Coaching the Alderwood Way
A Building Block approach to Teaching Basic Skills at each Level of Play

Skill Area	Skill Elements	T Ball	Rookie	Farm	AAA	Majors	Points of Emphasis	Links to Drills
Throwing	Grip the ball	X	X	X	X	X	2 or 3 finger grip depending on hand size	Grip Demonstration: http://www.qcbaseball.com/skills/pc_throwing1.aspx
	"T" stance	X	X	X	X	X	Glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom.	Throwing Mechanics/Throwing Drill: http://www.qcbaseball.com/skills/pc_throwing1.aspx
	Step to target	X	X	X	X	X	Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.	Throwing Mechanics/Throwing Drill: http://www.qcbaseball.com/skills/pc_throwing1.aspx
	Follow-through	X	X	X	X	X	Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target.	Throwing Mechanics/Throwing Drill: http://www.qcbaseball.com/skills/pc_throwing1.aspx
	Receiving a Relay Throw			X	X	X	Emphasize players moving their feet to the baseball, not reaching. Players should raise both hands and yell "hit me" so the outfielder can listen for the direction to throw the ball. Emphasize catching the ball on their glove side by moving their feet to get in position - DO NOT REACH FOR THE BALL. Catch the ball with two hands Turing to the glove side as they make the catch. This will result in a quicker catch and throw.	Relay Drill: http://www.theoleballgame.com/baseballdrills-relays.html
	Long throws				X	X	Emphasizes building arm strength. Have players warm up their arms at normal distance and every 5-10 throws increase their distance five yards.	Long Throw Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=32

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	Run downs					X	The person with the ball runs directly toward the runner with the ball held high in the bare hand. There is no pump-faking. The receiver should present a target outside of the runners baseline. The player receiving the throw calls for the ball when the runner is at full speed. The throw is a quick toss or flip, much like throwing a dart. After the throw is made, the player making the throw gets out of the baseline and runs around to the end of the next line. A perfect rundown consists of only one throw.	Run Down Drill: http://www.boonvillelittleleague.com/pdfs/coaches_info/FieldingDrill-RUNDOWNDRILL.pdf
	Underhand throws					X	Player with the ball starts by running toward the player he intends to toss to. Player tosses the ball by making a quick, but hard underhand toss to the player (push the ball DO NOT flip the wrist). The goal is to have the ball hit the target between the center of the chest and the eyes and the follow through should consist of the tosses hand being extended high toward the target (around eye height). The player tossing the ball should follow his toss by holding his hand out at eye height toward his target and running toward his target.	Underhand Throw Drill: http://www.jes-soft.com/baseball/plaunderhandtossdrill.html

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Base running	Which way is first base?	x	X	X	X	X	Run hard from base to base. Emphasize touching each base. Stress staying in the baseline and avoiding running into fielders.	T Ball Running Drills: http://www.coachtips.com/tips/?cat=Running+Bases
	Run through 1st base	X	X	X	X	X	The concept that you must teach is that first base is simply a checkpoint over which the runner passes. In no circumstance should a batter ever simply stop on first base. They should always be charging at full speed, ready to make the turn to second if the ball is in a gap, or simply run down the line otherwise.	Competitive Run Through 1st Base Drill: http://www.weplay.com/youth-baseball/drills/123-Running-Through-First-Base
	Stance-one foot on base/one foot off		X	X	X	X	Baseball Stance-Left foot resting against the outside edge of base (not on top), right foot away from base, feet shoulder width apart, knees bent, hands off knees.\n\nSoftball Stance. Left foot touching back edge of base pointing towards next base (i.e. at first base, left foot should be on outer edge of first base towards right field). Right foot behind left foot facing the next base.	
	Sliding		X	X	X	X	With the player standing have him stand on one leg and bend the other leg at the knee, bringing it behind the other leg. Have the player raise both hands over his head. Have the player start to squat, while he keeps his bent leg up, then sit down. The player will naturally roll back on his back and his feet will come up in the air. Although this won't happen when he slides, it will during this stage. When he has rolled back to a seated position, he should still have their hands up and his front leg should be bent not straight	Sliding Drill: http://www.qcbaseball.com/skills/Baserunning_Sliding1.aspx
	Hit the inside corner of the base			X	X	X	Players have to learn the correct line to take as they ago around the bases to give themselves an opportunity to get that extra base by limiting the time and distance you are running. You do this by hitting the inside corner of every base.	Team Relay Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=13
	Stealing			X	X	X	Take off for the base when the ball reaches the plate. Sprint as fast as you can, keeping your eyes set on the base you are running toward. When the base is a few feet away, slide away from the side of the base the ball is thrown to.	
	Rounding 1st Base on base hit			X	X	X	The player needs to find the right place to begin your turn. Angle the running path out 5 to 7 feet from the baseline when making the turn at first (the turn should be shaped like a banana). Hit first on the infield corner then push towards second. This enables the runner to steer in a more straight manner towards second base at full speed.	Running Drill (emphasizes rounding 1st base n a base hit): http://www.qcbaseball.com/skills/Baserunning_HometoFirst1.aspx

