This is a sample document and is for guideline purposes only. Individual coaches will need to customize for their individual teams, age levels etc.

FUNdamental Notes

Pitching Fundamentals

- Middle finger on top, thumb on bottom in middle of ball
- Turn ball NOT your hand
    - By moving ball in/out in hand, ball will move in out/in to hitter
- Find a comfortable position on rubber; full or stretch
- Throw 2-3 pitches for strikes in any count; **COMMAND** is key
    - Get ahead and win the even counts, put hitter on defensive
- Work quickly as hitters uncomfortable, defense awake
- Pound down in zone as hard for hitters to reach
- Changeup is normal grip and “pitch fork” other fingers
- Pick offs vary routine (hold, pitch; hold, hold, pitch; slide step)

KEYS: Throw strikes, throw low strikes change speeds and BATTLE

Hitting Fundamentals

- Have a plan and work your plan
    - Look 1st pitch fastball as pitchers are taught to get ahead
- Get a good pitch to hit
- Be aggressive
- Be aware of the strike zone – yours + umpires
- See fastball and react to off speed
- Use the middle of the field
- Make positive outs by advancing runners
- On bunts, just get the ball on the ground
- With 2 strikes just put ball in play

KEYS: Look fastball early, hit where pitched, 2 strikes put in play

Outfield Fundamentals

- Positioning
  - Play deep – over head is 3B
  - Play gaps and give up lines as more balls in middle of field
- Fly balls eyes go the ball
  - Catch with 2 hands above shoulders
  - Get 2 feet behind the ball so moving forward at catch
- Always throw to lead base
- Hitting the cut off is **CRITICAL**
- Low throws better than high as allows cut off plays
- Charge ground balls to cut distance down and limit extra bases
- CF is captain and calls the outfield

KEYS: Play deep and in gaps, hit cut man, throw to lead base

Infield Fundamentals

- Positioning
  - 1B, 3B are even or inside the bag as takes away the bunt
    - Quicker reaction and shorter throw
    - Play 2 strides inside baseline
  - 2B is 5-6 feet behind base line, shaded toward 2B as short throw
  - SS just behind base line and shaded toward 2B
  - ALL to be in ready position as pitcher releases ball
- Approach the ball on left eye/shoulder
- Field left center of body
- Stride and throw with 4 seam grip
- Pick a small target to aim at like nose of fielder
  - Small miss is still a good throw
- SS is captain and calls the infield
  - Calls pop ups by player name

- Situational coverage
    - P covers 1B on balls to 1B, behind HP on hits with runners who may score
    - 1B is cut man on hits to CF, RF with runners who may score
    - 3B is cut man on hits to LF with runners who may score

KEYS: Anticipate and surround ball, 4 seam grip, throw at player nose

<u>Baserunning Fundamentals</u>

- Effort + Aggression = Pressure on defence
- Think 2B out of box; sprint to 2B on all fly balls to OF
- Infield ground balls run 3 strides past 1B
- Base hits to OF, hit inside corner of bag and round 4-5 strides
- 1B lead is 3 strides off for both RH, LH pitchers
    - RH pitcher shuffle 1-2 strides after pitch
    - LH pitcher **ONLY** shuffle after front foot lands
- 2B lead is 4-5 strides off for both RH, LH pitchers
    - Shuffle 1-2 strides after pitch for both RH, LH pitchers
- On steals runner turns, stays low and **ALWAYS** slides
- On pickoffs **ALWAYS** head first to outside corner of base
- 3B lead is 2 strides off for both RH, LH pitchers
    - Shuffle 1-2 strides after pitch for both RH, LH pitchers
- On pitches in the dirt, be aggressive
    - if catcher fields on knees advance to next base
    - if not shuffle and force action by defence
- On PB/WP, advance to next base and watch 3B coach
    - Large backstops so could advance 2 bases if catcher slow
- OF fly balls runners tag up if on 2B, 3B and go half way if on 1B
    - Go back to base, when ball hits OF glove break to force throw
    - On 3B, we will try and score on medium and deeper fly balls

KEYS: Be aggressive, situational awareness, slide