

FROZEN ROPES BASEBALL & SOFTBALL COACHES VIDEO LIBRARY

HITTING

The Five Ways Hitters Miss
Teaching Points For Hitting
Upper Body Setup For Hitters
What To Look For In Young Hitters
Hand Position and Stride Angle In Hitting
Stride Direction and The Back Stretch
Be ready to hit
Seeing is believing for all hitters
Soft toss for hitters
The Hitting Tee - friend or foe
The path of the swing
The problems start early in hitting
Bunting tips
In game hitting tips that don't smother your players
Don Mattingly - The leg kick as a start to the swing
Guess Hitting
Lifting the Ball
Preparation Off the Pitcher
Taking Pitches
Top Hand and Bottom Hand
The Power L
Stride angle
The big three
The fear factor in hitting
The Hitting Tee live
Softball hard slap with Natasha Watley
Timing in softball slapping

CATCHING

Catching Drills - The L Drill
Catching Drills - Punch to The Pit
Catching Drills - Backspin Drill
Catching Drills - Walking Drill

PITCHING

Baseball Pitching Lesson (Eleven-Year Old)
Arm action
Hip rotation in pitching motion
Priority pitching moves - glove side and flipping
Teaching throwing and pitching
Throwing and pitching are the same

SOFTBALL PITCHING

Pitching tools
Stride direction
Throw zone
Posture in the softball pitching delivery
Softball Pitching with Marc Russo

THROWING

Building arm strength
Identifying throwing problems
Keep the practice lines moving
Long toss for young players
Patience the ultimate drill
Profiling healthy throwing arms
Pure throwing skills
The Crow Hop
Throwing checkpoints
Throwing problems start early
Use the legs to throw hard
What to look for in throwing
Throwing Skills
Distance equals velocity
Flip the laces to throw hard
Throwing and catching cues that work
Throwing starts with the feet

FIELDING

Infield Live
Outfield Play - catching skills
Outfield Play - ground skills
Outfield Play - ready and read
Ready in the Infield Live
Teaching Catching Skills To All Players
Ball Transfer
Be Ready To Catch
Be The Tree
Step Pump and Read
Ready Pump and Turn

GAME STRATEGIES

Capturing a Teaching Moment
Teaching The Game With Less Vocals
ABCA Improving the Game Concentration
Dealing With The Overbearing Parent
The Parent That Coaches The Child
Umpire Rapport That Works
Post-game Team Meeting Dos and Donts
Pre-game wake-ups
Role of the assistant coach
Selecting captains for the day
Coaching 3rd base do's and don'ts
Coaching 1st base do's and don'ts
Controlling the parents
Coaching the superstar player and parent
Glove and hat location in the dugout
How many games is enough
How to improve your coaching eyes
In-game note taking tips
Use of the black book

PRACTICE TIPS

Running drills
ABCA The Absolutes of Practice Time - Game Gaps
Coaching Challenges At The Youth Level
Improving Speed Of Play In Your Practices
Controlling the players
ABCA The Absolutes of Practice Time - Focus and Concentration
ABCA The Absolutes of Practice Time - More, or Less Drills
Are your players in shape to swing or throw
League rules and policies
Make new friends
Recruiting parents for practice help
Team rules

MENTAL SKILLS TRAINING

Integrating the Mental Game
Be The Best Coaches Convention
Learning with your eyes closed
Learning from failure
The smile factor
Positive reinforcement
Preparation plus routine equals game performance
Recovering the black box
Routine
Diamond Strength as a con job
Discipline
LOUE rule
2 in, 4 out
Awareness
Personal pep talks
Body language
Changing the channel
Control
Group Visualization