

Druid Hills Youth Sports Player Development Program

AA League (7-8 Year Olds)

	Basic Skills / Goal	Skills to Introduce	Suggested Drills
Rules	<ul style="list-style-type: none"> • Understanding force plays. • Understanding when base runners do and do not have to run. 	Playing the catcher position.	
Defense	<ul style="list-style-type: none"> • Understanding the basic defensive areas that players should cover. • Understanding how to cover the nearest base. • Understanding basic cutoffs to second base. • Understanding how to control runners by throwing to the next base. • Advanced throwing. <ul style="list-style-type: none"> ○ Understand how to grip a baseball (four seam grip). ○ Generating power from the body. ○ Following-through to the target. • Understanding and executing when to catch with fingers up as opposed to fingers down. • Understanding how to make a big target. 	<ul style="list-style-type: none"> • Introduce tracking of fly balls in the outfield and the drop step. • Introduce backup responsibilities (pitcher, middle infielders, corner outfielders). • Introducing the underhanded flip. • Introducing the correct way to make forehand and backhand defensive plays. • Communication techniques between defensive players. • Introduce outfield throws versus infield throws. 	<ul style="list-style-type: none"> • “Chop 5” form throwing. • High five drill. • Relay games with 3-4 players. • Elbows to knees drills for fielding preparation. • Ground ball repetition drills. • Freeze plays with full field of players to work on cutoffs and positioning with frequent player rotation. • Corner outfield to second base throwing drills. • Around the horn (advanced teams).
Offense	<ul style="list-style-type: none"> • Making consistent contact with pitched balls. • Understanding how to take instructions from base coaches. • Understanding what to do as a base runner when a fly ball is hit. 	<ul style="list-style-type: none"> • Introduce sliding. • Introduce the concept of balls and strikes and pitch selection, 	<ul style="list-style-type: none"> • Cage repetition. • Tee repetition. <ul style="list-style-type: none"> ○ Athletic stance. ○ Feet bat width apart. ○ Elbows on table. ○ Concentrate on rear foot rotation (squash the bug). ○ Concentrate on high finish. ○ NO STRIDE until player can consistently rotate back foot. • Spin drills. • Second to home and first to third base running drills incorporating slides.
Sportsmanship and Safety	<ul style="list-style-type: none"> • Understand that baseball requires undivided attention when on the field. 		