

## Kindergarten/1<sup>st</sup> Grade - T-Ball

- 1) Learning Basic Rules
  - a. Which direction to run when the ball is hit
  - b. Names of the bases
  - c. Touching the bases and running thru 1<sup>st</sup> base
  - d. Fair and Foul Ball
  - e. How to record an out (catch ball in the air, throw to 1<sup>st</sup> base, or tag the runner)
  - f. Scoring a run
  - g. Three outs in a half inning
- 2) Proper Throwing/Catching Mechanics
  - a. Turn your body so the front shoulder point toward your target
  - b. Point glove to where you are throwing
  - c. Use two hands to catch and field
  - d. Try to catch the ball in front of the body, rather than reaching to the side
- 3) Hitting
  - a. Batting safety (When not to swing the bats, wearing helmets, etc.)
  - b. How to hold and swing the bat properly
  - c. Hitting off of a tee
  - d. Hitting softly tossed pitches (depending on athletic ability)
- 4) Tracking
  - a. Watching the ball all the way into the glove when catching and fielding ground balls (Use softer balls if possible)
- 5) Positional Play
  - a. Know what the names of the different positions are
  - b. Know where to stand and line up when playing the positions
  - c. If the ball is hit to a certain position, let that position field it (Try not to let all 10 players run after the ball when hit)
  - d. Have an idea of what to do with the ball once fielded (SS – throws to 1<sup>st</sup> base, OF – throws to 2<sup>nd</sup> base, etc.)

## **2<sup>nd</sup> Grade/3<sup>rd</sup> Grade – Coach Pitch**

- 1) Learning Basic Rules
  - a. Understand what a force out is
  - b. Know what tagging up is and when to do it
  - c. Baserunning (when you have to run and when you don't)
  - d. Not running past a teammate on the base paths
  - e. What's a ball and what's a strike
- 2) Throwing Mechanics
  - a. Introduce the 4-seam grip
  - b. Point front shoulder, step, and throw
  - c. Explain the concept of generating momentum toward the target and following the throw
- 3) Catching and Fielding
  - a. Thrown and hit balls
  - b. Glove up vs. glove down on a ground ball
  - c. Use two hands
  - d. Introduce an underhand flip when close to a teammate
- 4) Hitting
  - a. Choosing the right bat (length and weight)
  - b. Proper grip
  - c. Hitting a pitched ball
  - d. Drill work (Tees, soft toss, short toss from coach)
- 5) Learning Positional Play
  - a. Keep learning the positions and areas each player should cover
  - b. Covering the nearest base when the ball is not hit to you
  - c. Outfield – Throwing to a cutoff or certain base

## 4<sup>th</sup> Grade/5<sup>th</sup> Grade – Kid Pitch

- 1) Learning Basic Rules
  - a. Strike zone
  - b. Infield fly rule
- 2) Baserunning
  - a. Extra-base hits
  - b. Steals
- 3) Catching and Fielding
  - a. Forehands and Backhands
  - b. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> base fundamentals (footwork, drop steps, crossover)
  - c. Generate momentum toward throwing target and following throw
- 4) Pitching and Throwing Mechanics
  - a. 4 seam grip
  - b. Shuffle and throw to base after fielding a grounder
  - c. Pitcher covering first on a grounder
- 5) Hitting
  - a. Repetitions
  - b. Drill work (Tee, Soft Toss, Short Toss)
  - c. Bunting
- 6) Learning Team Fundamentals
  - a. Cutoffs and relays
  - b. Basic bunt defenses
  - c. Basic 1<sup>st</sup> to 3<sup>rd</sup> situations
  - d. Double plays
  - e. Defending a steal
  - f. Communication by positions

## 6<sup>th</sup> Grade/7<sup>th</sup> Grade – Little League

- 1) Learning Basic Rules
  - a. Pickoffs
  - b. Balks
- 2) Baserunning
  - a. Leads
  - b. Tag up situations
  - c. Reacting to batted balls
  - d. Steals
  - e. Rules (No-out, one-out, and two-out)
- 3) Throwing Mechanics and Pitching
  - a. Wind-up vs Stretch
  - b. 4 seam grip
  - c. Long toss
  - d. Throwing for accuracy (most important!)
  - e. How to grip a basic curveball (Don't throw a lot!)
- 4) Fielding
  - a. Do or die plays at the plate
  - b. Communicating between pitches
- 5) Hitting
  - a. Drill work (Tee, Soft Toss, Short Toss)
  - b. One-arm drill
  - c. Bunting and Drag Bunting
  - d. Hitter's count vs pitchers count
  - e. Two-strike hitting
- 6) Learning Team Fundamentals
  - a. Infield and outfield communication (Who has priority over who)
  - b. Bunt defenses
  - c. 1<sup>st</sup> and 3<sup>rd</sup> defenses
  - d. Double plays and underhand flips

## 8<sup>th</sup> Grade/High School

- 1) Learning Basic Rules
  - a. All previous
  - b. pitch counts
  - c. Signs
- 2) Baserunning
  - a. All previous
  - b. One-way leads/going on 1<sup>st</sup> move
  - c. Rules when on each base and different situational running
- 3) Throwing Mechanics and Pitching
  - a. All previous
  - b. Continue mastering breaking and off-speed pitches
  - c. Pickoff mechanics
  - d. Long toss (add in change-up grip)
- 4) Fielding
  - a. All previous
  - b. Form and fundamentals
  - c. Adapting to playing conditions
  - d. Fence drill and communication (outfield)
  - e. Preventing runners from taking extra bases
  - f. Moving between pitches
- 5) Hitting
  - a. All previous
  - b. Mental aspects
  - c. Aggressive vs defensive swings
  - d. Situational hitting/Productive outs
  - e. Advanced game situations and defenses
  - f. Importance of tee work and batting cage
- 6) Learning Team Fundamentals
  - a. All previous
  - b. Advanced pickoff plays and when to use them
  - c. Advanced game situations