

Skill Areas <i>(X- The skill should be incorporated and trained at that age)</i>	Entry-7 (Activate)	Ages 7-9 (Discover)	Ages 10-12 (Discover)	Ages 12-14 (Progress)	Ages 14-15 (Develop)
Warm-up:					
Fun Dynamic exercise routine	X				
Limited Dynamic/Static combination		X			
Full Dynamic/Static combination			X	X	X
Fundamental Throwing:					
Proper grip of the ball	X	X			
Basic one step and throw	X	X			
Proper throwing motion (arm action/circle)	X	X			
Proper follow through	X	X			
Proper glove position while throwing	X	X	X	X	X
Proper upper body rotation	X	X	X	X	X
Hitting a target while throwing			X	X	X
Proper head stability and linear mvmt			X	X	X
Following your throw to your target			X	X	X
Back spin drills			X	X	X
One-Knee drills			X	X	X
Power position drills			X	X	X
Fundamental Catching the Baseball:					
Proper positioning of the feet	X	X			
Basic glove and hand position	X	X			
Moving feet around ball when receiving			X	X	X
Fundamental Ground Ball and Infield Play					
Understanding different IF positions	X	X			
Stance/Ready position	X	X			
Glove position	X	X			
Getting in front of the ball	X	X			
Using two hands	X	X			
Being able to turn the glove over (4 corners)	X	X			
Proper fielding position	X	X	X		

Attacking routine ground ball	X	X	X	X	X
Approach/movement w. pitch			X	X	X
Understanding angles on routine on GB			X	X	X
Backhands		X	X	X	X
Glove hand/forehand		X	X	X	X
“V” cut ground ball			X	X	X
Slow roller			X	X	X
Short hops			X	X	X
Dive and recover			X	X	X
Double play pivots (SS & 2B)			X	X	X
Double play positioning (SS & 2B)			X	X	X
Double play feeds and flips (SS & 2B)			X	X	X
First baseman footwork around bag			X	X	X
Covering bases on steals and picks (3B, SS, 2B)			X (If league allows stealing)	X	X
Tagging runners			X	X	X
Holding runners (1B,SS & 2B)			X (If league allows leads at 1st)	X	X
Fundamental Popup/flyball & OF Play					
Understanding different OF positions	X	X			
Stance/Ready position	X	X			
Glove position on pop-up/flyball	X	X			
Using One hand vs two hands	X	X			
Getting the ball in quick	X	X			
Fielding a GB in the OF	X	X	X	X	X
1. Keeping it in front	X	X	X	X	X
2. Do or die (off to the side)			X	X	X
Hitting the cut-off		X	X	X	X
Approach/movement w. pitch			X	X	X
Drop stepping (fly balls to left &right)			X	X	X
“Open Gate” Fly ball/line drive over head			X	X	X
Catching the ball on the run			X	X	X
Ground balls to the left & right of fielder			X	X	X

Wheel throw on a ground ball			X	X	X
Using the shuffle step to throw			X	X	X
Getting behind a fly ball			X	X	X
Playing the fence			X	X	X
Throwing to bases/ Long hops				X	X
Throwing to proper base				X	X
Diving and/or sliding catches				X	X
Fundamental Hitting Concepts:					
Using the proper bat	X				
Gripping the bat	X				
Standing in batters box and distance to plate	X				
Stance	X				
Finishing your swing	X	X			
Being aggressive when swinging	X	X			
Learning what the strike zone is		X			
Other basic mechanics:					
<i>Loading the swing</i>		X	X	X	X
Stride to swing (launch position)		X	X	X	X
Balance when swinging		X	X	X	X
Swing path			X	X	X
Rhythm/timing			X	X	X
Approach			X	X	X
Bat control skills & situations:					
Understanding contact points			X	X	X
Sacrifice bunting			X	X	X
Safety squeeze/suicide squeeze				X	X
Bunting for hits (Drag/Push)				X	X
Hit and Run				X	X
Run and hit				X	X
2K approach				X	X
Advancing a runner from 2 nd w ith 0 outs				X	X
Infield up w. runner on 3B				X	X
Infield back w. runner on 3B				X	X

