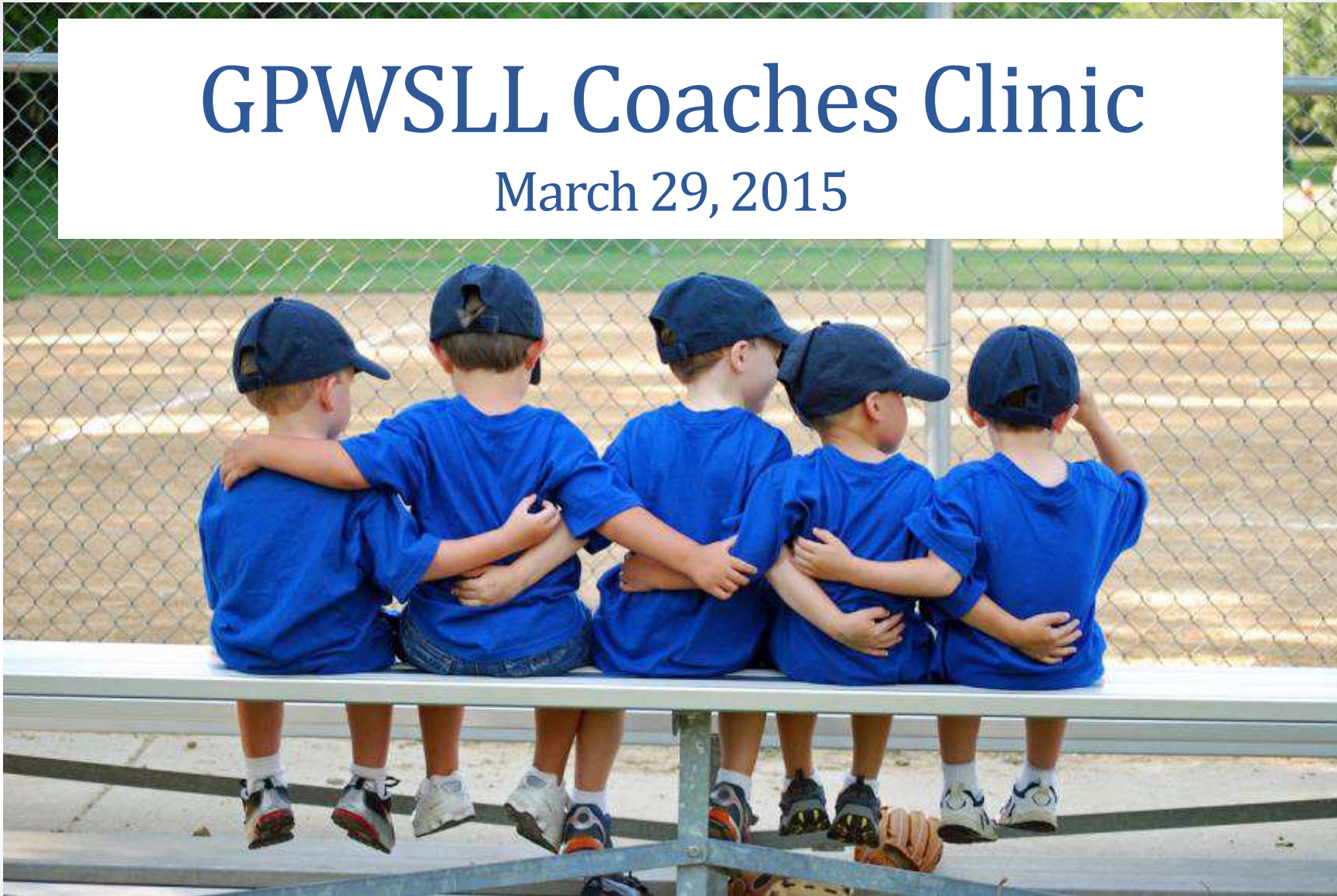


GPWSLL Coaches Clinic

March 29, 2015



Thank you!

