



**CENTRAL LOUDOUN LITTLE LEAGUE**

Promoting the Spirit of Little League Baseball Since 1964

**T-Ball, Rookie, & Single 'A'  
COACHES CLINIC**

Saturday, March 19, 2022

11:30 – 1:30 PM

Good Times Park – Founders Field

Presenter: Deven Majkowski



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## Being a Volunteer

- Thank you for your commitment and time
- You are now the face of little league baseball for these kids and the foundation for their baseball careers.
- Remember, no one is getting drafted at the end of the season
- Every player deserves a chance to be a 'Star'
- Enjoy the interaction with young people
- Emphasis should be: **TO HAVE FUN**



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## PRACTICES

- Baseball is a game, you are supposed to have fun playing games, have fun with baseball!
- Plan practices in advance
  - Encourage Parent involvement as much as possible at the lower levels
  - Multiple Stations
    - Smaller groups are easier to manage
- Make the practices ENGAGING and DYNAMIC
  - Players will learn more with less standing around
- Less is **More**
  - Keep it as simple as possible - KISS
  - Use catchy phrases for the kids to remember
- **ASK** don't tell
- Do not over coach – simplify and emphasize what your objective is
  - Make sure the player understands
- Take advantage of available resources
  - Little League University (<http://www.littleleagueu.org/>)
  - The Internet



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## Pitching Machines

- As much as we can show you how to use the machine, it will malfunction at some point.
- Be consistent with how the balls are put onto the machine (On seam, which seam).
  - Home Team machine will be used
    - Let the opposing Coach know how you put the ball on the machine to dial it in.
- Keep an old towel with you at all times. Wet balls and Pitching Machine do not mix
- Be prepared to be innovative getting the machine to throw Strikes
- A good practice is putting opposite hand up in the air simulating a pitching motion bringing the hand forward then pulling the handle.

1. Determine the settings prior to going to practice for the 1<sup>st</sup> time.
2. Place the Pitching Machine at the base of the Pitchers Mound on level ground
3. Once the machine is stable, pull back the Throwing Arm under the Release Lever
4. Step on the pedal
5. Pull the Release Lever
  - Was it a Strike? Make the necessary adjustments

USER MANUAL: <https://leagueathletics.com/2e5ca83d-a7fd-45d1-95f7-8735947a7429/Text/Documents/3982/53060.pdf>





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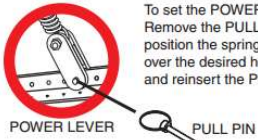
## Pitching Machines

• Louisville Slugger – [User Manual](#)

SPEED is controlled by the SPRING setting on the POWER LEVER and by the use of the HEIGHT adjustments on the MICRO ADJUSTMENT and the RELEASE BLOCK.

The Chart on the lower right shows basic speed settings for baseball and softball pitches. You will need to test your settings for various types of balls.

To set the POWER LEVER: Remove the PULL PIN, position the spring over the desired hole location and reinsert the PULL PIN



