

## **Minor Development Objectives**

Now the players are pitching. Baseball is more real. Even at the noncompetitive level most rules are in effect. Pitching takes time to learn so learning to throw strikes is the top priority.

### **Batting**

Review: Load, Swing Path, follow through

1. Timing (load)
2. Strike zone/pitch selection

### **Throwing**

Review: Arm back, back of hand, elbow above or inline with shoulder, using hips, Follow through

1. Step and throw
2. Crow hop
3. Distance and accuracy

### **Catching/Fielding**

Review: Fielding ready position, Get in front of ground balls, Fly balls

1. Ground balls forehand and back hand
2. Tracking Fly balls

### **Pitching**

1. Pitching from the stretch
2. 4 Seam/ 2 Seam Fastball
3. Push off mound with drive leg.

### **Baseball Strategy**

Review: Force play or tag, Defensive Positioning

1. Cut offs
2. Where to cover/back up depending on where ball is hit.

## **Running the Bases**

Review: Running through/rounding first base, Tagging up

1. Sliding feet first
2. Rounding the bases
3. Stealing (when ball crosses home plate)

## **Catcher Position**

Review: How to wear the gear, Basic positioning

1. Position and stance
2. Blocking