



**St. Louis Sports Commission Sportsmanship**

*presents*

**2018 COACH IT RIGHT  
BASEBALL COACHES CLINIC**

**With Coach Steve Nicollerat  
Founder of Coach Baseball Right!**





## About Coach Steve Nicollerat

### Educator, Coach, and Founder of Coach Baseball Right!

With about 40 years of coaching varsity baseball at St. Louis University High School, running his Youth Baseball Camp for almost 30 years, and many more years playing, including collegiate ball at St. Louis University, Steve has developed a system of teaching baseball which emphasizes fundamentals and positive development, both athletically and personally. Furthermore, Steve's experience officiating

NCAA basketball has provided his players and parents perspectives in approaching competition and sport that only few can provide.

And when you add that Steve has a Master of Science in Computer Science and teaches computer science courses and has created curriculum at St. Louis University High School, Webster University, Fontbonne University, Jesuit Virtual Learning Academy, among many other schools you can see why Steve states:

"Sports are important, and everybody wants to win and you shouldn't apologize for winning, but winning is not the most important part of coaching and what people should be after...you see sports give us the opportunity to use challenges and obstacles to help us all grow into better people...we just have to be smart enough to learn from the lessons the game provides."

On a more personal level, Steve has raised and coached four children and now has beautiful grandchildren running all around. With all of these experiences, Steve thinks that he has been blessed to be able to grow and learn as an exceptional father, a caring and loving grandfather, a teacher, and as a coach.

### Coach Steve Nicollerat's Experience

Though he does not like to tout his experience and would rather have Coach Baseball Right speak for itself, Steve's experience can be summarized by the following:

- Founder of Coach Baseball Right ([www.coachbaseballright.com](http://www.coachbaseballright.com))
- 38 years as Varsity Head Coach at St. Louis University High School
- 28 years of running Youth Baseball Camps
- Former NCAA D-1 Men's Basketball Referee
- Greater St. Louis Amateur Baseball Association Hall of Fame Member
- Bob Broeg Award Winner - Most Influential Coach
- Missouri High School Baseball Coaches Association Hall of Fame
- Missouri Umpire Coach of the Year Award
- 1 of only 6 National Epstein Certified Master Hitting Instructors
- 600+ wins (3rd overall in Missouri)

## **Coach Baseball Right!**

***Everything you will hear and see today can be found on our baseball website:*** [www.coachbaseballright.com](http://www.coachbaseballright.com). Including footage from this clinic! Please bookmark it and share it with the other coaches who couldn't make it today.

As a thank you, we would like to offer you a 30% off promo code for any of our online products on [coachbaseballright.com/products](http://coachbaseballright.com/products)

Please use **SPRING30** during checkout.

## **Free Coaching Resources from Coach Baseball Right!**

We have worked really hard to make this website a one-stop resource for coaches, parents, and league organizers/admins. There is a ton of free coaching guides, free drills, and free coaching tips. Be sure to check out our free resources:

- Hitting Basics Guide
- Youth Practice Template
- 4 Critical Components to Winning a Game
- 7 Phase Setup Guide to the Best Pre-Game
- Free Drills by Position (Catcher, Throwing/Receiving, Hitting, Base Running, General Infield, Corner Infield, Middle Infield, Outfield)
- Coaching Academy

## **Are you on Facebook?**

Also, while you are waiting, we also have an unbelievable coaches group on Facebook. This group has some great in-depth talk and is a great resource. Join our Facebook Group by going here: <https://www.facebook.com/groups/CoachBaseballRight>

## **Coach it Right Clinic Overview**

8:00-8:30 – Coffee and Light Breakfast

8:30 – Welcome and Thanks and Introductions

8:35 – Solomon Alexander from St. Louis Sports Commission

8:40 – Coach Steve Nicollerat from Coach Baseball Right and SLUH

8:45 – Template of Practice Organization

8:55 – Base Running

9:10 – Playing Catch

9:25 – Drill Work by Positions (Infield, Outfield, Catching)

