#### MANAGER/COACHING RESOURCES

## 1. Dominate the Diamond - Training Videos

 <u>Dominate The Diamond - YouTube</u> - from this link, you can access multiple Dominate the Diamond drills

#### 2. National Alliance for Youth Sports - National Alliance for Youth Sports

- Coaching Youth Baseball: Running an Active Practice
- Coaching Youth Baseball: Hitting Drills
- Coaching Youth Baseball: Hitting Basics
- Coaching Youth Baseball Infield Play (part 1 of 3)
- Coaching Youth Baseball Infield Play (part 2 of 3)
- Coaching Youth Baseball Infield Play (part 3 of 3)

### 3. Hardball Academy

- FOR COACHES: 5 Hitting Stations for a Productive Practice!
- 4 INFIELD DRILLS for YOUTH players
- o 4 Hitting Drills to work on Staying to the Middle! Don't over-rotate or pull off ...
- HITTING TIPS- Proper Knob Direction
- Building a swing: THE BEGINNING STEPS
- How to stop LUNGING in hitting
- How to turn WITHOUT dumping the barrel in hitting
- Understanding and fixing the DRAGGING BACK ELBOW!
- 4 Drills for Creating a CONSISTENT Bat Path in Your Swing!

#### 4. Ripken Baseball

- Ripken Baseball Grip & Stance
- Ripken Baseball The Swing Part 1
- Ripken Baseball The Swing Part 2
- Ripken Baseball Weight Shift
- Ripken Baseball Bunting Part 1
- Ripken Baseball Bunting Part 2
- Ripken Baseball Drill Work
- Ripken Baseball Relay
- Ripken Baseball Fielding Tip Fielding a Ground Ball
- Ripken Baseball Fielding Tip Throwing to First Base
- Ripken Baseball Fielding Tip Receiving the Throw from First Base
- Picking Balls in the Dirt at 1st Base
- Ripken Baseball Fielding Tip 2nd Base Double Play Pivot
- Ripken Baseball Rundown
- Ripken Baseball Fielding Tip Outfield Drop Step
- Ripken Baseball 2 Seam and 4 Seam Fastball

# 5. Miscellaneous Training

- Throw After The Catch Drill
- Outfield Fly Balls
- Basic Throwing Mechanics | Baseball Drills
- Big Blue Baseball Skills Academy: 5-in-1 Baserunning Drill
- Big Blue Baseball Skills Academy: Infielders Square Drill
- Coaching Youth Baseball: Pitching Drills (Part 1)
- Coaching Youth Baseball: Pitching Drills (Part 2)
- PVC Pipe Hitting Drills for Youth Baseball Players
- Hitting Drill: The PVC Progression