



Skill Objectives by Level

PEE WEE

Skills

Fielding - stance /hands out / bend at the knees / attack the ball/ catch step and throw

Throwing Sequence – one knee/ both feet / field goal position R / L throw

Hitting - stance: bat on shoulder / lift front heel / follow through extend

Running – run through first base / running to second / running to 3rd

ROOKIE / FARM

Skills

Fielding - stance / hands out / bend at the knees / attack the ball / catch step and throw / transfer / follow through / backhand / barehand / circle the ball / drop step

Throwing Sequence - one knee/ both feet / field goal / Rockers / R-L throw / crow hop

Hitting - stance / toes / launch / lift front heel / load / drive the knee / swing the knob/extend / follow through

Running – Form running / run through first base / breakdown at first / running to second Picking up a coach / running to 3rd/ tagging up / sliding

MINOR

Skills

Fielding - stance / hands out / bend at the knees / attack the ball / catch step and throw / transfer / follow through/ backhand / barehand / circle the ball / drop step

Throwing Sequence - one knee / both feet / Rockers / field goal/ R-L throw / crow hop

Hitting - stance / toes / launch / lift front heel / load / drive the knee / swing the knob/extend / follow through/

Running – Form running / run through first base / breakdown at first / running to second Picking up a coach / running to 3rd/ tagging up / sliding / leadoffs / steals

MAJOR

Skills

Fielding - stance / hands out / bend at the knees / attack the ball / catch step and throw / transfer / follow through / backhand / barehand / circle the ball / drop step / cutoffs / backups / bunt coverages

Throwing Sequence - one knee / both feet / Rockers / field goal / R-L throw / crow hop / quick transfer

Hitting - stance / toes / launch / lift front heel / load / drive the knee / swing the knob/extend / follow through timing / bunts

Running – Form running / run through first base / breakdown at first / running to second Picking up a coach / running to 3rd/ tagging up / sliding / leadoffs / steals

GRAPEFRUIT

Skills

Fielding – same as above; emphasize game / game situations and priority of ball in play

Throwing Sequence – same and Ball in Glove and long toss before quick transfer

Hitting – same as above; learning counts and pitch selection; reading release / spin

Running – same as above

CACTUS

Skills

Fielding – same as above; emphasize game / game situations and priority of ball in play

Throwing Sequence – same as above and Ball in Glove and long toss before quick transfer

Hitting – same as above; learning counts and pitch selection; reading release / spin

Running – same as above