

# BASEBALL CLINIC OUTLINE

## GEROGE “MANJU” NITTA

94-461 HiaHia Loop  
Waipahu, HI 96797  
TT 671-7318

- ☞ Basic Fundamentals and Mechanics – Taking TENSION away from the Body - Physically & Anatomically - We BALANCE and ALIGN the ball player.
- 1) Gripping of the ball.
  - 2) Ready Position – BALANCED
  - 3) Using the Guide Arm – Pull left (right hander) or right (left hander).
  - 4) Using the Back Foot Kick to transfer the weight over.
  - 5) FIVE step throwing drill.
  - 6) FOUR step throwing drill.
  - 7) Three type of throwing (Note: Position of the head determines the action of the body to follow).
    - a. Overhand throw
    - b.  $\frac{3}{4}$  position throw
    - c. Side arm throw
  - 8) Drills to Correct Throwing
    - a. Split drill
    - b. Elbow to elbow drill (Infielder's Throw).
    - c. Balance drill (Outfielder's and Pitcher's Throw)
  - 9) Left and Right Clearance Drill
    - a. Ground balls
    - b. Line drives
  - 10) Over the shoulder Catch
    - a. Left and Right sides
    - b. 4 different positions
  - 11) Form Fielding – Running... Breakdown... Centering

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### 12) 0-360 Degree Angle Drills

- a. Ball Standing Still
- b. Ball Rolling
- c. Ball Hit – 3 Different Ways (Regular/High/Spinning – Bounce)

Note: Three Major Movements

- a. Alignment
- b. Elbow to Elbow
- c. Right Leg (Left Leg) lands first for Right Handers (Left Handers).

### 13) Reaction Drills

- a. Receiving the Ball Bare Handed
- b. Receiving the Ball with Glove
  - 1) Ready Position
  - 2) Down Position
  - 3) Left and Right Side Positions
  - 4) Up Position
  - 5) Crow Hop

### 14) Outfield Drills

- a. Left Turn - Reverse (Two Steps)
- b. Right Turn – Reverse (Three steps)
- c. Turn – Turn (When ball changes direction in flight)

### 15) Batting Drills

- a. Alignment to Plate
- b. Batting T Position
- c. Feeding X Drill
- d. Mental Extension Hitting

### 16) Sliding Drills

- a. Roll over \$ Tuck left leg in
- b. Scissors Position
- c. Low Level Approach – Jump & Scissors position
- d. Pop Slide on left side (when ball is missed by fielder)

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### 17) Bunting Drills

- a. Elevator position
- b. Half-turn position
- c. Balance right (left hand in middle of bat for right handers (left handers))

### 18) Pitching Drills

- a. Overhand –  $\frac{3}{4}$  quarter – Side arm.
- b. Men on Bases – Pick off
- c. Total Control – Windup or from stretch.
- d. Defensive Movements.