



# Coaching Baseball

This course, developed by USA Baseball along with the NFHS, teaches the basic skills of throwing and catching, offensive skills, overview of each position's role, good team defensive tactics, how to develop a practice plan, and additional coaching tips that you can use to teach and help improve your team. Hosted by George Grande, Cincinnati Reds announcer, the skills presented in this course are demonstrated by the Washington Nationals players and coaches. Drills and skills are provided by Darrel Don, a high school coach in the Orlando area and a USA Baseball National Team coach.



## Course Objectives

- Differentiate between "teaching to learn" and "teaching to compete"
- Protecting athletes from common overuse injuries and creating rest guidelines
- Bat selection and proper grip mechanics
- Establishing a comfortable, athletic batting stance and good swing mechanics
- Teaching proper throwing motion and fielding position
- The Pitching Process from pitch selection to delivery
- How to manage game situations

## Units

- Coaching Philosophy
- Offense
- Defense
- Pitching
- Team Strategies

## More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at [nfhslearn.com](https://nfhslearn.com)!