Clinic Cast Members

Coaches Committee

Bill Babcock

Jason Hill

Lou Cardinale

Derek Greene

Guest Appearances

Liz Wakefield

Lindsay Hill

Keri Greene

Mission

- To provide coaches with the resources and the environment to effectively develop youth baseball and softball players.



Vision

- To elevate the level of play for our youth baseball and softball players so that they can continue to play and to enjoy the games of baseball and softball for as long as possible.



Clinic Objectives

- Foster a sense of community
- Build excitement and enthusiasm
- Make coaches aware of the resources available to them
- Solicit feedback on what we can do to enhance the instruction we provide to our youth players
- Provide coaches with a core set of fundamentals and fit-for-purpose drills by skill area

Today's Agenda

- A Baseball Mom's Note to Coaches
- Coaching youth baseball and softball
- Resources and coaching partnerships
- Enhancing instruction
- Practice tips
- Fundamentals and drills by skill area



Visit the Coaches Corner

Grosse Pointe Woods · Shores Little League

Since 1954 · Williamsport 1979, 2013

Home About Schedules Standings | Results Champions Info Search

REGISTER NOW

QUICK LINKS

- [2015 League Factsheet](#)
- [A League Rules & Regulations](#)
- [Volunteer Form](#)
- [Coach: Concussion Awareness](#)
- [Player: Concussion Form](#)

- [1954 Founding Season](#)
- [1979 Road to Williamsport](#)
- [2013 Road to Williamsport](#)

[Email the League](#)

Grosse Pointe

Tryout Dates and Locations

IMPORTANT: Each player must complete a concussion form and without a completed concussion form will not be able to participate
[Concussion Form](#)

AA, AAA, Major League Baseball Tryouts: For players 8-12 who are not on a Little League team, or wish to play AA or AAA baseball. March 21st and 28th, 2015

- 8-9 year olds: Noon – 1:30 p.m.
- 10-12 year olds: 1:30 – 3 p.m.
- You may participate in both tryout dates, but only one tryout is required.

Softball Tryouts: Saturday, March 21st and 28th, Grosse Pointe Woods

- 9 – 10 year olds: 1:30 – 3:00 p.m.
- 11 – 12 year olds: 3 – 4:30 p.m.

Parents Place

Coaches Corner

Boardroom

Practice Planning

Skill Matrices

Throwing

Catching

Fielding

Hitting

Pitching

Catching Position

Sliding

Practice planning guides, links to other websites, divisional skill matrices, as well as 53 instructional videos!

Review the Player Skills Matrices

Instructional Division – Skills Matrix																			
Throwing	<ul style="list-style-type: none"> Demonstrate proper throwing mechanics (“bunny ears”, turning the body, pointing at the target, step and throw towards the target, and follow through) Be able to throw the ball a distance of 20 feet to a 5 feet target in diameter 																		
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Consider a Coaching Partnership

- Plan a practice
- Run a practice
- Observe a practice
- Observe my practice

Request form located at the
Coaches Corner!

Submit Coaching Partnership Request

Name (required)

Email (required)

Phone Number (required)

Coaching Partnership Requested

Plan a practice

Run a practice

Observe a practice

Observe my practice

Comments

Enhancing Instruction ...

- Do any skills gaps exist?
- How can we work together to close the skills gaps?
- What additional resources can we provide?

Let's Talk About Practice Tips

- Have a plan
- Establish “fit-for-age” practice time
- Warm-up to throw, don't throw to warm up
- Keep the kids moving
 - Incorporate station work
 - Identify resources constraints
- Focus on quality repetitions
- Implement techniques to accommodate skills disparities
- Temper desire to maximize throughput with the need for instruction
- Integrate technology
- Have fun!

Let's Hit the Field!

Rotation	Station	Group
1	Pitching/ Throwing	A
	Hitting	B
2	Hitting	A
	Pitching/ Throwing	B
3	Base running	A
	Fielding	B
4	Fielding	A
	Base running	B
5	Catching	A, B

A) **Baseball**; Senior, Intermediate, Majors, and AAA. **Softball**; Majors
B) **Baseball**; AA, A, and Instructional. **Softball**; Minors and Instructional.