

Major Development Objectives

During this division most of the players have some baseball experience. With this age group you should be able to get more technical with instruction.

Batting

Review: Timing (load), Pitch selection

1. Hitting the other way, Pulling or up the middle (where its pitched)
2. Bunting

Throwing

Review: Step and throw, Crow hop, Distance and accuracy

1. Introduce long toss
2. Quick transfer from glove to throwing hand.

Catching/Fielding

Review: Ground balls forehand and back hand, Tracking Fly balls

1. Routes to flyballs
2. Reading hops on ground balls
3. Set up on fly balls to throw

Pitching

Review: Pitching from the stretch, 4 Seam/ 2 Seam Fastball, Push off mound with drive leg.

1. Change Up
2. Pitch location selection
3. Introduce the Wind up.

Baseball Strategy

Review: Cut offs, Where to cover/back up depending on where ball is hit.

1. Advanced defensive positioning (favouring a pull hitter, guarding a bunt)
2. Hit and run while batting
3. Defence during a bunt

Base running

Review: Sliding feet first, Rounding the bases, Stealing

1. Freeze on line drives
2. Pro active on tagging up

Catcher Position

Review: Position and stance, Blocking

1. Receiving
2. Pitch set up
3. Pop time