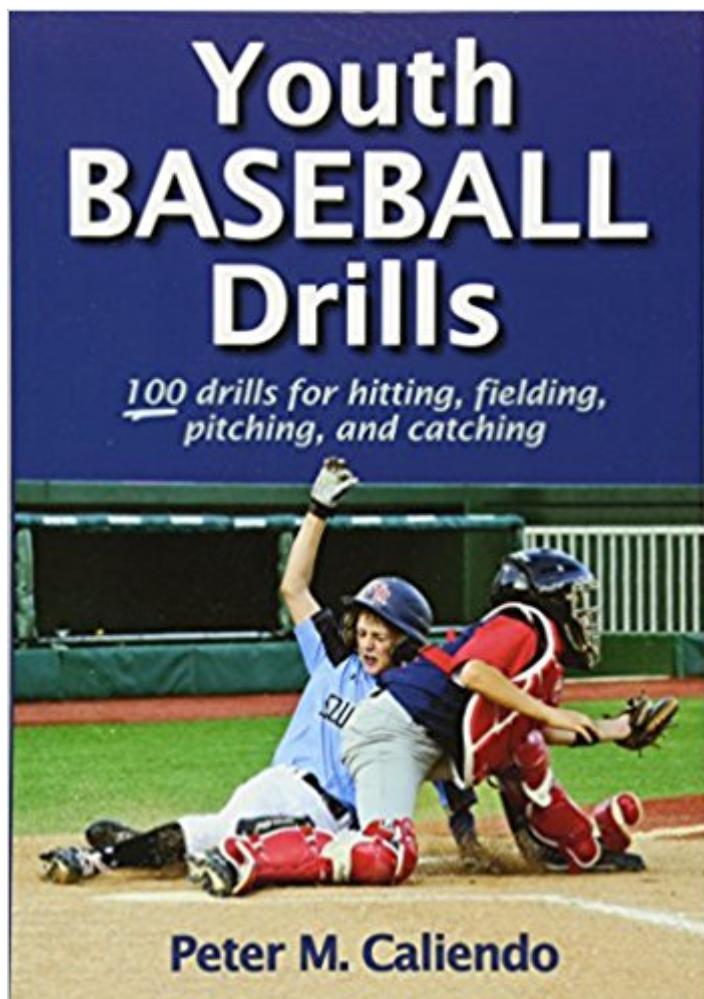


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## Youth Baseball Drills



## Synopsis

Coaches know the importance of drills. The cornerstone of most practices, they are essential in developing player skills and team execution. For younger players, however, the best drills go one step further. They engage the player, promote teamwork, and establish a lifelong love of the game. Youth Baseball Drills is a comprehensive collection of more than 100 of the very best team drills for young players and their coaches. Developed specifically for players aged 6 to 18, the drills teach and reinforce fundamental skills such as these: Hitting Bunting Fielding Catching fly balls Throwing Pitching Base running Easy to understand and easier to implement, each drill is accompanied by step-by-step instructions, equipment needs, field diagrams, and key coaching points. And the ready-to-use 30-, 60-, and 90-minute practice plans help coaches put them to use and create enjoyable and productive practices. With variations and progressions for difficulty, Youth Baseball Drills has something for every coach and every player. It is a must-have guide for anyone wanting to teach youngsters how to play, and enjoy, the game of baseball.

## Book Information

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## Customer Reviews

“Pete Caliendo breaks down the ABCs of coaching youth baseball and makes it simple and fun. Anyone coaching youth baseball should add this book to their personal collection.” Abraham Key-- President and CEO PONY Baseball and Softball “Pete Caliendo is an amazing store of knowledge in baseball technique. He knows his stuff!” Jim Colborn-- Former Major League Baseball All-Star Pitcher “Pete Caliendo possesses a wealth of baseball knowledge and has the ability to impart his expertise to coaches and players in all stages

of their development. • Roland Hemond-- Special Assistant to the President and CEO Arizona Diamondbacks "Youth Baseball Drills offers what players need to know: how to execute the fine points in the game. Coach Caliendo's book teaches how to play the game the right way. • Terry Ayers-- ABCA Hall of Fame "Peter Caliendo is one of the best teachers of the fundamentals of the game. • Jim Hall-- ABCA Hall of Fame "Field to front office, coaching to scouting, locally to nationally and internationally, Pete's experience and passion improve the game and the people he works with." Tom House-- Former MLB pitcher, MLB pitching coach, and author of *The Pitching Edge* "Pete Caliendo has been involved in coaching both domestically and abroad for the better part of the last 20 years. Those experiences have given him a strong foundation for coaching basics, and this book brings that knowledge to the reader in a way that is easy to understand and apply. *Youth Baseball Drills* is a must-read for any entry-level coach. • Paul Seiler--Executive Director and CEO USA Baseball

Peter Caliendo serves as president of Caliendo Sports International, a global baseball organization specializing in the training of individuals, teams, and coaches, as well as dealing with professional baseball operations worldwide. He recently worked in Japan as a coach alongside Japanese baseball legend and all-time home run champion Sadaharu Oh. Caliendo studied the development of youth coaching at the legendary Mickey Owen Baseball School as well as the Grand Slam USA, Billy Williams, and Doyle baseball schools. Putting what he learned into practice, he served as the director of the Pan American Youth Baseball Association for six years. During his time with the organization, he oversaw three gold medals and more than 20 players who entered Major League Baseball. He has also served as coach and director for a number of professional teams, including the Belgium Baseball Federation national teams, team USA (where he coached a team in Australia's Intercontinental Cup), the Thunder Bay Whiskey Jacks, and the Schaumburg Flyers. While with the Flyers, Caliendo saw more than 20 players sign with Major League organizations. Caliendo's resume includes stops at baseball franchises and organizations as a player, coach, and director. He is in his 14th year as a technical commissioner for the International Baseball Federation, where he served as the head of the technical committee for the historic 2009 World Baseball Cup in Europe. In 2012 and 2013 he worked as a technical committee member for the MLB World Baseball Classic's qualifier and first and second rounds in Japan. As a technical commissioner for the International Baseball Federation (IBAF), he served on the jury of appeal for the Olympic Games in Beijing, China, and as a technical commissioner for the