**NEVER** adjust the POWER LEVER when the THROWING ARM is pulled back and locked into position.

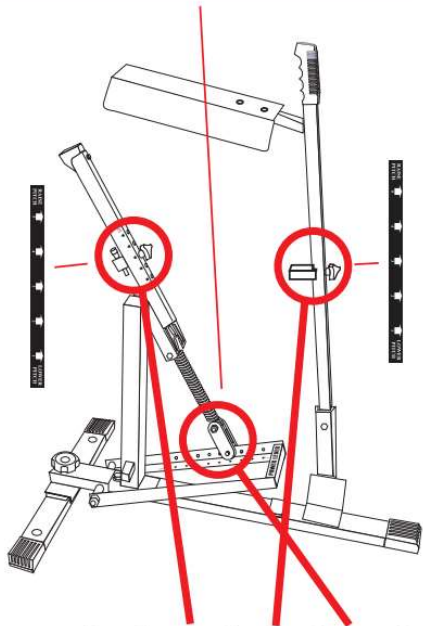


MICRO ADJUST

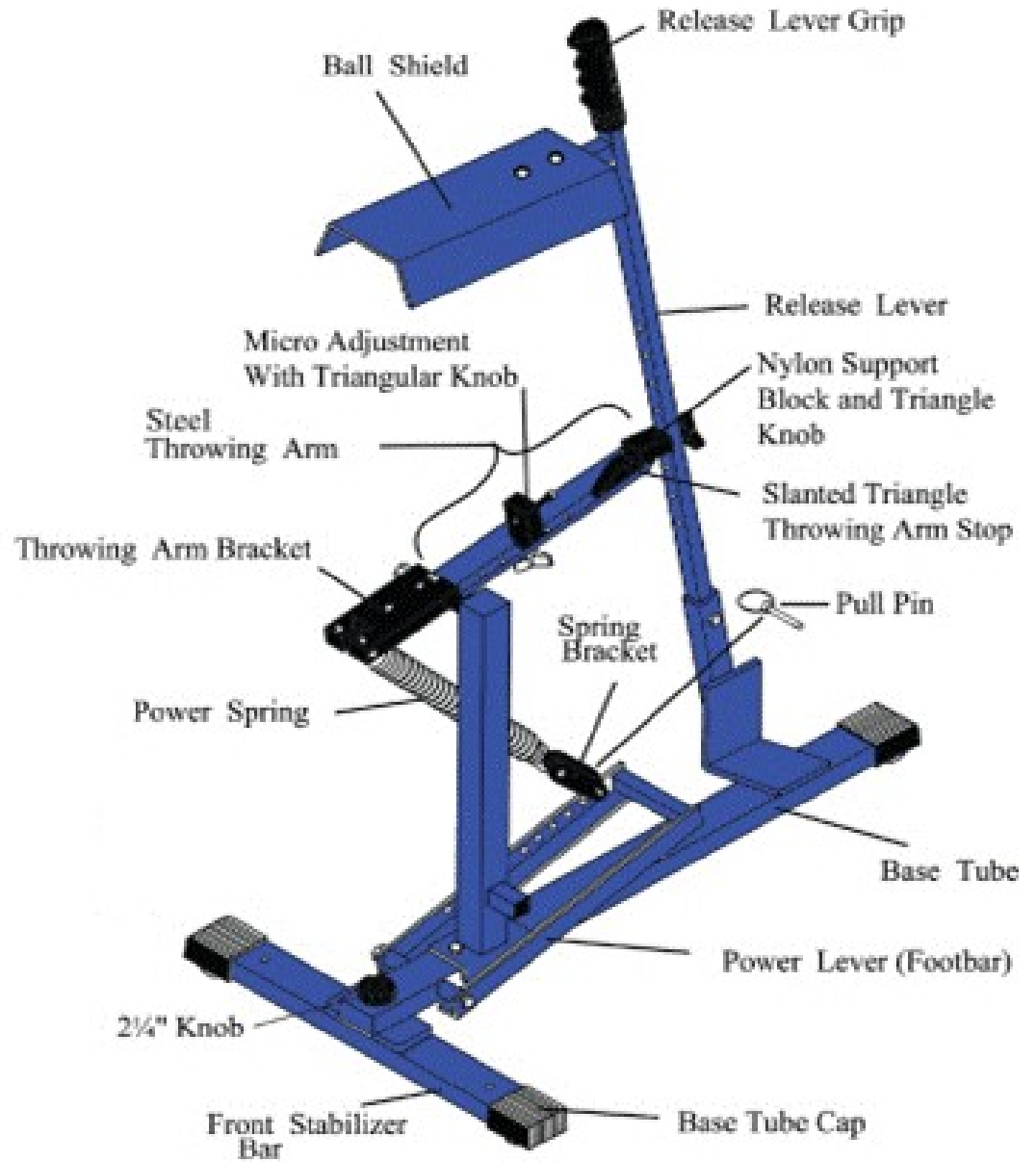
To set the MICRO ADJUST and RELEASE BLOCK: Remove knob and move to desired hole location. Replace and re-tighten knob.



RELEASE BLOCK



SPEED (MPH)	MICRO ADJUST		RELEASE BLOCK		POWER LEVER		DISTANCE (FEET)
	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM	
44	3	1	4	4	11	11	40-54
42	3	1	4	4	10	10	40-50
40	3	1	4	4	9	9	40-50
38	3	1	4	4	8	8	40-50
36	3	1	4	4	7	7	35-40
34	3	1	4	4	6	6	35-40
32	3	1	4	4	5	5	30-40
30	3	1	4	4	4	4	30-40
28	3	1	3	3	4	4	30-35
26	3	1	3	3	3	3	30-35
24	4	2	3	3	2	2	25-30
22	4	2	3	3	1	1	20-30
20	5	3	2	2	1	1	20-25
18	5	3	1	1	1	1	20-25

