not being made
 - ii. Remind baserunners the situation & options prior to pitch being thrown
6. Baseball IQ
 - a. Skills to Develop:
 - i. Start to recognize opportunities to get runners out at bases other than 1st, and initiate appropriate play
 - ii. Learn difference between force-out and tag-out, and make appropriate plays
 - iii. Situational and aggressive baserunning
 - iv. Proper Catcher positioning with introduction of pitch tracking
 - b. Rules:
 - i. Ball is dead and runners hold once ball returns to infield, base runners return to previous base if not more than half-way between
 - ii. Outfielders at defined distance from infielders and remain in outfield