Pitch recognition				X	X
Strike zone management				X	X
Hitting off a tee	X	X	X	X	X
Front toss		X	X	X	X
Fundamental Base Running Concepts:					
Being able to identify different bases	X				
How to run the bases in proper order	X				
Understanding how base lines work when running	X	X			
How to run through first base		X	X	X	X
How to round first base		X	X	X	X
Understanding what a force out is		X			
Understanding tagging up concept		X			
Understanding when to run on pop-up/flyball		X			
Understanding infield fly rule			X	X	X
Running 1 st to 3 rd and 2nd to home		X	X	X	X
Understanding when to advance while at 2nd		X	X	X	X
Proper straight leg slide	X	X	X	X	X
Pop-up, hook and fade slides			X	X	X
Primary lead (all bases)			X (if leads are allowed)	X	X
Secondary leads (all bases)			X (if leads are allowed)	X	X
Reading pitched ball in dirt			X	X	X
Taking the extra base/reading throw from OF			X	X	X
Stealing bases (2 nd and 3 rd base)				X	X
Delayed Steal				X	X
Contact play at 3B				X	X
Fundamental Pitching Concepts:					
Starting stance: Use of rubber & foot placement			X		
Understanding wind-up vs. stretch position			X	X	X
Basic FB grips			X	X	X
Off-speed pitch grips				X	X
Basic Mechanics					
Pivot foot					

Leg lift			X	X	X
Linear/inline head movement on stride			X	X	X
Proper follow through with backside			X	X	X
Other:					
Holding runners				X	X
Pick moves (1st and 2nd base)				X	X
Slide step vs. leg lift				X	X
Pitch outs				X	X
Intentional walks				X	X
Fundamental Catching Concepts:					
How to wear the equipment		X			
Squatting/feet positioning/Stance		X			
Primary vs secondary stance			X	X	X
Glove position		X	X	X	X
Positioning with home plate and batter		X	X	X	X
Receiving (basic)		X	X	X	X
Receiving (advanced- one knee down)				X	X
Blocking a ball straight at you			X	X	X
Blocking a ball to the left and right			X	X	X
Pop up technique			X	X	X
Throwing footwork to 2 nd and 3 rd			X	X	X
Back pick throws to 1st				X	X
Receiving a pitch out				X	X
Intentional walks					X
Plays at the plate			X	X	X
Fielding bunts			X	X	X
Making a play at the plate on passed ball			X	X	X
Giving signs			X	X	X
Team Situational Concepts:					
Understanding "ball, base or backup" concept		X	X	X	X
OF throwing to a cut (basic)		X			
Cuts and relays (modified)			X		

Tandem cuts and relays (advanced)				X	X
Backing up bases (specific to position)		X	X	X	X
Fielding bunts (C/3B/1B)			X	X	X
Bunt defense			X	X	X
1 st and 3 rd defense			X	X	X
1 st and 3 rd offense			X	X	X
Pop-up communication			X	X	X
Inf/OF fly ball communication			X	X	X
Rundowns			X	X	X
Pick plays				X	X
Basic Positioning:					
Standard	X	X	X	X	X
Double play depth			X	X	X
Infield up				X	X
Corners up/middle back				X	X
IF Half way				X	X
Shifts				X	X
Daily Practice Organization Outline: *Highlighted segments should be repeated at every practice					
Fun Dynamic exercise routine	10 min				
Limited Dynamic/Static combination		10 min			
Full Dynamic/Static combination			15 min	15 min	15 min
Base running fundamental concepts	10-15 min	10-15 min	15-20min	15-20min	15-20min
Throwing/Catching fundamentals	10-15 min	10 min	10-15 min	10-15 min	10-15 min
OF/IF skill fundamentals	15-20min	15-20min	30 min	30 min	30 min
Pitcher/Catcher skill fundamentals			X	X	X
Bullpens			as needed	as needed	as needed
Team situational concepts (C,P, OF, IF)	10 -15 min (Basic!)	15-20 min	20 min	20-25 min	20-25 min
Pitcher fielding practice (w. catcher & IF)				X	X
Advanced team situational work w. runners			X	X	X

Sheet1

Hitting/Tee work fundamentals	30 min (stations)	15-20 min	Include in BP groups	Include in BP groups	Include in BP groups
On-field batting practice (coach pitch)		25-30 min	X	X	X
TOTAL Batting Practice Time			45- 1 hour	45- 1 hour	45- 1 hour
Controlled coach pitch scrimmages/situations		15-20 min	20 min	20 min	20 min
Hours of active work	Max. 1.5 hours, with plenty of breaks	2-2.5 hours	2.5 hours	2.5-3 hours	2.5-3 hours
Fundamental Coaching Suggestions:					
Keep drills varied	X	X	X	X	X
Drills should be kept at about 10-15min	X				
15-20 min		X			
20-25min			X	X	X