10:10 – Short break

10:20 – Continue with Template of Practice – Team Defense (Cuts and Relays, Rundowns, Bunt Defense)

10:50 – Team Base Running – Using bases set up in game situation –

- 1<sup>st</sup> to 3<sup>rd</sup>, 2<sup>nd</sup> to Home, Reading Coach, add Ball
- 2<sup>nd</sup> example of team base running (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)

11:00 – Hitting Discussion

- Linear vs. Rotational (nothing wrong with either one)
  - Common Myths that we continue to teach
  - Free Hitting Basics Guide
- 11:20 – Pitching Discussion
- Mechanics are needed but do the kids really know what pitching is?
  - Do the kids know what good pitchers do?
  - How to throw a bullpen to get better?
  - What is pitching backwards?
  - Which is least important? Velocity, location, change speeds, movement.
- 11:30 – How much is too much?
- Games vs. Practice
  - One sport vs. Multisport Athletes
- 11:35 – Coaching Thoughts
- Communication/expectations of parents/players--tell them
  - Why we coach?
  - Playing multiple positions
  - Expect something out of the kids--hustle, wear the uniform right, how to handle themselves
  - What can you teach when you win? Lose? Get a bad call?
  - Umpire--how to teach and help and when to teach/help
  - Fans--keep them under control
  - Change your mind--tell the kid first
  - If you make a mistake--tell the kid
  - ENJOY--it goes way too fast.
  - Become a better coach by being open to new ideas-check the ego at the door
  - Be Positive
  - Make it Fun! Be somebody the kids want to be around
  - The MOST important things you teach have nothing to do with baseball!!!!
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## Practice Drills

All these drills can be purchased on Coach Baseball Right. Free drills by position can also be found at [coachbaseballright.com/free-baseball-drills/](http://coachbaseballright.com/free-baseball-drills/)

### Base running

- Out of box-3 checks
- Run thru, run thru and breakdown, run thru break down and find ball
- Read feet of 1b
- Think a double
- Off first
- Back
- Pull to 2nd
- Keys rh and lh
- Lead after 60-40
- Lead after with pit and catcher

Walking lead  
Delay steal  
Squeeze footwork/reaction  
    suicide vs safety  
Double steal  
    score vs fake  
Stealing home

### **Throwing Drills**

Warm-up throwing drills  
Play catch/purpose by position  
Rapid fire  
Around the horn  
Line drill  
V drill

### **Drill Work**

#### Infield

keep feet moving drill  
off balance  
rundown  
walk approach throw  
walk approach (take picture), triangle, throw  
crossover  
soft hands  
backhand vd forehand throws  
overheads  
circle drill  
2 fungo infield

Infield specialties by position  
1b, middle infielders, 3b

#### Outfield

overhead with no ball (working on drop and cross footwork)  
overhead with ball  
reverse overhead  
step n throw  
shorts  
1 knee block  
throwing the heel  
gr ball fungos  
gr ball fungos with throw  
triangle drill  
communication drill  
wall drill  
relay footwork  
air fungos

#### Catchers

stances  
agilities  
sit and be hit

block from 15 feet and then 30 feet (tennis balls to start with)  
throwing fund to 2nd (within frame of catcher and then outside)  
throwing fund to 3rd (within frame of catcher and then outside)  
dp footwork  
bunt pickup drill  
fielding bunts 3 angles  
pop ups  
tag plays  
framing pitches and keeping strikes strikes  
target and soda can drill  
rec ball-bow and arrow  
tag plays

### **Team Defense Drills**

Rundowns 1--2 3-home at same time  
Force balk defense  
Bunt defense  
    man on 1st  
    man on 2nd  
Cuts and relays--with no ball  
Cuts and relays with ball  
Infield situations  
    man on 1st  
    man on 1st and 3rd and check  
Pick off plays from stretch and windup

