



<b>Base Running</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11/12</b>
Sliding						
Running the Bases						
When to Run and Taking Extra Bases						
Rundowns, Signs and Stealing						

Colored Blocks identify skills that should be focused on at that age level.  
 Grey Blocks identify skills that should be reinforced.

<b>AGE</b>	<b>SKILLS</b>
<b>6</b>	<p><b>Throwing: Gripping the Baseball</b></p> <p><b>Hitting: Batting Grip and Where to Stand in the Batters Box</b></p> <p><b>Fielding: Glove Positions and Watching the Ball</b></p> <p><b>Base Running: Sliding</b></p>
<b>7</b>	<p><b>Throwing: Proper Throwing Motion and Crow Hop</b></p> <p><b>Hitting: Batting Stance and Watching the Ball</b></p> <p><b>Teamwork: Supporting your Teammates, Staying Alert and Hustling</b></p> <p><b>Base Running: Running the Bases</b></p>
<b>8</b>	<p><b>Hitting: The Swing, Strike Zone and Avoiding Being Hit</b></p> <p><b>Fielding: Thinking Before the Ball is Hit, Calling for the Ball and Backing Up</b></p> <p><b>Throwing: Proper Throwing Motion and Crow Hop</b></p> <p><b>Catcher: Glove Positions and Stance</b></p> <p><b>Teamwork: Handling Failure (Strike Outs, Errors and Losing)</b></p>

<b>9</b>	<p>Fielding: Playing Outfield</p> <p>Fielding: Playing Infield</p> <p>Fielding: Calling Outs, Plays, Relays and Where to Throw</p> <p>Pitching: Grip, Wind Up, Follow Through and Ball Sweep</p> <p>Base Running: When to Run and Taking Extra Bases</p>
<b>10</b>	<p>Fielding: Double Plays, Underhand Toss, Covering Steals and Cut Offs</p> <p>Hitting: Pitch Count, Bunting, Hitting the Ball Where it's Pitched</p> <p>Base Running: Rundowns, Signs and Stealing</p> <p>Conditioning</p>
<b>11-12</b>	<p>Fielding: Playing First Base</p> <p>Fielding: Rundowns, Infield In and Bunt Defenses</p> <p>Catcher: Blocking Balls, Throwing to Bases, Pitch Count and Framing</p> <p>Pitching: Pitch Counts, Change-Ups and Covering First</p>