



National
Coaching
Certification
Program



HITTING COACH FACILITATOR GUIDE

Contexts:

- **Instructor Beginner**
- **Module: Hitting**

Coach:

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Learn to listen, especially to the athletes –
they are excellent teachers.

Help each athlete develop all of their capacities:
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Take a stand against doping and cheating in sport.

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attend coaching courses, get certified, stay up to date.

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- track your progress through the NCCP;
- update your coaching profile;
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Hitting Coach - Facilitator Guide

Instruction Beginner Hitting Module

Topic: Introduction Time: 20 min

Intent

Introduce yourself and reflect on your experiences in the program. Review the structure of the NCCP program briefly and where the beginning Hitting module fits in as far as the Coaching Pathway model. Then open with an exercise to introduce coaches to one another and to create a comfortable atmosphere. Emphasize that the processes of facilitation are to help guide the participants in a direction of self – learning while understanding the processes of critical thinking in an adult learning atmosphere. Relay that the workshop has been developed to have participants be active.

Expected Outcomes

Coaches will

Be able to understand and explain the techniques involved with identifying and teaching to any baseball athlete the proper introductory mechanics involved with hitting.

Be able to demonstrate the fundamental ingredients of the proper introductory mechanics involved with hitting.

Be able to discuss some of the current theories and thinking about hitting techniques.

Contents

1. Introduction – Facilitator and Coaches
2. Program Purpose and Process
3. Outcomes & Evaluation Criteria

Hitting Coach - Facilitator Guide

Instruction Beginner Hitting Module

INTRODUCTION

Section and Time	Facilitator's Notes and Key Points	Resources Needed
Introduction 5 minutes	Welcome coaches; introduce program, facilitator and coaches	
Program ID 10 minutes	Large Group Discussion Background of coaches and confirm context appropriate material	
Presentation 10 minutes	Provincial Coach Outcomes, Evaluation Refer the Coaches to their Workbook, review the Module and the listed outcomes	PowerPoint slides #2, #3, #4
Wrap-up	Questions and answers	

Hitting Coach - Facilitator Guide

Instruction Beginner Hitting Module

Section 1

Topic: Teaching Hitting: 35 min

Intent

Individuals should be organized in groups in order to allow for discussion by group members. Participants will work together to identify and present common faults of hitters and to establish a common language for the rest of the module. In addition, coaches will discuss the significance of teaching new skills to hitters within a common framework, using the terminology as presented in this module.

Expected Outcomes

Coaches will

- Identify common hitting faults that they have experienced with players
- Practice good teaching techniques as established in the Teaching and Learning Module.
- Understand and recognize that there are different approaches and theories of hitting and the significance of presenting a common philosophy.
- Recognize differences in age, ability, skill level and physical make – up of athletes and how teaching approaches will change

Contents

1. The Objectives of Hitting - the five key objectives
2. Inside-Out theory – the key teaching points
3. Detecting and correcting the basic fundamentals of hitting mechanics.

Section 1

Section and Time	Facilitator's Notes and Key Points	Resources Needed
Introduction 30 minutes Small Group Activity Large Group Activity Presentation	Presentation and Demonstration In their small groups, ask coaches using their terminology to prepare a list of errors or faults they have experienced with hitters in the past. Initiate a working list of common faults that participants will use to discuss in this module Briefly discuss the aspects of teaching hitting and the importance of preparation (physically and mentally) to the acquisition of skills.	PowerPoint slides #5 - #8 Workbook pages 1 – 2
Group Activity		
Wrap Up 5 minutes	Questions and Answers	

Hitting Coach - Facilitator Guide

Instruction Beginner Hitting Module

Section 2

Topic: Mechanics of Hitting Time: 180 min

Intent

Individuals should be organized in groups in order to allow for discussion by group members. The approach should be to emphasis basic functional movements and key on certain large muscle groups so as a coach we can assist athletes in maximizing their ability to consistently deliver the barrel of the bat to the ball and create an atmosphere where we can develop more quality repetitions. The purpose of the workshop will be to identify the key points to teaching hitters to “stay inside the ball.” It is expected that coaches will be actively involved in the demonstrations and drills presented.

Expected Outcomes

Coaches will

- Understand and discuss the Objectives of Hitting

- Understand the theory and techniques involved in teaching hitters to “stay inside” and recognize that there are different approaches to be made, depending on the skill level and physical make – up of an athlete

- Demonstrate the mechanics of the swing.