Skill Area	Skill Elements	T Ball	Rookie	Farm	AAA	Majors	Points of Emphasis	Links to Drills
	Pick up the base coach			X	X	X	The batter should be in communication with the first base coach from the second they leave the batter box. The first-base coach will help the hitter find the baseball and guide him to first base. The base coach should also help the runner find balls hit and pinpoint (1) ground balls that have gone through the infield, prompting the hitter to round the bag, and (2) ground balls on which a play will be made, so that the hitter can run through the base and properly "break down." The runner should look and listen for verbal and physical signs such as "turn and look" or "run through the bag". Once a runner reaches first base safely, it's essential that the runner pick up the third base coach once before touching second base and once immediately after touching second base.	Situational Running Drills: http://www.qcbaseball.com/skills/Baserunning_FirsttoThird1.aspx
	Little League Lead Off			X	X	X	As the pitcher begins to release his pitch, the runner should switch attention from the pitcher to home plate and prepare to lead off. After the pitch reaches the plate, the runner should ruffle their feet toward second base 2 times.	
	Alertness on the bases.			X	X	X	When a runner arrives at a base, the player needs to work with their base coach to help them concentrate on the task of base running. The base coach should quickly recap the game situation aloud-- the inning, score, number of outs, who else is on base and where, and bring the pertinent points to the forefront of the runner's mind. The base runner should also be made aware of a checklist of the runner's possible responses to the very next play.	Base Running Strategy: http://www.qcbaseball.com/skills/baserunning_firsttothird1.aspx http://baseballtips.com/basecoach.html
	1st to 3rd				X	X	It's essential that the runner pick up the third base coach once before touching second base and once immediately after touching second base.	1st to 3rd Running Strategy: http://www.qcbaseball.com/skills/baserunning_firsttothird1.aspx
	Dive back to base					X	As the pitcher begins to release his pitch, the runner should switch attention from the pitcher to home plate and prepare to lead off. After the pitch reaches the plate, the runner should ruffle their feet toward second base 2 times. If a pick-off is initiated the runner should take a step and then dive back to the back side of first base reaching for the base with their right hand and head turned towards the outfield and away from the throw. The base coach will let the runner know when it is safe to stand up on the base.	Dive Back Drill 1: http://www.livestrong.com/article/265609-baseball-sliding-drills/ Dive Back Grill 2: http://baseballtips.com/sliding.html

