

## **Training Outside Hitters**

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We all have a limited ability to process information and learn best by seeing & doing.

As coaches, one way to get athletes seeing & doing is to follow a method of goal presentation that includes the following steps: (1) Demonstrate the skill, (2) let the athletes attempt the skill to pre-assess their abilities and determine what keys need to be given (if the coach already knows the abilities of the athletes then these first two steps can be omitted), (3) demonstrate the skill with attention focused on a key, (4) let the athletes practice with feedback given about the key, (5) demonstrate the skill with attention focused on the next key, (6) let the athletes practice again with feedback on the next key, and (7) repeat the process until all keys have been covered.

Coaches can help players understand how the skills of the game are performed by:

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### **Keys**

#### 1. Four step approach

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- Steps Go:
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#### 2. Arms

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#### 3. Bow & Arrow Arm swing

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#### 4. First or Second Step when Ball is Set (timing)

### **Drills**

You Go, I throw  
(Throw the ball on their 2<sup>nd</sup> step)

You Go, I throw

I throw, You Go  
(Coach throws & athlete creates own timing)

Hitting Lines (back & forth with setter)

### **Whole vs. Part**



*“The person who knows how will always have a job. The person who also knows why will always be the boss. As to methods there may be a million and then some, but principles are few. The person who grasps principles can successfully select his or her own methods. The person, who tries methods, ignoring principles, is sure to have trouble.” – Ralph Waldo Emerson*