- Analyze and provide feedback to group members’ ability to demonstrate the proper mechanics.

Contents

1. The Objectives of Hitting - the five key objectives
2. Inside-Out theory – the key teaching points
3. Detecting and correcting the basic fundamentals of hitting mechanics.

Section 2 – Mechanics of Hitting

Section and Time	Facilitator's Notes and Key Points	Resources Needed
Introduction 20 minutes Activity	Presentation and Demonstration Explain The Objectives of Hitting and Inside-Out Theory. Focus on the physical aspects, including larger muscle groups including Legs, Hip rotation and upper body. Sequencing the athlete's movements from the start to the finish is the key and make sure to emphasis difference in skill and maturational development. Throughout the explanation, have coaches perform and experience the actions of each point 1 – Strong, athletic base 2 – Rear foot pivot against a closed front side 3 – Power Position 90⁰ to barrel Point out that #4 (Timing) and #5 (Thinking) will be discussed at length in Modules 2 and 3.	PowerPoint slide #9 Workbook page 3
Wrap Up 5 minutes	Questions and Answers	
Introduction of Theory 20 minutes	Presentation and Demonstration Explain Inside-Out Theory. Focus on: • Pulling action of hands • Downward, inside path of the hands Hitting Video showing slow motion swing from two views	PowerPoint slides 10 – 11 Workbook page 5 Clips #1 & #2
Wrap Up 5 minutes	Questions and Answers	

Section 2 – Mechanics of Hitting

Skill Breakdown 30 minutes	Skill Breakdown Small Group Activity Have coaches work in small groups and make notes in their W/B regarding proper swing mechanics. They will take DRY SWINGS. Coaches should actively participate and understand the principals involved, correctly performing • Rear foot pivot or turn • Pulling action of hands • Downward, inside path of the hands • Hip Rotation • Power Position • Follow through. Facilitator should circulate among the groups checking for understanding and proper movements of each member. Remind the group members that quality repetitions are key to successful internalizing of the information. There may be questions about: • proper grip • bat size appropriate for players • positioning and set up at home plate These are basic questions that can be left to the individual facilitator's knowledge to address.	Bats are required for all participants Coaches should be active participants in the initial “dry” drills. “Dry swings” are done with the bat only, without the use of baseballs or other equipment. Workbook pages 6 – 11 Workbook page 12
Wrap Up 5 minutes	Questions and Answers	

Section 2 – Mechanics of Hitting

Demonstration of Fence/Screen Drill 20 minutes	Discussion of Fence or Screen Drill and how to set up properly. Have coaches work in small groups and make notes in their W/B regarding the mechanics of the swing. Fence or Screen Drill Coaches should actively participate and understand the principals involved in a correct: • Rear foot pivot or turn • Pulling action • Downward, inside path of the hands • Hip Rotation, Power Position • Follow through.	Workbook page 15 Video clip #4 Bats for all participants
Wrap Up 5 minutes	Questions and Answers	

Section 2 – Mechanics of Hitting

Demonstration of Tee Drills 30 minutes	Discussion of the use of a Batting Tee and Fence or Screen Drill and how to set up properly. Have coaches work in small groups and make notes in their W/B regarding the mechanics of the swing. A list of drills to identify: 1. Tee Drill and placement of the ball 2. Target Tee Drill Coaches should actively participate and understand the principals involved in a correct • Rear foot pivot or turn • Pulling action • Downward, inside path of the hands • Hip Rotation, Power Position • Follow through. Emphasize to coaches that hitters should aim to hit at the target and that the number of consecutive executions is the main objective of producing a quality swing.	PowerPoint slides 13-16 Video clips #3 Bats and Tees required for participants
Wrap Up 5 minutes	Questions and Answers	

Section 2 – Mechanics of Hitting

Demonstration of Front Toss Drill 30 minutes	Discussion of the Front Toss Drill and how to set up properly. Have coaches work in small groups and make notes in their W/B regarding the mechanics of the swing. Front Toss Drill Coaches should actively participate and understand the principals involved in a correct • Rear foot pivot or turn • Pulling action • Downward, inside path of the hands • Hip Rotation • Power Position • Follow through. Emphasize to coaches that hitters should aim to hit at the screen in front of the tosser and that the number of consecutive executions is the main objective of producing a quality swing.	PowerPoint slides 17 Video clip #5 of Front Toss Drill Bats required for all participants
Wrap Up 5 minutes	Questions and Answers	

Section 3

Topic: Wrap-Up

Time: 10 minutes

Intent

The final session will be a review of the Outcomes with the coaches to confirm that the objectives of the Workshop have been met. Give an opportunity for coaches to ask any questions and to review what has been done. Any gaps can be handled by referring the coaches to additional resources.

