



San Ramon Valley Girls Athletic League

2010 Pre-Tryout Skills Clinic Syllabus



Offensive Session

Hitting Mechanics

Bat Selection

Swing Mechanics

- Grip
- Hand Position
- Stance
- Load
- Stride (Toe Touch)
- Hip Rotation and Pivot
- Swing
- Contact
- Follow Through and Finish

Key Coaching Points

Grip

- Line up the middle knuckles.
- Grip the bat in your fingers, not with your palms. Hold the bat where your fingers and palms meet.

Stance

- Have your weight on the balls of your feet in a balanced position.
- Point your feet straight ahead.
- Position your knees between your feet and bend them slightly.
- Keep your hips level.
- Hold your head and eyes level and still.
- Position the front shoulder slightly down with your front arm bent at 90 degrees.
- Let your elbows hang with them pointed slightly out with your back arm at 45 degrees.
- Cock the front shoulder and hip slightly inward.
- Hold your hands even with your back shoulder about 4-6 inches from your body.
- Your bottom hand should be at the top of the strike zone.

Load and Stride to Toe Touch

- Cock the front shoulder, hip, and knee slightly toward the catcher.
- Keep your weight balanced with about 60% on the inside of the back foot.
- Move your hands back slightly to the top of the strike zone directly above your back foot.
- Use the pitcher's toe touch and your toe touch as a timing mechanism.
- Focus your eyes on the pitcher's release point... Focus on the ball.
- Use a short, soft glide and land on the inside ball of your foot (your big toe)
- The front toe opens slightly and the hip stays closed.
- Do not move your head.
- Assume that you are going to swing until you see that the pitch is not a good pitch.

Swing

- Your lower body rotation will initiate the swing. We call this "Positive Motion".
- Never swing at a ball that is above your hands.
- As you hip rotate toward the pitcher, the back foot rotates to "squish the bug" allowing your hips to rotate fully.
- Keep both elbows bent and pointed downward.
- Drive the knob of the bat directly to the ball.
- Keep your hands inside and above the ball.
- The barrel of the bat lags behind, always above your hands.
- Keep the top of the bat close to your neck as long as possible to avoid casting out.
- Keep the front shoulder down, closed, and pointed at the ball.
- Keep your eyes focused very tightly on the ball, hit with your eyes.
- As your arms extend forward toward to contact the ball, drive your top thumb through the top half of the ball.

Contact

- Keep your head and eyes down and very focused on the ball.
- Drive the barrelhead of the bat through the ball with the top hand.
- Keep your front side rigid and Strong.
- Swing hard, just in case you hit the ball.
- Transfer your weight to the inside of the front foot and leg.
- Your belly button will rotate and point to the contact spot.
- Point the back foot and toe at the front knee in an L position.
- Watch the ball hit your bat.

Follow-Through and Finish

- Your back shoulder rotates so that it will almost touch your chin.
- Your front foot will open to 45 degrees and your front leg should be straight and firm.
- The bat carries around behind your body.
- Maintain balanced position.
- Finish with a straight vertical line passing from your back ear through the back shoulder, the back hip, and back knee with a straight, strong, firm front leg.



San Ramon Valley Girls Athletic League

2010 Pre-Tryout Skills Clinic Syllabus



Bunting

Sacrifice Bunt

- Stance
- Hand Position and Grip
- Bat Angle
- Body Position at Contact
- Controlling the Bunt Direction

Key Coaching Points

- The bunter should set up in the front of the batter's box
- Pivot on the balls of your feet pointing your belly button toward the pitcher while moving your back foot slightly toward the plate.
- Keep your shoulders and hips open to the pitcher.
- Bend your knees slightly so that your eyes are at the top of the strike zone.
- Stay relaxed with your elbows outside the body with the elbows bent and pointed slightly downward.
- Keep the bat at an angle lowering your body to get to low pitches.
- Never let the bat head drop below your hands.
- Only bunt strikes.
- Try to get the bunt down in the area between the pitcher and the first baseman.
- When you see that the bunt is down and that ball is out of your running path, then run!
- Don't drop your bat on the ball. Make sure your bat ends up well clear of the ball.
- If the first baseman fields the bunt in front of you and is waiting to tag you, stop and force her to come to you to apply the tag, giving the base runner more time to advance. Do not back up! If you back up, the umpire will call the ball dead, will call an automatic out, and the runner(s) have to return to the bases they occupied before the bunt.
- Focus on running in the running lane in foul territory to avoid an interference call.



