

Practice Is What It Takes To Become A Complete Baseball Player.

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By Robert Michael

Baseball is primarily a game of skill and therefore the best athlete doesn't always make the best

baseball player. This is especially true if they don't have the skills needed to be a complete player. Baseball is a game of pitching, catching, base running, throwing, and hitting. If you want to improve in these areas you must practice, practice, practice. It can be particularly helpful to practice very quickly going from one drill to the other. But you must stay focused on getting the most out of every drill session. If you just go through the motions you're surely develop bad habits. You have to focus on quality practice. Therefore practice as much as you can while seeking quality training sessions. Here is some information and tips for you to keep in mind while you practice. These will surely help you improve your game.

Throwing the ball

Grab the ball with your index finger and middle finger along the seams of the baseball while keeping your thumb underneath it. As you prepare to throw square up your shoulders, move towards a target and throw with a $\frac{3}{4}$ arm action.

Fielding the ball

In order to maintain good balance keep your feet spread and get down. You do not want the ball to go down between your legs. You should have your glove in front of you so you can block the ball and see it go into the glove. Then raise the ball up your midsection to throw.

Catching fly balls

In order to catch a fly ball from the outfield you should be striding toward your target and you want to be behind the wall. First of all, you can see the ball and secondly, you can get into your stride to throw to your target. Finally, be sure to catch the ball above the shoulder with your elbow bent. This will help cushion as you catch.

Batting stance

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For the most part, you want to balance your stance with your feet shoulder length apart. In order to keep your balance keep your toes pointed inward slightly. You should be looking at the pitcher with your head level.

Pitching

A good pitcher wants to achieve consistent strikes using proper mechanics in order to reduce the chances of an injury. Vary the speed of your pitches and you'll keep the batter confused and off timing. You should learn to find the ball inside, outside, up and down.

Base running

You should always run in a way to give yourself optimum top speed. For example, if you're running for

more than one base you need to keep your steps so you hit the base with your right foot as you get less arc and therefore you keep a more consistent stride and don't lose speed towards next base.

These tips are just the beginning when it comes to learning how to improve your baseball game. Practice, practice, and practice is what it takes to become a complete baseball player.

Robert Michael is a writer for Fau

<http://Baseball.com>

which is an excellent place to find baseball links,

resources and articles. For more information go to:

<http://www.faubaseball.com>

Important Aspects Of A Baseball Coach

By Sintilia Miecevole

Being a baseball coach can be very rewarding. It is a big responsibility, though. You are basically the 'leader' of your team, and how you act will directly affect how the assistant coaches and the players act. There are some tips you can follow to make yourself a better baseball coach. These tips are:

1. Give everyone on your baseball team a responsibility. Make each and every person on the team feel if they don't do something, it won't get done! Any accomplishments made by a member of the team are shared by the whole team. (It is important to give recognition to individuals, though.)
2. Help everyone on your baseball team make good, informed decisions. As the baseball coach, you need to guide and teach the players to make the good decisions you want them to make. Don't bully

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the baseball team to do what you want them to do, just encourage them to do what is best.

3. Always treat your baseball team like they are winners! If your baseball players feel like winners, they will be more likely to win.

4. Let everyone on your baseball team know you care. Be interested in every individual baseball player. Encourage them and show them your support. Look at your behavior around your baseball team and evaluate it carefully.

5. Help your baseball team understand the meaning of playing with good sportsmanship! Good sportsmanship is just as important as winning. Make sure your baseball players understand the meaning of fair play from the moment you become their baseball coach.

6. Make sure you motivate and reward your baseball team players. Just knowing the basic skills and strategies of baseball won't necessarily make you a very good baseball coach. Being a baseball coach is truly more than just teaching these things. A really good coach can motivate a baseball team to do its best! Good baseball coaches understand and can empathize with the players' feelings of joy, anger, anxiety, frustration, and pride.

7. Don't make your baseball practices boring or repetitious. Shake up practices by playing games and teaching new techniques and plays. Since only 9 players can play at a time, make sure to keep the rest of the baseball team feeling useful by having them keep score or charting pitching and offence. Make sure to keep each baseball player feeling they have an important role in winning.

8. Make sure you have a plan for your baseball team. Just like a teacher needs to plan for the school year, a baseball coach needs a plan for the season. Having no plan is a sure road to failure.

9. Give your baseball team enough time to review things they have learned. Whether at the end of a practice or the end of a game, give your players time to review what has been learned and what could be improved upon. Keep the review as positive in tone as possible.

10. Make sure you communicate with your baseball team. If you cannot get across to your baseball team what you want, how will they know what to do?

Sintilia Miecevole, host of

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provides you with baseball information from

games, cards and equipment to teams, gloves, pictures and more. Be sure to visit

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