



Greetings!

Coaches, start your engines!!! Yes the weather isn't ideal but teams are already practicing and the excitement of baseball is in the air!!

First off, ***respect the fields!*** Don't use the infield until it's not mushy. Use the outfield but move the location of drills every so often to prevent wearing down the field in one area. Brett Shaug and Jim Saeger will appreciate your efforts.

Just a few items to keep in mind as we start off the new season:

- It's cold out, players are excited to be out with their friends but keep them in check and *no hard throws* for the first week or so.

- For the first week or so, ***focus on conditioning, footwork, and proper form and most importantly, get to know the players and parents!***

- try letting the players 'catch' grounders ***without*** their hands or gloves. have them put their hands behind them, roll a grounder and they have to let the ball go between their legs. Make them move, left right etc.

- Try to limit the amount of throwing for the first week *look for accuracy over speed.*

- make sure all players are **engaged as a team**, some teams have already had team parent meetings including the players so the players get a chance to know each other .

- Two quick items for catching & throwing

- **practice the flip**, which is simply a no arm, wrist movement for short distances, see below under play catch.

- try and get the players **not to backhand every catch.**

It's hard habit to break, I know.

Great to see everyone again this year and if you're new in the league you'll recognize me by my yellow rain coat and black Quito Development baseball hat. I'll be coming out to all the practices and please stop me and introduce yourself. I look forward to working with everyone.

Paul Retlewski
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Quito Little