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Fielding	Two Hands	X	X	X	X	X	Always emphasize that two hands MUST be used to catch a fly ball or ground ball.	Fundamentals (1) http://www.qcbaseball.com/skills/infield_groundball1.aspx Fundamentals (2): http://www.youthbaseballinfo.com/view_article.php?articleid=47
	Fingers Up/Fingers Down	X	X	X	X	X	Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waist.	See "Fundamentals" above.
	In front of the ball	X	X	X	X	X	Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get into position. Once in front of a ground ball, head up, knees bent, rear end down. The player must move the body so that the belly button is squarely in front of the arriving ground ball.	Short Hop Drill (ages 9 and above): http://www.qcbaseball.com/drills/infield_shorthop.aspx
								Cross Fire Drill: http://www.plainviewbaseball.org/?q=node/79 Side to Side Drill: http://www.plainviewbaseball.org/node/24?q=node/81
	Fly balls	X	X	X	X	X	Emphasize follow the ball with and move so that your body is directly under the ball as it begins to descend. The glove should be raised directly below the fly ball. Keep the glove slightly in front of your face and a little higher than the head. Fingers "Thumb to Thumb"	Outfield Fundamentals: http://www.qcbaseball.com/skills/outfield1.aspx
								Drop Step Drill: http://www.qcbaseball.com/drills/outfield_insidestep.aspx
								Get the Angle Drill: http://www.qcbaseball.com/drills/outfield_angle.aspx
								Fly Ball Drill (ages 4-8): http://www.tvlesson.com/video/84551_how-to-coach-tee-ball-fly-ball-drill.html
	Ground Balls	X	X	X	X	X	The glove must be on the ground. Emphasize that the player catches the ball with two hands ' for a ground ball "PINKIE TO PINKIE". AND from the ground up.	Team Ground Ball Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=55
	Infield/Outfield Positions		X	X	X	X	There are four types of positions: pitcher, catcher, infield and outfield. In the infield, there is a first baseman, second baseman, third baseman and shortstop. In the outfield, there is a left fielder, right fielder and center fielder.	Follow this link for a list of drills applicable to each infield/outfield position: http://www.qcbaseball.com/drills/baseball_drills1.aspx#c4

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	Who Covers what base		X	X	X	X	A team may be very talented, but if they can't play team defense they will be exploited by a good offense. Player's must know their role and the objective of each play. Since each play called relies on more than one player for proper execution, timing is essential. As a coach you want your team prepared for every situation.	Situational Baseball: http://www.qcbaseball.com/situations/baseball_situations1.aspx
	Force v. Tag		X	X	X	X	Two runners of the batting team can not occupy a base at the same time. This means that if there is a runner on 1st base and the current batter hits a fair ball, the runner on first must advance to at least second base. This is known as a *force out* situation. If a runner is already at 2nd base with 1st base empty and the ball is hit, the 2nd base runner trying to reach 3rd may only be tagged out by actually tagging with the ball (as opposed to simply tagging base). This last case is a *tag out* situation. To summarize, if a runner is forced to advance, a force out is possible. If a runner is not forced to advance, they must be tagged out.	Situational Baseball: http://www.qcbaseball.com/situations/baseball_situations1.aspx
	"Ready position"- athletic position			X	X	X	The body should be in a balanced athletic position, feet slightly wider that the shoulders with the weight on the balls of the feet, with the knees and waist slightly bent with the head up, arms down and palms out.	Ready Position Demonstrated & Drill: http://www.coaching-youth-baseball.com/article9.html
	Backhand			X	X	X	Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball.	Backhand Drill: http://www.qcbaseball.com/drills/infield_backround.aspx
	Backup				X	X	Emphasize that every player on the field has a responsibility on every pitched ball. If not fielding a hit ball, or catching a thrown ball, every player should be covering a base or backing up a base. Emphasize TEAMWORK!	Various Situations Demonstrated: http://www.qcbaseball.com/situations/baseball_situations1.aspx
	Lead Runner/Situation				X	X	Emphasize that the objective should be to retire the lead runner with less than 2 outs. Set up situations to work on getting the lead runner out.	Situational Baseball: http://www.qcbaseball.com/situations/baseball_situations1.aspx
	Cross-over/crow hop				X	X	To gain momentum for an accurate throw. Upon catching a fly ball/ground ball, the throwing foot crosses behind the glove side foot before striding with the glove side foot.	Cross Over Description Drill: http://www.ripkenbaseball.com/news/index.html?article_id=159
	Outfield footwork				X	X	First step back on all fly balls. On all ground balls, fly balls, the player wants to be moving towards the infield as they catch the ball and into the cross-over step.	Footwork Drill: http://www.sportspracticedrills.com/Article/Outfield-Footwork-Drills/875 Outfield Drills: http://www.qcbaseball.com/drills/baseball_drills1.aspx#c4

