



## Coaches and Assisting Parents

### Teaching Phrases

The use of these key “Teaching Phrases” when instructing players will provide a consistent and effective means of communication between coaches and players. Players will learn faster if they are hearing the same instruction from all Coaches.

- “Baseball is a Game of Movement”
- “Everybody moves on every play”
- “Balance”
- “Ready Position” (prior to every throw, pitch and drill)
- “Move your Feet” (throwing and receiving throws)
- “Throw from your feet”
- “Catch with your feet”
- “Hit with your feet”
- “Two Step Throw”
- “Reach out to Catch with Two Hands”
- “Cover the Base with Your Eyes” (receiving a throw at a base)
- “The Base is for the Runner, the Ball is for the Defense” (receiving a throw at a base)
- “Ball First, Base Second” (receiving a throw at a base)
- “Look for Other Runners” ( immediately following a play on a runner)
- “Turn Glove Side” (relays & receiving balls at base)
- “Two Players in Position to Catch Every Throw” (always backup a base)
- “Feet Wide” (fielding ground balls; batting stance)
- “Head Still” (batting)
- “Load” (batting)
- “Hand through first” (batting)
- “3 B’s of Infield Defense” (ball, base, backup)”