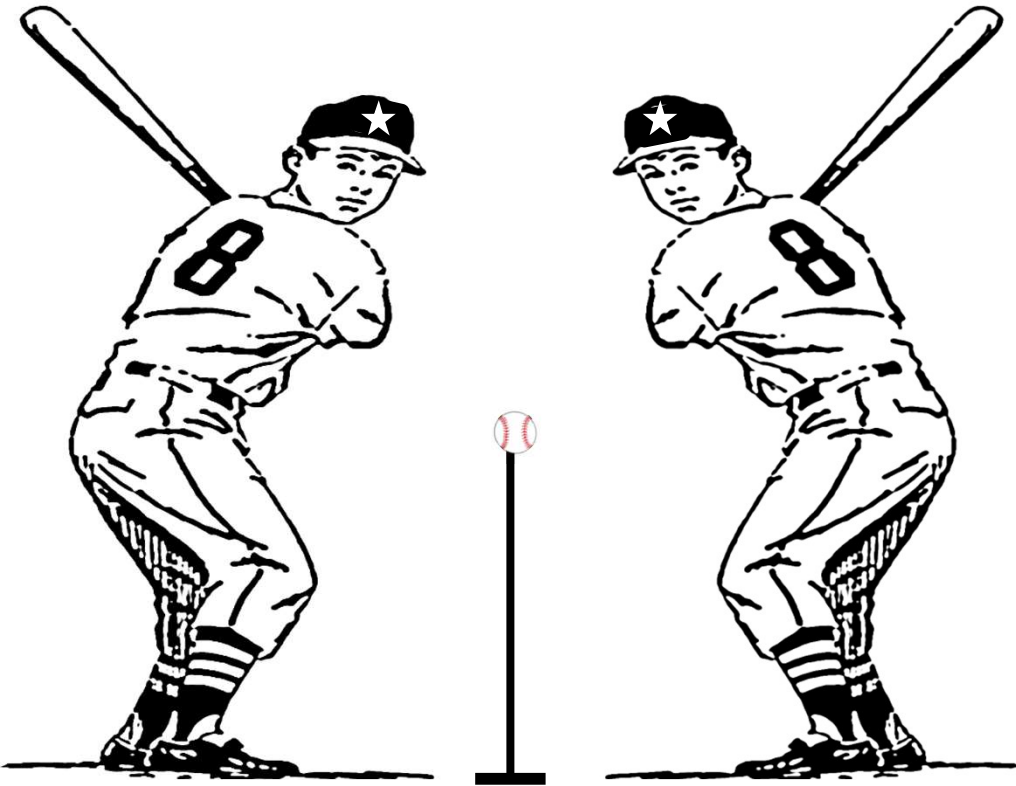




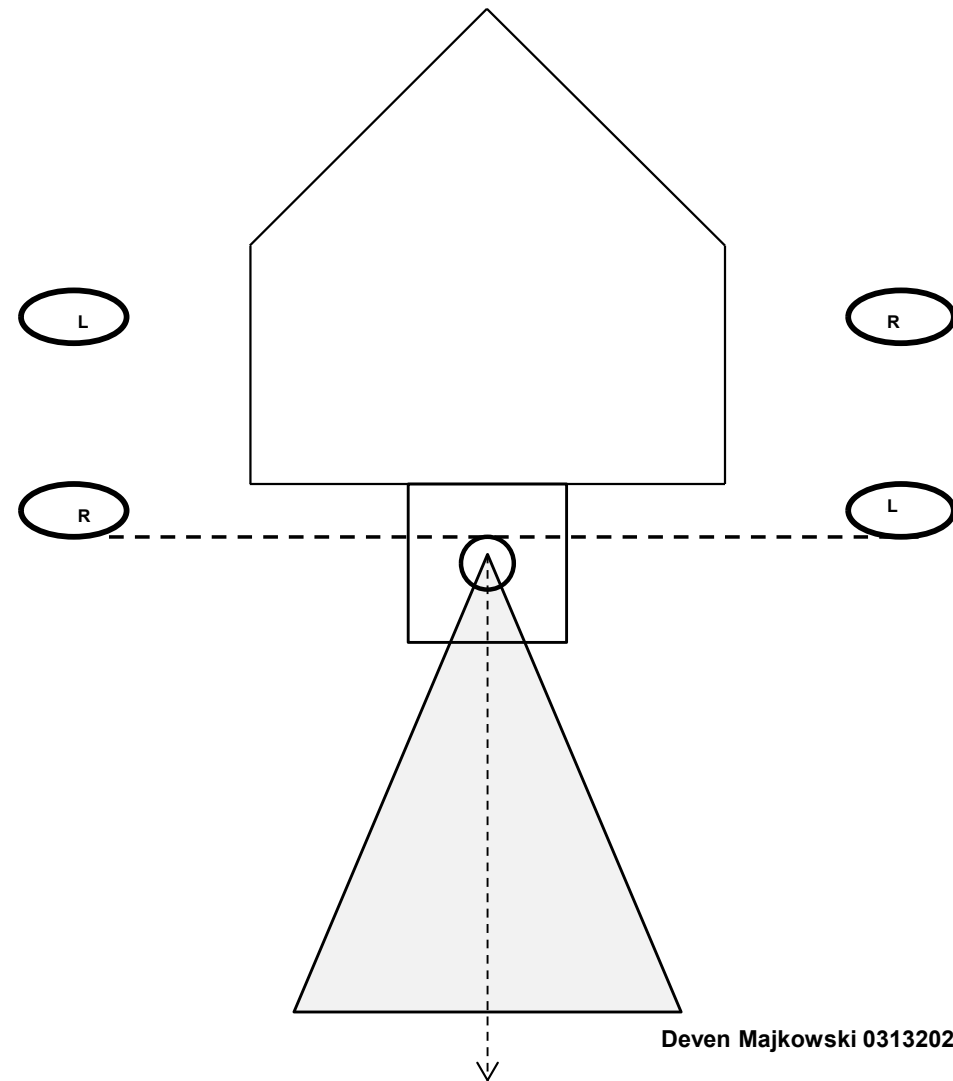
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## Batting Tee



Wherever you setup the Tee, the hitter's front foot should be positioned slightly behind the tee/ball





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## HITTING – Pre-Swing/Stance

- There are many different stances, bottom line, be comfortable. Variations are ok as long as the hitter gets into the proper ready to hit position
- Where to stand at the plate
  - Front Foot about even with the middle of home plate
- Bat Grip – Grab the bat and have the hitter take their fingers and point them out. The fingers should be pointing straight up
- Stacked approach
  - Feet - The foundation for maintaining balance through the swing
    - Both feet should be pointing straight ahead, not flared out
    - Weight centered
  - Knees
    - Bent slightly
    - Inside the feet
  - Shoulders
    - Shoulders slightly closed and level, or back shoulder slightly higher
    - Upper body leaning out toward the plate a bit
- Head
  - Head level, both eyes on the pitcher
  - See the ball – A very common hitting flaw at this level is not seeing the ball the last 5-10 feet through the hitting zone/point of contact.
- Hands shoulder high over back foot
- Sweet spot of the bat about over the back ear
- Be relaxed and balanced
- Be Athletic, not Robotic



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## HITTING – Swing