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Hitting	Gripping the Bat	X	X	X	X	X	With young players show them to put hands together, near the bat knob. As they get older, players should align hands with the middle knuckles lining up.	Hitting Drip Demonstrated: http://www.qcbaseball.com/skills/hitting_grip1.aspx
	Stance	X	X	X	X	X	Stand with front even with foot corner of plate. Feet shoulder width apart, and hands even with back shoulder. Determine distance from the plate by placing the tip of the bat on the outside edge of the plate.	Fundamentals of the Batting Stance: http://www.qcbaseball.com/skills/hitting_stance1.aspx
	Swing	X	X	X	X	X	Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing.	General Swing: http://www.qcbaseball.com/skills/hitting_swing1.aspx
								Tee Drill: http://www.qcbaseball.com/drills/hitting_discipline_tee.aspx Soft Toss: http://www.youtube.com/watch?v=hE2404N4gNs Whiffle Ball Drill: http://www.yougoprobaseball.com/hitting-drills-the-mini-wiffle-ball-drill.html How to Organize Batting Practice: http://www.ehow.com/video_6738896_organize-little-league-baseball-practice.html
	Focus on the ball	X	X	X	X	X	**Eyes** focused on the ball. **Eyes** stay focused at the point of contact to emphasize keeping the head on the ball and not spinning the head with the swing	Advanced Tee Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=10
	Stride	X	X	X	X	X	A small stride toward the pitcher with the front foot at the ball approaches the plate. The stride is for timing the pitch reaching the plate. Emphasize the front foot moves only and should be planted before the rest of the swing rotations.	Stride: http://www.qcbaseball.com/skills/hitting_stride1.aspx
								Stride Tee Drill: http://www.qcbaseball.com/drills/hitting_tee123.aspx
	Rotate (i.e. turn the hips).		X	X	X	X	Rotate, or turn on the ball. After the hands come through, the bat continues over the front shoulder, the back foot pivots in place "turning the hips". Very important not to pick up the back foot. By pivoting the back foot, the hips will turn creating power.	Hip Rotation Drill: http://www.qcbaseball.com/drills/hitting_hip.aspx
	Watch the ball leave the hand			X	X	X	Concentrate on the pitcher. Watch the ball leave the pitchers hand to contact with the bat.	Eye on the Ball: http://www.qcbaseball.com/skills/hitting_swing1.aspx
	Know the Strike zone			X	X	X	Know the strike zone. Bottom of knees to shoulders and one ball on either side of the plate.	Strike Zone Drill (Advanced ages 10 and up): http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=39
	Know the Count				X	X	Know your pitch count. With two strikes, choke up on the bat and foul off any pitch that is close.	Simulate Pitch Count: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=50

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	Bunting				X	X	As the pitcher picks up their leg "square to bunt" (twist feet so toes are pointed towards the mound, left hand on the handle, bat resting on the right hand (thumb and index finger) on the barrel. Bat at an angle and extended across and in front of home plate. Let the ball hit the bat.	Team Bunting Drill (AAA and Majors Only): http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=47
	Situational bunting					X	Emphasize the psychological part of the hitting game. When is a good time to bunt? Less than 2 outs? Third baseman/first baseman playing behind the base? Slow catcher?	Bunting Execution Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=43
	Pitch location & speed					X	Major pitchers are the best in the Little League division. They will typically not throw two pitches to the same location (intentionally) two times in a row. They know how to change speeds. Emphasize the mental aspect of hitting. Know your count. With two strikes will the pitcher throw down the middle or out of the zone? Fastball or change/curve? Outside or inside?	Pitch Location Drill (AAA & Majors): http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=39

