

Age Progressions

Throwing:

9U/10U- Focusing on the T- Formation, focusing on creating separation and a proper arm path and following through on each of our throws, we will keep this basic as possible but, if the coach feels like they have the basics down, start introducing legs and core. We are going to also start focusing on the glove side and making sure that it is tight with our body and not loose and that it's at a comfortable extension.

11U/12U- We are still teaching the T- Formation, we are still creating separation into our power position, and we are still working on a proper follow through. We are starting to introduce using our legs and the use of our core into throwing now. We are trying to take as much pressure off of the arm as we can, we want our lower body to help guide our upper body towards the target and prevent arm injuries.

13U/14U- We are incorporating all of our previous steps but, we are going to be focusing on long toss now and using our legs to create the distance the ball travels. We are going to also introduce arm care and proper training that we will be using at the high school levels.

Pitching:

9U/10U- Focusing on proper mechanics that we are creating proper arm separation, glove side is tight, our hand is behind the ball, and we are creating a motion that we will be throwing strikes. If the coach feels they are ready for the next step, teach them the power down and drive method. We want them to get in the habit of using their legs to create their power and not just their arms. Coaches will introduce the change-up. NO CURVEBALLS, SLIDERS, or Breaking balls of that nature.

11U/12U- Focusing on proper mechanics still as stated previously before. We have good arm separation, our glove side is tight, our hand is behind the ball, and we have mechanics that allow us to throw consistent strikes. We are going to focus on the power down and drive method to take as much pressure off of our arms as we can. We are creating a motion that is most direct to the plate. Coaches will still work on change-ups and establishing them. NO BREAKING BALLS.

13U/14U- Same expectations as before except now. Pitchers will be expected to throw their change-ups consistently in games and have a good feel for it. Coaches can teach a breaking pitch if and ONLY, they show proper command of their pitches may they learn a breaking ball. We are still very iffy on this and would prefer that they wait till 15's or High school baseball to learn a breaking ball.

Fielding:

9U/10U- proper fielding stance, nice and athletic, using two hands to field the ball. We are going to use either the Alligator technique or the sandwich technique. Making sure they are stepping and throwing.

11U/12U- Proper fielding stance, nice and athletic, two hands fielding the ball, using either hand technique. We are going to focus on coming through the ball now, staying low and following your throw

13U/14U- Proper fielding stance, nice and athletic, two hands fielding the ball, using either hand technique, focusing on coming through the ball, staying low and following your throw, we are going to focus on coming around the ball to square your body up with their target.

Hitting:

9U/10U- Working on proper grips of the bat, proper swings to square up the ball, using their legs and hips. "Squashing the Bug" or driving your hips through the ball.

11U/12U- Everything stated before but, now we are going to add how to bunt and your proper bat path towards the ball. This will be under coach's discretion, either coming down on the ball or straight at the ball. We are having them focus on driving the ball up the middle or gap to gap.

13U/14U-Everything as stated before, bunting should still be a primary focus for these batters. We are going to start teaching them about letting the ball travel and how to use the whole field to their advantage. You take the mentality of driving the ball up the middle, let it travel and drive it, it will be a line drive to the opposite field.

Base running:

9U/10U- Teaching them how to properly run, how to properly tag up and round bases.

11U/12U- Everything stated before, how to take proper leads off of bases and how to steal properly. We how to be aggressive on the base paths and how to take advantage of other teams mistakes.

13U/14U- Everything as stated before, teaching them double steals and how to take advantage of each other teams aggressions.