### **Team Base Running**

1st--regular steal or lead after or delay  
2nd--walking lead or regular or lead after  
3rd--lead after or double steal score (fake), squeeze  
or  
1st-3rd reading coach on hit to right or right center  
2nd-home reading coach  
relay shuffle drill  
3 lines from 2nd reading ground balls  
3 lines from 3rd reacting to ball off bat  
fly ball reads with runners on all bases reacting to ball

### **Pitcher's Fielding Practice**

Covering 1st  
'Tweeners'  
1 hops throw to 2nd base  
Fielding bunts to 1st and 3rd  
1 hop react with man on 3rd, check and go double play  
Pick off from stretch to all 3 bases

Pick off from windup to all 3 bases  
Special pick off moves  
    inside out  
    fake 3 to 1  
    fake 1 to 3

### **Pitchers Throw Bulpen**

1/2 blocked  
1/2 chart

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## **Practice Templates**

Similar templates can be purchased on Coach Baseball Right. Get a Free Practice Template at [coachbaseballright.com/the-ultimate-practice-for-youth-baseball-lp/](http://coachbaseballright.com/the-ultimate-practice-for-youth-baseball-lp/)

### **High School Level Plan**

3:10

    outfield/catchers hit  
    pitchers-pfp  
    infielders-bunt

3:45 stretching

3:55 bases (4 bases lined up down left field foul line)  
    pick out 4 drills  
    (off bag  
    back to bag (2 ways)  
    keys (heels or shoulders)  
    pull to 2nd  
    lead after

4:10 play catch/purpose

4:20 throwing drill  
    pick one of the following  
        line drill  
        rapid fire  
        v drill  
        around the horn

4:25 drill work by position  
    infielders  
    outfielders  
    catchers

4:40 team defense-pick out one of the following  
    rundowns  
    force balk defense  
    bunt defense

- cuts and relays
- inf situations
- pickoff plays
- special plays
- 4:55 team baselining using 1st base, 2nd base and 3rd base
  - from 1st regular steal, or delay
  - from 2nd walking lead or regular steal
  - from 3rd lead after, double score fake, double steal score, squeeze
- 5:05 infielders hit
- outfielders bunt
- pdf for pitchers
- catchers/pitchers--pitcher's workout
- 5:30 field work, weights, talk baseball time

### **7U Practice Plan**

3/4 adults 12-14 kids

6:00 stretch-announcements

6:10 bases 4 lines of 3 kids

off base, back, 60/40 lead after, rh keys

6:25 throwing drill

4 lines and ready, break, throw drill to coach or against wall

pair up and call ready break throw to each other

6:40 stations (3 groups of 4/5 for 12 minutes)

#1 infield walk into pitch and react without ball

gr ball fungos

ball in glove and throw to 1st base from positions

#2 outfield drills

overhalls-without ball

add ball

air fungos

#3 hit

(switch after 12 minutes)

7:10 Team defense

7:20 base running--1at-3rd reading coach

some fun drills

done

### **12U Select Team**

4 coaches 12-16 kids; hit during the workout--pull 1 kid at a time

6:00 stretch/ announcements



6:10 bases

off, back, pull, lead after, keys for right handed pitcher

6:25 play catch/purpose

6:30 throwing drill-rapid fire, line drill

6:40 drill work

infield -approach, soft hands, backhand-forhand, rundowns-2 prong inf.

outfield-overheads, rev overheads, step n throw, air fungos

catchers-sit and be hit; block from 15, then 30; throw fund to 2nd and 3rd

6:55 team defense-cuts/relays

7:05 bases

1st reg. steal 2nd walking lead 3rd double steal score, fake, squeeze

7:15 pfp drills

pitchers throw; kids get extra hitting

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## **Coach Baseball Right Thank You Gift**

As a thank you, we would like to offer you a 30% off promo code for any of our online products on [coachbaseballright.com/products](http://coachbaseballright.com/products)

Please use **SPRING30** during checkout.