Skill Area	Skill Elements	T Ball	Rookie	Farm	AAA	Majors	Points of Emphasis	Links to Drills
Catcher	Proper Stance			X	X	X	Relaxed Stance: Primarily used with less than two strikes and bases empty. The relaxed stance begins by squatting with your feet shoulder-width apart. Keep your hips and shoulders square to the pitcher and your feet straight across or slightly staggered. Stay low and in a comfortable position. Relax your receiving arm (mitt hand) and point your palm at the pitcher. Present the pitcher with a good low target.	Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction
							Ready Stance: Use the ready stance with runners on base and/or two strikes on the batter. The ready stance is simply a raised squat where the weight is now on the balls of your feet instead of the instep and your butt is *slightly* raised. Keep your hips and shoulders square to the pitcher, relax your receiving arm, and point your palm at the pitcher. Present the pitcher with a good low target..	Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction
	Proper Throwing hand location			X	X	X	Place your throwing hand behind your back or behind your right shoe.	Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction
	Throw balls back to pitcher		X	X	X	X	Rookie Division, Make them throw it back. They will eventually get tired of chasing! Always use a catcher's glove.	
	Set Target			X	X	X	Giving a Target When giving a target a catcher shall give the target at the bottom of the strike zone When setting up: A target shall be given as high as a catcher's knees A catcher shall remember to keep their elbow on the outside of their leg Giving a Target	Target Setting Rules: http://baseballtips.com/framing.html
	Block the ball			X	X	X	Blocking the Ball When a catcher attempts to block a ball in the dirt they should do the following: A catcher shall rotate forward onto their knees, on the ground, while placing their glove in between their knees As a catcher rotates forward they should attempt to center the ball in the middle of their chest while tucking their chin and bending forward at the waist A catcher shall attempt to just block a poor pitch and not try and catch it Blocking the Ball	Blocking Drill: http://www.qcbaseball.com/drills/catcher_goalie.aspx
							When a catcher blocks a ball on right or left they should attempt to do the following: Shift their weight at a 45 degrees attempting to block the ball back towards the plate The key to moving at a 45 degrees is to anticipate to block every pitch and throw the (ball side) shoulder towards the chalk line Blocking Side to Side	Advanced Blocking Drill: http://www.qcbaseball.com/skills/Catching_blocking2.aspx

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	Throw to 2nd Base/3rd base			X	X	X	They should take a small jab step (crow hop) towards second base with their right foot; transferring weight back to backside foot in order to make stride forward When crow hopping a catcher should throw their hands up through and across their chest in order to point their should at second base Throwing to Second	Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction
	Throw to 3rd Base							Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction
	Passed balls			X	X	X	Catchers should always turn to their left as they head back to the ball, as shown in the illustration. This means that the catcher will approach the ball from the right side regardless of where the ball is located.	Passed Ball Drill: http://baseballtips.com/passedballs.html
	Pickoff				X	X		
	Framing				X	X	They set the target with their glove in the middle of their body. The goal is to have adjusted their position so that their glove is in position to catch the ball before the ball gets there. They want their glove to "Beat the Ball to the Spot." Have the glove already positioned at the spot they'll catch it before the ball gets there.	5 to 1 Framing Drill: http://www.qcbaseball.com/drills/baseball_drills.aspx?drill=45
	Giving signs/calling pitches					X	When giving signs, a catcher should do the following: Get into a squat position, making sure their feet are shoulder width apart and their knees are pointed towards the middle infielders Make sure that they give the sign in the middle of their legs, placing their hand along inseam of their pants Extend the glove off left knee Face directly at the pitcher Signal Stance	Full Video on property Stance, Target Setting, and Calling Pitches. http://www.wiziq.com/tutorial/20155-Catcher-Instruction

