



## Coaching Baseball

### 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

### Unit 1: Course Introduction

- Course Overview
- Welcome

- 1st and 3rd Situations
- Fly Ball Etiquette
- Cutoffs and Relays

### Unit 1: Coaching Philosophy

- Introduction
- How to Coach and Teach
- Team Selection
- Health and Safety

### Unit 2: Offense

- Hitting
- Bunting
- Base Running

### Unit 3: Defense

- Basic Defensive Skills
- Infield Play
- Pitching
- Outfield Play
- Catching

### Unit 4: Pitching

- Wind-up
- Fastball
- Pick-off

### Unit 5: Team Strategies

- Rundown
- Sacrifice Bunt Defense

**Resources:** Building a Championship Program, A Baseball Coaching Philosophy, Pregame Introductions, Pre-Practice/Game Routine, Post Game/Practice Job List, Example Player Evaluation, Daily Practice and Game Schedule, Batting Practice Routines, Common Mechanical Errors of the High School Hitter, Double Plays —Intro and Position (Video), Fielding Ground Balls—Instructional Sequence (Video), Infield Daily Defensive Drills, Long Toss Program, Run Down—Introduction and Lanes (Video), Importance of quality swings (Video) Tee Work (Video), Toss Drills (Video), Basic Fundamentals of Holding Runners and the Pick-off, Bullpen Sessions (Video), Common Mechanical Errors of the High School Pitcher, Effective Communication (Video), Discussion on Mechanics (Video), Flat-ground Work (Video), Routine between Starts (Video)