

OMGAA Coaches Clinic 2024 w/ HitDawg Academy

Welcome/Overview

We will be taking you through progressions and regressions for athletes 8-14u. We will break down throwing, fielding, receiving, hitting, pitching and catching mechanics. We want to give you an abundance of information that you can pull 3/4 new ideas from and run with the information that you have received today.

Throwing Progression

8-10u

1. Seated with glove down working on pulling back the elbow keeping hand on top of ball
2. Kneeling with Throwing knee up working on separation
3. Reverse Pivot
4. Stride and Throw- Focus on separations and front foot getting to target
5. Load back leg to throw

11-14u

1. Kneeling with Throwing knee up working on separation
2. Reverse Pivot
3. Stride and Throw- Focus on separations and front foot getting to target
4. Load back leg to throw
5. Facing away kneeling to load back hip
6. 3 hops
7. Long toss- focus on how high and far they can throw

** football throwing is a fun way to teach throwing skills

Fielding Progression

8-14u

1. Kneeling focus on glove and head position for all 3 fielding positions
2. For right handed throwers make sure they go right left with left toe up and field on left side
3. Attacking the ball and using momentum to get them inline with their targets
4. Getting around ball (bucket drill, cone drill, ball drill)
5. Fielding bringing the ball in verses attacking out
6. Angles
7. Drop steps
8. Outfield do or dies
9. Outfield crow hop or cross behind

Receiving Progression

8-10u

1. Step to the ball
2. Fingers up
3. Head behind glove
4. Bending at the knees/ Athletic
5. How to tag

*** use foam balls, tennis ball, whiffle balls to get them comfortable catching

11-14u

1. Active feet
2. Hips below the ball
3. Picks/ tag positions
4. Quick transfers

Hitting Progression

1. Sequence (Hip, Hands and barrel)
2. At heel plant hands need to be up and square to plate for launch position
3. Head behind ball
4. Punch through ball for long extension

Drills-

1. Split stance works on front side resistance
2. Let top hand off bat works on extension
3. Kneeling drill focus on knob working towards the pitcher/ head staying still
4. Stride to kneeling works on back knee going down
5. Split grip helps controlling the bat

Bunting

Everyone needs to know how to bunt but at the next level it is really situational not many can bunt for a base hit every time. Teach when to bunt and the why behind it.

1. Bat is angled up
2. Head behind bat
3. Out in front of plate
4. Don't give the bunt away to early
5. Start barrel at highest part of strike zone and work down with legs

Baserunning/ Stealing

Teach when to steal and the why behind stealing

1. Be aggressive off the base
2. Reactive to the ball in dirt or over catchers head
3. What pitch are we looking to steal on
4. First three steps explosive off base and feet at 45
5. Teach pop up slide and sliding around the tag

** Have baserunners working on these skills during defensive practice or do more live hitting to focus on base running situations

Pitching

1. Have a progression for all pitchers to warm up.
2. Have a focus on accuracy then speed
3. In practice have location days and leg building days for pitchers
4. Tall and behind center is a big focus for me
5. Staying on the power line is key to accuracy
6. Pushing off the mound think about sprint position

Leg drills:

1. Lunge drill
2. Flamingo
3. Long toss
4. Run throughs

Upper body drills:

1. Knee drill circles
2. Pull downs focusing on arm whip
3. Right handed pitchers right leg in front working on separation
4. Reach drill/ pause drill

Catching

1. Glove below ball work up to the ball
2. Sway or step to spot
3. Head behind glove when receiving
4. Teach throwing from knees and standing up
5. High Transfer
6. Blocking replace knees with feet or start one knee down

Drills:

1. Small gloves or no glove transfers
2. Blocking starting on knees focusing on head down
3. Cone circle blocking drills
4. Machine Receiving drills
5. MB work for throw downs

Practice Planning

Dynamic warm up-

1. Focus on getting them faster with their feet. I do a lot of ladder drills or cone drills for movement.

Base running

Active movements to get them ready to practice or play a game. This should be the same every day so that you can set up practice while they are warming up.

2. J bands or bands for warming up arms would be next progression in the warm up

3. Cone drill, bucket drill, ladder drills, tennis ball drill

Throwing Progression

Have a routine so they know what they are focused on then add movements that they need to work on to help them be more game ready.

1. Throwing Positions
2. Different arm slots
3. Do or Dies
4. Cut off with Fake Throw
5. 3 directions throwing on the run
6. Tags 3 position
7. Drop steps/ Over shoulder catches
8. Diving

Dailies for infield and outfield

Full field infield/outfield cuts and relays

- add runners
- Cut the field in half
- Parent/ coach feeding the ball to cut

Break into out field and infield work on situations/ small field

Hitting
Full field
Tee
Front toss/ side toss

Meeting at the end what's the next practice/ game goal.