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Baseball Pitching	Grip (s)		`	X	X	X	Proper pitching starts with the right grip on the baseball. Alderwood Little Leaguer recommends the following: Ages 9 and younger - four seam fast ball; Age 10 two and four seam fast ball; ages 11-12, two seam and four seam fastball and changeup.	Pitching Grips Demonstrated: http://www.thecompletepitcher.com/pitching_grips.htm
	Stance			X	X	X	The stretch position is recommended for teaching you pitchers just starting out. The player should start with their back foot against and parallel with the rubber. Feet should be approximately shoulder width apart with most of your weight toward the back leg. Hands should be together in the center of the body.	Stretch Explained: http://www.qcbaseball.com/pitching/pitching_stretch1.aspx
	Mechanics (stretch)			X	X	X	3 steps – starting from the stretch (1) balance: glove side knee up with top of leg parallel to ground, lower leg at right angle; (2) stride: move to the "T" stance. Throwing hand comes down out of the glove, circle arm back, with ball facing 2nd base. Glove arm points towards home plate and is "pulled back" to side as throwing arm comes forward. Glove side foot slides towards home plate (toes land pointing forward). Stride at least as long as the height of the players body; (3) Follow through with the throwing hand	Pitching Drills: http://www.thecompletepitcher.com/pitching_drills.htm
	Pitch Count			X	X	X	Little League imposes a pitch count limit on a pitcher, varied by League Age. Please see the Little League rule book for details. Managers are expected to develop 5-7 pitchers/team to provide sufficient pitching depth for the team and allow compliance with pitch count rules over the season.	
	Pitcher Cover Home/passed balls			X	X	X	Devise a simple plan of communication between the pitcher and catcher, wherein the pitcher lets the catcher know where the ball is as she approaches home plate for a tag play on the advancing runner.	Communication Drill: http://findarticles.com/p/articles/mi_m0FIH/is_7_72/ai_n18615175/
	Location/pitching strategy				X	X	Keep these elements in mind when a player is on the mound. (1) Get ahead of the hitters. (2) Change speeds often, but don't fall into a pattern. (3) Vary pitch location. (4) Pitch inside with your fastball. This is a difficult pitch for most hitters to handle. (5) Throw your fastball with different grips.	Pitching Accuracy/Strategy Drill: http://www.qcbaseball.com/pitching/pitching_strategy1.aspx

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	Off-speed					X	Alderwood Little League recommend pitchers throw only a change up as an off speed pitch for ages 12 and below. Keep the following in mind when considering use of an off speed pitch (1) vary location to keep the hitter guessing. This will be just as effective as a change of speed for most little league hitters (2) stick with the fast ball at the bottom of the batting order. Players bat 7-8-9 for a reason, don't give them an advantage by throwing a slower pitch and speeding up their bat.	Developing a Pitching Strategy/When to throw the off-speed pitch: http://www.qcbaseball.com/pitching/pitching_strategy1.aspx
	Taking a sign					X	The pitcher should take the sign before becoming set and ready to start their motion.	How to receive a sign/types of signs: http://www.baseball-catcher.com/guide/signals.htm
Practice Plans			X	X	X	X	A practice plan is a written plan that outlines your practice; reminding you what you want to do and when you want to do it. You may be the type of coach that can organize a practice off the top of your head and accomplish what you want in the desired time. For the other 99.8% of us a practice plan is a critical part of a successful practice. It may be written out on a napkin or your work stationary, it really doesn't matter as long as it gives you enough detail to allow you to move through your practice in a structured and organized manner.	http://www.qcbaseball.com/tools/practiceplans1.aspx
Team Parent Meeting			X	X	X	X	The very first practice of every season should start off with a Parent Meeting. We recommend you hand out a parent letter to let the parents know about my coaching philosophy and plans for the season. Then take a few minutes at the parent meeting to discuss the contents of the letter and find out if there are any concerns. This is the single most important step you can take to avoid parent problems during the season. Follow this link to sample parent letters. At a minimum, it should include the following information: Welcome and introduction of yourself, team rules, playing time/playing position philosophy, practice schedule, and important dates, division rules.	Parent Letter: http://www.qcbaseball.com/tools/Parentletter1.aspx Sample Line up Card: http://www.qcbaseball.com/tools/baseball_lineup1.aspx