

## **Rookie Development Objectives**

Rookie is still early in development, but now they are attempting to hit a moving ball. Which is the hardest thing to do in baseball. The overall goal of this league is to make it fun, and carry on the development of the ballplayers. Keep in mind this could be the entry point for some kids just starting the game.

### **Batting**

Review: Stance/Grip

1. Load (when and how)
2. Swing path/swing plane (palm up/palm down)
3. Follow through (balanced)

### **Throwing**

Review: Grip, Glove toward target

1. Arm back, back of hand
2. Elbow in line with shoulder or higher
3. Using hips
4. Follow through

### **Catching/Fielding**

Review: Two hand catch Thumbs together/pinkies together.

1. Fielding ready position
2. Get in front of ground balls
3. Fly balls

### **Baseball Strategy**

Review: Position name

1. Where is the force play, tagging base runner
2. Defensive positioning location.

### **Running the bases**

1. Running through first base/rounding first
2. Tagging up on fly ball.

### **Catcher Position**

1. How to wear the gear
2. Basic positioning