Expected Outcomes

Coaches will

Review the NCCP outcomes for this workshop and be informed on what is expected in any evaluation process

Contents

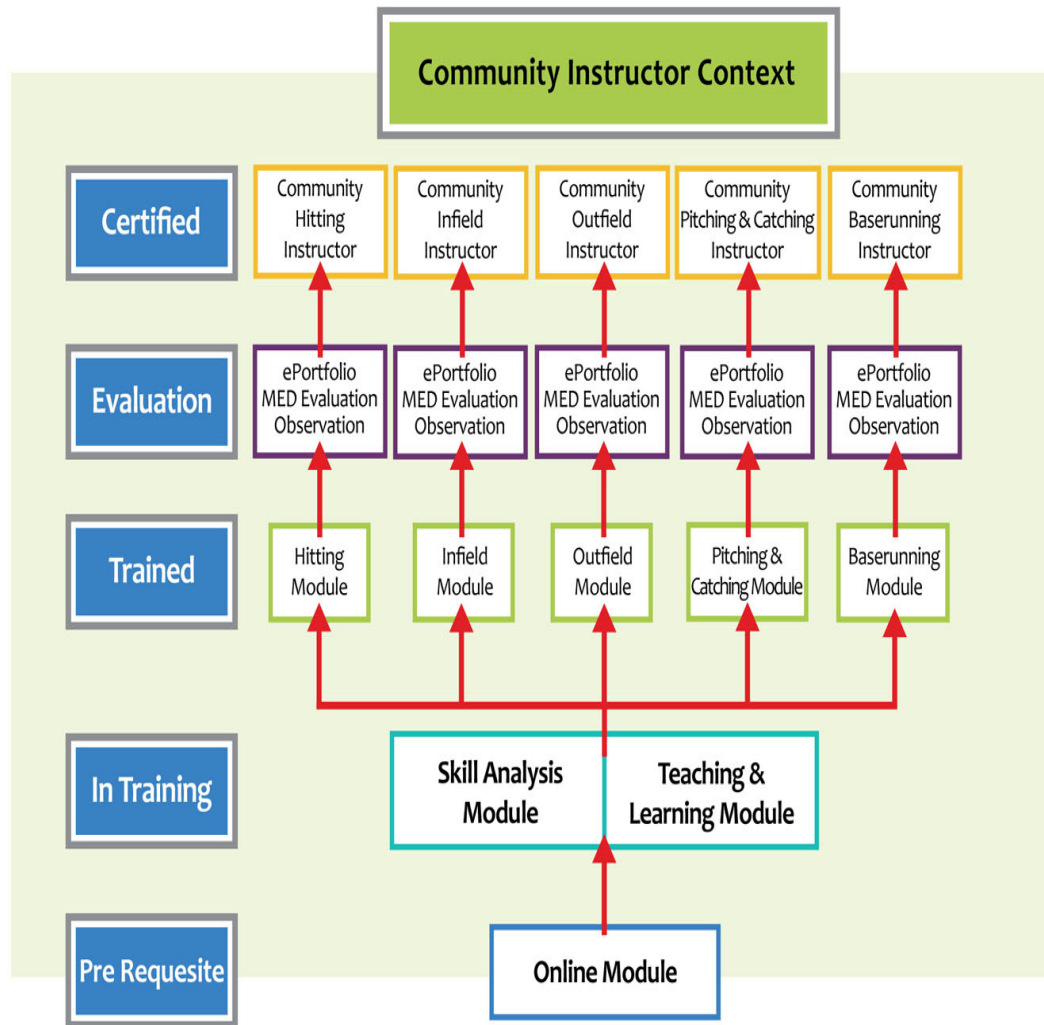
1. Review and Comments

Section 3 – Wrap Up and Debrief

Section and Time	Facilitator's Notes and Key Points	Resources Needed
Debrief 10 – 15 minutes	Coaches should have the opportunity to ask questions for clarification, to comment on the module and the teaching. Coach comfort level is a significant factor in their on-going success as a “specialty coach.”	PowerPoint slide #19 Workbook page 3



BASEBALL CANADA INSTRUCTION STREAM



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