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DOYLE BASEBALL TERMINOLOGY

THROWING

(Part One/Upper Half)

Stance – spread and flex lower half

Show – throwing arm extended straight out to the side of the body – then bend elbow 1 inch

Point - buggy whip arm and wrist to target. Fingers finished pointed at target

(Part Two/Upper Half)

Stance – spread and flex lower half

Show – throwing arm extended straight out to the side of the body – then bend elbow 1 inch

Turn – turn at the waist until glove shoulder is in straight line to target

Point - buggy whip arm and wrist to target. Fingers finished pointed at target

(Throwing Stance)

INSTEP TO TOE - front foot instep aligned to back foot toe and closed.

SPREAD - feet spread twice shoulder width, weight on balls of feet.

FLEX - legs flexed.

WAIST - slight bend at waist, same as hitting.

SHOULDER - front shoulder be on the target

Eyes - eyes level and on target

Show - throwing arm extended straight out to the side of the body – then bend elbow 1 inch

(Movement)

SHUFFLE - Feet shuffle on balls of feet to the target; back foot replacing front foot.

SEPARATE - hands separate slightly with thumbs down, into stance position as weight starts forward during shuffle.

(Throwing Motion)

STANCE -body in throwing stance.

TORSO - center of gravity starts forward to target, front side stays closed.

HIPS - rotate as center of gravity gets over front knee.

CHEST - shows to target as late as possible, taking chest to front forearm.

THROWING ARM - torso delivers to launch position, elbow shoulder height.

POSTURE - stays the same throughout throwing motion

(Finish)

WEIGHT - after release, all momentum should be moving toward target. Back side replaces the front side

BODY - will catch itself naturally

FIELDING

(Perfect Fielding Position)

TOE TO HEEL - Glove foot heel to throwing foot toe

SPREAD - feet spread twice shoulder width.

ELBOWS to KNEES to bring back side down with knees flexed and pointed out.

SLIP - elbows off knees to get back flat.

& SLIDE arms down with glove extended out in front and on the ground.

BARE HAND - Extended beside glove with thumb pointed toward sky.

HANDS - Relaxed.

(Receiving Ground Balls)

BARE HAND - Covers ball.

CRADLE - Bring ball in toward body while separating to throw.

MOMENTUM - Move through ground ball to throw.

(Ready Position)

SPREAD - feet spread twice shoulder width.

LEGS - Flexed with weight on balls of feet.

GLOVE - Glove hand extended in front of belly button with palm to sky.

MOVEMENT - Slight rock from side to side on balls of feet to create rhythm and momentum.

(Getting to Perfect Fielding Position)

STARTING POSITION - Never raise up on approach.

APPROACH - Maintain same level as start, feet under shoulders.

GLOVE - Glove remains extended and visible while moving to ball.

PERFECT FIELDING POSITION - Before ball is 10-12 feet away.

LAST 2 STEPS - right foot straight toward ball, left foot out to side reaching heel to toe position , twice shoulder width (reverse for left-handers).

HITTING

(FINISH) - Balanced.

FRONT FOOT CLOSED - front foot remains closed.

BACK FOOT PIVOT - full pivot - toe to pitcher.

BELLY BUTTON TO PITCHER - hips make full turn with belly button toward pitcher.

SHOULDER FULL TURN - back shoulder full turn toward pitcher.

EYES AT CONTACT - eyes focused at point of contact.

(OBJECTIVE) - strongest position at point of contact.

FRONT FOOT CLOSED - front foot remains closed.

BACK FOOT PIVOT - back foot makes full pivot.

BELLY BUTTON TO PITCHER - hips make full turn with belly button toward pitcher.

HANDS EXTENDED - from belly button toward pitcher.

BAT BARREL ABOVE HANDS - bat barrel slightly above hands.

EYES AT CONTACT - eyes focused on point of contact.

(TRIGGER)

Slow rotation away from pitcher using four front hinges; front ankle, knee, hip, and shoulder rotate. Back elbow raises to 45-degree angle away from side to promote live action with hands and clubhead.

(Stance)

TOES - Pointed straight ahead.

SPREAD - Feet twice the width of the shoulders.

