

Outcomes and Skills by Divisions



DEFENSE

Throwing and Catching
Introduction to Triangle/Grounders
Getting in front of ball
Throwing ball to first
Catching ball in flight
Proper Foot Placement on Base

OFFENSE

Proper Load, Swing, Finish of Swing
Hitting a ball in flight
Intro to Base Running

EXPOSE PLAYERS TO THE FOLLOWING

Basic Knowledge of the Game and How to Properly Round Base.

DEFENSE



Introduction to Cuts and Coverage
Live Pitching Introduced
Catchers: Blocking and Framing
Pitchers: Proper Grip, Balance, Follow-through
Intro to Situations and Lead Runner
Intro to "Long Toss" and Arm Development

OFFENSE

Hitting off live pitching
Soft Toss and Proper Swing Plane
Stealing and Proper Sliding
Locating Ball & Seeing Base Coach
Proper Rounding of Base/Running
thru 1st
Utilizing Signs

EXPOSE PLAYERS TO THE FOLLOWING

Batting Cage Behavior, Bunting, and Leadoffs

DEFENSE



Bunt Defense
1st & 3rd Situations
Dropped 3rd Strike
Pitcher Location on Cuts
Catcher Location by Situation
Turning Double Plays, etc.
Pitcher: Multiple Pitches and Coverage

OFFENSE

Situational Hitting
Bunt Game
Situational Base Running
Lead Offs and Back to Base
Hit and Run
Hitting: Pitch Recognition



Refinement of baseball skills and development of finer parts of positions, techniques, habits, and general aspects of the game.



Continued Progression towards "High School" baseball skills and knowledge.