- The swing is comprised of many different aspects, but for the sake of the age group, we will simplify the approach
- The hitter is ready to go with hands over back foot in a stacked position with head on the Pitcher and/or Tee.
- Stride (Some do, some do not)
  - If there is a stride, make sure the batter strides towards the pitcher with front foot in control landing on the Toe and about 45° angle
- Heel Plant – Front Heel down, back knee starts to turn inside the foot.
  - *When these players get a little older, the 'Load' or negative movement phase will be introduced.*
- Connection – Getting upper part of the body connected with lower part of the body



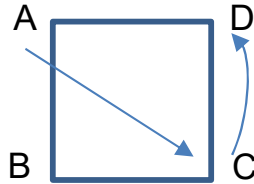


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## HITTING – Swing Continued

- The hitter should take their hands directly to the ball
  - A to C finish on D (Square) – *A starting point for youth hitters.*
  - *As players get older and they will learn more about torque generating bat speed*



- As the hands start towards the ball
  - Palm up/palm down
  - Knob of the bat towards the ball
- The front leg should be locked (Knee behind knee position)
- Finish the swing and back side
- Distributing weight.
  - ‘Squash the Bug’ - *a method we’ve heard – will work at the younger level to illustrate utilizing bottom ½, but does not reinforce weight distribution.*
  - *As the player progresses, this concept will change (Back knee pinching to initiate the swing the player will then come up onto the big toe pivoting hips driving the ball.*