FLEX - Weight on balls of feet. Knees bent so toes not visible.

WAIST - Slightly bent over toward plate.

SHOULDERS - Front shoulder slightly lower than back one and pointed at pitcher.

EYES - Up, parallel to ground and turned toward pitcher.

GRIP - Door knocking knuckles lined up.

Hand position is:

UP - At top of strike zone.

IN - Comfortably toward body.

BACK - Just back beyond rear shoulder.

ELBOWS DOWN - Elbows are held slightly away from sides and pointed towards ground.

BAT ANGLE - Bat is held at a 45-degree angle over shoulder.

60-40 - 60% of weight on back leg.

40% of weight on front leg.

PITCHING

1. Teach Objective/Launch Position

2. Teach Throwing Stance

3. Teach Throwing Motion

4. Teach Finish

(Sign Position)

POSITION - RHP - Right side of rubber.

LHP - Left side of rubber.

FEET - shoulder width apart, parallel, front foot instep to toe.

KNEES RELAXED - slight bend at knees.

FRONT SHOULDER DOWN - slightly down and at the plate.

ARMS - at sides.

(Set Position)

FEET - shoulder width apart, parallel, front foot instep to toe.

FLEX - legs flexed.

WEIGHT - loaded up on back foot.

HANDS - set between letters and belt.

FRONT SHOULDER DOWN - slightly down and at the plate.

POSTURE - waist slightly bent, same as hitting.

HEAD - over instep and just inside of pivot foot.

EYES - level to horizon.

(Balance Point)

PIVOT FOOT - supports all body weight on ball and instep of foot.

BACK LEG - slightly bent and relaxed.

SWING LEG - Bent with thigh tapping against front forearm.

HANDS - together in front of chest.

FRONT SHOULDER DOWN - slightly down and at the plate.

HEAD - over instep and just inside of pivot foot.

EYES - level to horizon.

(Tap & Land) - From Balance Point

TAP - front thigh taps glove forearm.

FRONT FOOT - lands on ball of foot, closed instep to toe, twice shoulder width.

HANDS - separate into throwing stance position.

(Delivery)

STANCE - body in throwing stance.

TORSO - center of gravity starts forward to target, front side stays closed.

HIPS - rotates as center of gravity gets over front knee.

CHEST - shows to target as late as possible, taking chest to front forearm.

THROWING ARM - torso delivers to launch position, elbow shoulder height.

POSTURE - stays the same throughout throwing motion

(Finish)

WEIGHT - after release, all momentum should be moving toward target.

BODY - will catch itself naturally

CATCHING

(Sign Position)

SPREAD - feet spread shoulder width apart

TOES - pointed straight ahead

BACK SIDE DOWN - down on haunches

WRIST - in crotch, fingers inside thigh

GLOVE - over knee, alongside shin

THIGHS - parallel to ground

(Receiving Position - no one on base)

SPREAD -feet spread slightly wider than shoulders with toes pointed down baselines at 45-degree angle.

BACK SIDE DOWN - down on haunches

BACK 45 -back bent slightly forward at 45-degree angle; shoulders over knees

GLOVE - extended out front.

BARE HAND - behind right ankle.

(Glove to Receive)

ELBOW - Is never inside knee when giving target.

THUMB - of glove points toward 5 o'clock when giving target.

ARM - extended, but not locked. From elbow to glove pointed down 1st baseline.

BARE HAND - behind right foot, ankle.

(Receiving Position - with men on)

TOE TO HEEL - right foot staggered behind left foot - toe to heel.

SPREAD - feet spread one-and-one half shoulder width for strong, quick base. Weight is on balls of feet.

BACK SIDE - up, to make back semi-flat to the ground.

HEAD - doesn't raise up from regular receiving position.

BARE HAND - In fist behind glove.

(Upper Body to Block)

GLOVE - blocks hole between legs.

BARE HAND - on right hip for protection.

ELBOWS - bent and will outline blocking surface. Never let arms get directly in front of chest.

WAIST BENT - bent forward slightly at waist.

SHOULDERS BOWED - shoulders "bowed" in.

EYES - follow ball to body with nose.