San Ramon Valley Girls Athletic League 2010 Pre-Tryout Skills Clinic Syllabus



Base Running

- Running Style – Head up, body leaning forward, arms forward and back, longer strides
- Sliding and Diving – Just an overview and demo, don't have them do it
- Running out an infield hit (Break down after crossing the base)
- Running out an outfield single (Turn the corner and Dive back or get back)
- Running Home to Second (picking up 3rd base coach)
- Tag up at third
- Running Home to Home Reacting to base coaches
- Lead off - Rocker start (when pitch leaves hand in Red Divisions only)
- Running Drill reacting to coaches
- Dive Back Drill if they can do it

Key Coaching Points

- Read the ball off the bat. Focus on the contact spot.
- Follow the direction of your coaches with hesitation or question.
- With no outs be a little more conservative; with one out be a little more aggressive.
- Study the defense during the game. Know each player's arm strength and accuracy. Know the position of each defensive player when the ball is hit.
- Always look for something to take advantage of. Is the defense asleep? Are they making lazy throws?
- Know the situation (number of outs, game situation, defensive alignment) and how you should respond to any hit.
- Don't hesitate or second guess yourself. When you have made up your mind, don't change it, just go hard.
- Advance on balls hit behind you if the defense is back and you have a good possibility for success.
- When forced to run to the next base, go hard and slide hard to break up the double play.
- Know the rules. Understand infield fly, interference and obstruction, delayed calls, and the third-strike rule.
- The shorter the throwing distance, the more vulnerable you are to being picked off. Adjust your lead to that distance.
- Once the ball is thrown back to the pitchers circle you must immediately advance to the next base or retreat to the previous base without any hesitation or redirection.
- Never leave a base until you are sure the umpire has called you out.



San Ramon Valley Girls Athletic League

2010 Pre-Tryout Skills Clinic Syllabus



Defensive Session

Fielding Ground Balls

- Ready Position
- Move to the Ball
- Gather the Ball
- Run Through the Ball
- Forehand Catches
- *Backhand Catch without Crossover Step*
- *Backhand Catch using a Crossover Step*

Key Coaching Points

- Shift into your ready position when the pitcher begins her wind-up.
- Narrow your focus to the spot over the plate where the bat will hit the ball.
- Glove side foot is slightly forward with your weight evenly balanced on the balls of your feet.
- Expect the ball and know what to do with the ball when you get it.
- Hold your Glove about knee high with you pinky fingers pointed to the ground.
- Keep your feet in slight motion like a tennis player waiting for a serve.
- Don't be lazy, get in front of every ball that you can so that you minimize the use of your backhand.
- Go hard after every ball, assume that there are no balls that you can't get too.
- Establish a triangle with your feet and your glove as the three corners.
- Gather the ball as though you are cushioning a raw egg into your glove.
- Gather the ball into the center of your body (belly button).
- Keep your head down and your eyes on the ball until you are sure you have made the catch.
- Go hard and charge through the ball. Don't stop to make the catch as the gather, catch, and throw are one fluid motion.



San Ramon Valley Girls Athletic League 2010 Pre-Tryout Skills Clinic Syllabus



Fielding Fly Balls – Outfield

- Ready Position
- First Step is Back
- Run to the ball using with both arms to run
- Communicate early and loudly
- Extend your glove at the last moment
- Catch the ball on your throwing side ear
- Catch the ball with both hands
- Transition to a crow hop
- Get the ball in immediately
- Make sure you throw through your cut off's head

Key Coaching Points

- Shift into your ready position when the pitcher begins her wind-up.
- Narrow your focus to the spot over the plate where the bat will hit the ball.
- Glove side foot is slightly forward with your weight evenly balanced on the balls of your feet.
- Expect the ball and know what to do with the ball when you get it.
- Hold your Glove about chest high with your palms facing the batter.
- Your first step should always be a slight drop step with your throwing side foot.
- Always communicate early and loudly your intention on the ball with your teammates (terms like "Ball", "Me", "Mine" or "take it", "Yours", or "You").
- Use your arms while running to the ball. Don't run with your glove up.
- Move quickly so you can catch the ball on your throwing side ear.
- Last minute adjustments should be to move in, never to move farther out.
- Catch the ball with both hands at nose level so you can look over your glove in transition.
- Get the ball back in immediately, never hold the ball.
- Throw through your cut off's head.