

HYA Mustang

Coach: What to Teach

1. Review and make sure all areas in the Shetland and Pinto teach sheet is reaffirmed.
2. Playing pitch and catch is important. Do this every day for 10-15 minutes. Teach them the proper way to throw a ball. Make sure they are in two straight lines and about 30-40 feet apart until they throw consistently without throwing the ball away.
3. Players should start finding the seams on the ball without looking.
4. Hitting: batting stance, with proper footwork, proper gripping of the bat, positioning of hands and head. Eyes on the ball stepping toward the pitcher and level swings.
5. Infield: work on proper way to field ground balls. Make sure knees are bent, butt down, hands in front with top hand on heel of glove. Also make sure they bring the hands into the gut once the ball has been fielded cleanly. Hit a lot of ground balls and have them throw to first base from various positions. Teach them to play all infield positions.
6. Cut-off position: Teach 2nd baseman and short-stop how to be a cutoff man for ball hit to outfield.
7. Teach 1st baseman foot work at the base. Never go to the base and place feet on base. Always have both feet aligned with the base so they can move their feet to catch the ball and extend the other leg to touch the base.
8. Outfield: proper way to catch fly ball with two hands... always go back on a ball and teach to move forward to catch the ball out in front of their head.
9. Have outfielders throw to second and third bases and work on hitting cutoff man if ball is hit past the outfielder. Stress chest level throws and low straight throws and NOT arching rainbow type throws.
10. Pitching: Be very basic
 - a. Proper balance and delivery important
 - b. Stretch – what is a legal pitch
 - c. Front foot or plant foot directly toward home plate
 - d. Front shoulder closed
 - e. Only throw fast balls... maybe time to introduce a change up or off speed pitch, but throwing strikes is more important. No curve balls are allowed and should not be taught.
11. Base Running:
 - a. Always run through first base
 - b. When rounding bases make sure foot hits inside part of each bag. Never hit middle of base.
 - c. How to take a lead (boys only)
12. Teach proper way to slide
 - a. Slide on butt, never on sides of either leg
 - b. Throw both arms up in air as you attempt to slide which will cause you to lean back and slide on your rear end.