UPPER BODY - is relaxed, never tense.

(Lower Body to Block)

FEET - be quick with feet when getting to blocking position.

KNEES - both on ground and spread.

BODY - square to pitch.

OUTFIELD

(Fielding Position)

GLOVE HAND FOOT - forward.

LEGS - both flexed.

BACK FLAT - back flat/parallel to ground.

GLOVE - extended out in front for soft hands.

GLOVE HAND - field ball on glove hand side.

DEAD STOP - never be at dead stop when fielding.

(Steps to Throw)

FIRST STEP - with throwing side foot toward target, instep open.

STEP SHUFFLE - toward target to create momentum and power.

FRONT SHOULDER - on target.

(Ready Position)

FEET - spread for strong base

LEGS - flexed & ready to run.

HANDS - away from body, ready to run.

MOVEMENT - slight rocking movement to get rhythm for best jump.

(Move Through Ground Ball)

STARTING POSITION - never raise up.

APPROACH - line up ground ball to glove side.

BALL - get the ball between you and target.

TIMING - slow down in plenty of time to field.

LAST 2 STEPS - right foot straight to ball, left foot forward, just inside extended glove (reverse for left-handers). Steps are very controlled.

(Move Through Fly Ball)

DROP STEP - use drop step when going back.

FLY BALL - get fly ball between you and your target.

SET UP - is 6-10 feet behind fly ball when possible.

MOMENTUM - always maintain momentum through catch; ball is caught with glove foot forward, never at a dead stop.

(Drop Step)

FIRST MOVE - nearest foot to ball moves back at 45-degree angle.

RAISE UP - never raise up.

PIVOT - and crossover step with foot farthest from ball.

PRACTICE ORGANIZATION

OPERATIONS:

1. Log practices by date.
2. List items covered in each section of schedule.
3. Prior to each practice, outline/review items being taught.
 - A. Review old material.
 - B. Add new material.
4. Prepare to use entire coaching staff.

TOPICS TO BE COVERED IN 20-MINUTE SESSIONS

HITTING

Balance/Perfect Finish
Objective
Stance
Trigger
Hips
Hand Action

FIELDING

Perfect Fielding Position
Ready Position
Cover/Cradle
1-2 Field
Footwork to Throw
Slow rollers & pop-ups

THROWING

Grip of Ball
Stance
Objective/Launch
Throwing Motion
Finish

PITCHING

Sign Position
Set Position
Balance Point
Finish

Shuffle & Separate

Delivery

CATCHING

Sign Position
Receiving Pos. (No Runners)
Funnelling
Receiving Pos. (Runners On)
Blocking
Bunt Coverage & Pop-Ups

TEAM ACTIVITIES

Bunting
Sliding
Cut-offs
Baserunning
Situations
Competitions/Games

PRE-SEASON/EARLY SEASON DAILY PRACTICE SCHEDULE

10 Min. - Stretch and review items previously taught.
Ex: Last practice we learned the basics of a good stance - go through quick review
 with all. Review perfect fielding position.

10 Min. - Hitting
 5-7 minutes teaching
 13-15 minutes drills & competition
Ex: Teach stance. Finish by making teams and see which group has the best stance.
 Give them a few chances to get in good stance quickly. Teams watch each other.

20 Min. - Fielding/Catching
 5-7 minutes teaching
 13-15 minutes drills and competition

20 Min. - Throwing/Pitching
 5-7 minutes teaching
 13-15 minutes drills and competition

20 Min. - Team Activity

IN-SEASON DAILY PRACTICE SCHEDULE

10 Min. - Stretch and review items previously taught.
Ex: Last practice we learned the basics of a good stance - go through quick review
 with all. Review perfect fielding position.

20 Min. - Fielding/Catching
 5-7 minutes teaching
 13-15 minutes drills and competition

20 Min. - Throwing/Pitching
 5-7 minutes teaching
 13-15 minutes drills and competition

30 Min. - Hitting (Batting Practice)
 2 groups of six players each
 - 1 group hitting for 15 minutes
 - 1 group in instruction for 15 minutes

10 Min. - Conduct a Team Activity