## **Free Hitting Basics Guide**

(Claim your guide here: [coachbaseballright.com/hitting-guide/](http://coachbaseballright.com/hitting-guide/))

The BEST place to start for hitting. Hundreds of coaches and parents have downloaded this guide, so that they can better learn and then teach hitting!

- Learn the current language used in hitting
- Clarifies terminology
- Provides an easy to understand foundation to teach hitters

## **Swing Like a Pro: Home Hitting Program**

(More info. here: [coachbaseballright.com/swinging-like-a-pro](http://coachbaseballright.com/swinging-like-a-pro))

Start Swinging Like a Pro: A 20 Day Hitting Program for Home is a step by step framework for parents and coaches to help kids develop and maintain swings that mimic more closely what the best hitters in the world swings look like.

In this online training program we go in-depth with hours of video, images and content. With this program, you'll be able to:

- Analyze your player's swings and help them become more aware of the mistakes they are making

- Drastically improve their technique and help them develop swings that look like those of the best hitters in the world
- Set up and run professional-like hitting practices that teach the kids how to hit the ball harder and be more consistent at the plate

## **Online Hitting Academy Instructional Program**

(Email me for more information: [coachnicollerat@coachbaseballright.com](mailto:coachnicollerat@coachbaseballright.com))

Also, take advantage of my online hitting instruction program. If we can't do face-to-face, this can also be used. It is a very good program that is actually cheaper than the face-to-face instruction and will save you time driving down here. It does not replace face to face, but is a great alternative. Email me for more information:

[coachnicollerat@coachbaseballright.com](mailto:coachnicollerat@coachbaseballright.com)

The online instruction is great:

- free access to Swing Like a Pro
- to supplement the face to face instruction
- help out a parent who struggles with financial resource for weekly instruction
- help out the parent who does not have time to drive down for weekly instruction
- provide a consistent resource for a coach so that multiple players are being taught the same concepts. Makes hitting practice for a team much more meaningful.

If interested in a 90-minute clinic for your parent group or organization, **email me for [coachnicollerat@coachbaseballright.com](mailto:coachnicollerat@coachbaseballright.com)**

### **NEXT CLINIC EVENT:**

**Hitting Seminar @ Johnny Mac Sports (Crestwood-No cost) - TBA**

### **Let me know if I can help...**

For additional information go to [coachbaseballright.com](http://coachbaseballright.com) or email me at [coachnicollerat@coachbaseballright.com](mailto:coachnicollerat@coachbaseballright.com)

# St. Louis U. High 2018 Summer Baseball Camps

Under the Direction of St. Louis U. High Head Coach  
Steve Nicollerat (38th Year)

## Areas of Instruction

- Hitting
- Bunting
- Throwing
- Fielding
- Base running
- Cuts and Relays
- How to Play Catch Properly
- Run Downs
- Thinking One Play Ahead

## Camp Dates

Session 1 June 11-14 8:45-11:00 @ Sheridan Stadium, SLUH Campus  
Session 2 June 18-21 8:45-11:00 @ Sheridan Stadium, SLUH Campus  
Session 3 July 9-12 7:45-9:30 @ Sheridan Stadium, SLUH Campus (this camp is for SLUH incoming Freshmen and returning players, and WILL NOT conflict with Summer School classes).

Equipment - glove, water bottle, bat  
You are accepted into camp unless notified otherwise!!

Complete and return application below. Enclose \$120 camp fee with application. The application is on the reverse side.

Return to St. Louis U. High  
Baseball Camp  
4970 Oakland Ave.  
St. Louis, MO 63110

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Grade School \_\_\_\_\_

Home Phone \_\_\_\_\_, Parent Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Sessions Preferred 1      2      3 (SLUH Freshmen)

Rain Number 314 531-0330 ext 2133 (call after 8:00 am on day of camp!)