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# HITTING – Swing Continued

- Still want some flex in arms
- Finish with Extension
  - Still palm up/palm down
- Some Common ques
  - See the Ball all the way to Point of Contact
  - Head starts on Front Shoulder, Finishes on Back Shoulder
  - Bill, Bob, Ted “The Head”



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## HITTING Drills

- Hitting Tee's are NOT just for T-Ballers! Hitting Drills on the Tee can do wonders for all age groups
- SEE THE BALL
  - T-Ball – Put shapes on the Ball
    - Put a ● ▲ ■ on the ball itself. Give the hitter something to focus on while hitting off the tee
- Number Tennis Balls and throw to the hitters. Have them yell out which number it is.
  - Truth be told they will not be able to see the numbers, but they do not know that. You will find the hitters will start to focus on the ball all the way to the bat.
- Color a portion of the balls for practice with different colors (Red, Green, Blue, etc.)
  - Be creative to help the kids



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## HITTING Drills

- **Straight T Work**
  - Allows the player to develop hand/eye coordination without the ball moving.
- **No Look Swings**
  - Emphasis: Focus on keeping their head/eyes on the ball at contact
- **High/Low T**
  - Emphasis: Taking Hands to the ball. Have the player see the ball in different zones to train them to keep their hands inside the ball making consistent contact hitting line drives
- **Weight Shift T**
  - Emphasis: Weight distribution. Over emphasize the lifting of the front foot to get weight onto back side, then shift weight forward to swing.
- **2 Tee (High/Low)**
  - Emphasis: Compact swings eliminating dropping hands
- **Soccer Ball Tee**
  - Emphasis: Driving through the ball
- **Fence Drill (More Advanced)**
  - Emphasis: Keep (Short to it, long through it)



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## FIELDING

- Balanced
- Be athletic on toes ready for the ball
- Feet about shoulder width apart
- Legs are bent at the knees as if grabbing a tree
- Hands out in front
  - Triangle or Pizza
- Flexed wrist
- Head (Nose) is Down
- Right-Left-Field or Left-Right-Field to R-L-Throw or L-R-Throw





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## FIELDING DRILLS

- Teach the bases and constantly ask them where their play is.
  - Reinforces understanding the game and seeing it in advance.
- Baseball Ready – Like Musical Charis move around until the coach calls out 'Baseball Ready', players should drop into the proper ready position.
  - Teach the pre-pitch result you want; you cannot expect it to happen if you do not work on it.
  - Younger ages, verbal queue, Machin Pitch above – walking into ready.
- Fielding Position – Hat in mouth drill
  - If you cannot see it, you cannot field it.
- Right-Left-Field or Left-Right-Field
  - Broom Stick Drill
- Catching the Ball Barehanded – Use wiffle balls – *they will not hurt*
  - Reinforces proper hands – Make the 'W'



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## RESOURCES

<https://www.littleleague.org/>

The screenshot shows the website's navigation menu with 'Coaching Resources' highlighted. The main content area includes a welcome message, a photo of a scoreboard at Good Times Park Founders Field, and a sidebar with registration and volunteer links.

**WELCOME TO CENTRAL LOUDOUN LITTLE LEAGUE**

Welcome to Central Loudoun Little League (CLLL), where "Promoting the spirit of Little League Baseball" is our motto and our vision. CLLL is a non-profit, 501(c)(3) organization chartered by Little League International. Our league is funded entirely by registration fees, fundraising, concession profits, and sponsor donations.

**GOOD TIMES PARK FOUNDERS FIELD**

BALL STRIKE OUT	
INNING	TOTAL
1	
2	
3	
4	
5	
6	
7	
<b>TOTAL</b>	

HOME PITCH COUNT VISITOR

**Click here to register for Adult Umpire**

**Click here to register for Youth Umpire**

**Click here to register as a Volunteer**

**Click here to be a CLLL Sponsor**

**LITTLE LEAGUE PLEDGE**

*I trust in God  
I love my country  
And will respect its laws  
I will play fair  
And strive to win  
But win or lose  
I will always do my best*



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If you ever have any questions, please contact:

CLLL Coaching Coordinator: [Sam Fincham](#)

OR

[Deven Majkowski](#)