Olympic Qualifier in Havana, Cuba. He has served as director for USA Athletes International's Baseball Operations, as an associate scout with the Toronto Blue Jays, as director of baseball operations and coach for the Schaumburg Flyers in the Northern League, and as player procurement director for the North Shore Spirit in the independent Northeast League. Currently Caliendo serves on the International Baseball Federation's Tournament and Development Committee and has been director of the Great Lakes Region for NTIS's USA Baseball's National Team Identification Program for potential national team players since 2009. He also served as a board member for the Chicago Baseball Museum and as an immediate past president and board member of the Pitch and Hit Club, where he served eight years as president. Caliendo has produced five instructional baseball DVDs (Coaching Made Easy) and has created an online baseball coaches certification program with the Baseball Coaches Video Library in Canada. In 20 countries he has presented at clinics, including the National High School Coaches Baseball Clinic, various High School Association Clinics, and the European Baseball Coaches Association clinic (EBCA). In 2011, Caliendo received both the American Baseball Coaches Association Meritorious Service Award and the Pitch and Hit Club Paul "Dizzy" Trout Ambassador Award.

Great book for coaches looking to change up their routine practices. Most kids at baseball practice, put their hands on their hips, draw circles in the dirt with their cleats. This gives coaches ideas how to keep the kids having fun and engaged.

Great drills

Can't even start to tell you how big a difference this made!

Great!

This is the kind of book I wish I had had as a reference when I taught freshman PE at the high school a few years ago. Baseball is not my strong point and I was hurting to come up with fun drills. This book is for players from middle to high school. These drills set up a foundation for training, but the teacher or coach must assess the individual player's abilities and skills. Peter Caliendo starts out talking about some of the myths of baseball practice. Not everything that was done in the 1980s still applies today. This book offers better training drills. This book is divided into 13 chapters, each

chapter focusing on a special skill in baseball. Besides warm-up drills, there are drills for throwing, gripping, fielding, swinging, bunting, hitting, catching, sliding, pitching and various team drills. The 100 drills in this book can be done either individually or as a team. There are situational drills, rundown drills, baserunning drills and evaluation drills toward the end of this book. A teacher or coach can read an entire chapter, or just take a drill or two for a lesson. There are plenty of diagrams to help explain each drill. This book is well worth it for PE teachers and baseball coaches.

Good book. Definitely has some really useful information and tools and tips for coaching. I have young kids that play little league and as much as the volunteered time and effort put into coaching the kids is appreciated, a lot of them could use this book if for nothing more than just some ideas. New coaches working with young kids can greatly benefit. If one has been coaching for this would certainly be at the least a good reference. I think instructional books have a tough time competing with the internet and the plethora of videos available today. The text is nice but would benefit a lot with an accompanying video disc or website with videos.

What a great resource! I was so impressed with the YOUTH SOCCER DRILLS for my soccer playing child that I was very excited to pick this one up for my baseball loving child. I am really impressed by the scope and depth of this book. The focus is on young kids ages 5-12. Contains: Practice Organization, Warm-Up Drills, Throwing and Catching Drills, Fielding Drills, Hitting Drills, Bunting Drills, Pitching Drills, Baserunning Drills, Rundown Drills, Sliding Drills, Between-Innings Drills, and Situational Drills. Pros: Drill Finder--A table breaks out every drill in the book and categorizes them by type. It includes level of difficulty and page number. Short Introduction to each section--Each section contains a page or two introduction explaining the importance of the skill. Clear Instructions--Each drill is clearly explained with drawings. Related Drills--If applicable, a drill will list out other related drills. Variations--Some drills will give variations to the drill to change it up. Coaching Points--Some drills also have pointers for the coach to pay close attention to. Clearly Labeled--Labeled beginner, advanced beginner, intermediate, and advanced. Cons: Number of players--I wish the number of players was listed with the drill finder. It would help with planning. It would also help for when it's just my son and a few friends and they could quickly and easily find drills they can do without having to search and search. Overall, this has been a wonderful resource. Very helpful!

Having coached little league for several years, I wish I had this book when I started! It is perfectly detailed and goes over so many different drills that can be used for different age/skill levels. Even having used a lot of these drills, and variations of others, I still found it helpful! Almost everyone can learn something from this book and since each drill is outlined with its purpose, equipment needed, number players, setup, procedure and variations, it is very easy to follow! The diagrams are helpful, though sometimes might be confusing if you have never run the drill, but nothing you cannot figure out. Keep in mind that some of these drills are for higher levels of play, for example, bunts, etc., that might not be allowed in younger aged leagues, so really, this book has drills for all ages. You can decide what works for your team. This is also great for the parent who wants to work with their child as you can learn quite a bit and really practice a lot of the fundamentals that will make your child a better and more confident player. Youth Baseball Drills is worth getting, even at double the price!

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