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Simple Tips For Playing Baseball

By Robert Michael

Playing Baseball

Baseball is a game of skill and for that reason the best athlete is not always the best player. Baseball involves thrilling, pitching, catching, baserunning, fielding, and hitting. If you want to improve in all of these areas and skills then you must practice regularly using drills. Practicing must be fast and include jumping from one drill to the other. A good baseball player must always focus on making the most out of every drill session instead of just going through the motions which can often lead to bad habits. If you want to improve your baseball game focus on top form in as many drill opportunities as you can. Here's some information to help you while work on improving your baseball game.

Throwing the ball

You should grab the baseball with your index finger and middle finger along the long seams of the baseball while keeping your thumb underneath it to provide support. When you throw be sure to square your shoulders with your target and while moving towards the target throw with a 3/4 arm action.

Fielding the Ball

If you keep your feet spread and stay down you'll ensure good balance. You do not want the ball to go between your legs and you always want your glove in front of you so you can block the ball and see it go into your glove.

Catching Fly Balls

If you're out in the outfield you'll want to be striding towards your target and you'll want to be behind the ball. You need to be able to see the ball and you need to be able to quickly get 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 when catching.

Batting Stance

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When batting your stance should consist of your feet shoulder length apart with your toes pointed inward slightly. This stance will help you keep your balance. Be sure to look at the pitcher with your head level.

Base Running

Always run in a way to give yourself the best chance for top speed. For example, if you plan on running more than one base try to time your steps so you hit the base with your right foot as you get less arc and stay consistently striding without losing speed towards the next base.

Pitching

Good pitchers focus on making consistent strikes with proper mechanics. Proper mechanics will

reduce the chances of an injury. If you vary the speed of your pitch the batters will remain confused and their timing will be off.

These tips for improving your baseball are just beginning. It is important that you practice on all of these skills if you want to become a well-rounded baseball player.

Robert Michael is a writer for

<http://www.faubaseball.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

<http://www.reelbaseball.com>

provides you with baseball information from

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

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