

## Druid Hills Youth Sports Player Development Program

### AAA League (9-10 Year Olds)

	Basic Skills / Goal	Skills to Introduce	Suggested Drills
Rules	<ul style="list-style-type: none"> <li>Understand offensive interference and defensive obstruction.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce infield fly rule.</li> </ul>	
General Defense	<ul style="list-style-type: none"> <li>Ability to move to left and right to field ground balls; appropriate use of forehand and backhand.</li> <li>Understand infield territory and who calls whom off.</li> <li>Understanding how to throw two bases in front of the lead runner from the outfield and the technique to throw from the outfield.</li> <li>Understand backup positions.</li> <li>Understanding “prep steps” in cadence with pitcher.</li> <li>Demonstrating ability to control runners.</li> <li>Demonstrate ability to throw from first to third.</li> <li>Demonstrate ability to track and catch fly balls.</li> <li>Understand appropriate usage of flip throw versus dart throw.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce how to dive for a baseball.</li> <li>Introduce the number of outs and play depth.</li> <li>Introduce routine 6-4-3 and 4-6-3 double plays.</li> <li>Introduce advanced cutoffs through first and third basemen (National League).</li> <li>Introduce rundowns (National League).</li> </ul>	<ul style="list-style-type: none"> <li>Throwing progression (wrist and elbow, one knee; step and throw, shuffle throws).</li> <li>Long toss.</li> <li>Relay throwing races.</li> <li>Cone based drop step drills using Accubat or other racquet.</li> <li>Flip drills between players using second base or in close proximity to each other.</li> <li>Follow-the-ball; Around the Horn.</li> <li>Double play simulation.</li> <li>Pad drills.</li> <li>Fly ball coverage using Accubat or other racquet.</li> </ul>
Catchers	<ul style="list-style-type: none"> <li>Demonstrate ability to catch pitched balls.</li> <li>Demonstrate ability to drop to knees and block balls.</li> <li>Demonstrating the ability to consistently return the ball accurately to the pitcher.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce how to go quickly from catching position to throwing.</li> <li>Introduce how to locate target for pitcher (advanced National League pitchers and catchers).</li> </ul>	<ul style="list-style-type: none"> <li>Throw downs to second.</li> <li>Goalie style competitions (defend a zone).</li> </ul>
Pitchers	<ul style="list-style-type: none"> <li>Understand and demonstrate basic pitching mechanics from a stretch position.</li> <li>Understand four seam fastball grip.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce locating pitches (advanced National League pitchers).</li> </ul>	<ul style="list-style-type: none"> <li>“Chop 5” form throwing.</li> <li>High five drill.</li> <li>Figure eight drill.</li> <li>String drill (at home).</li> </ul>
Offense	<ul style="list-style-type: none"> <li>Understand pitch selection and when and when not to swing / understanding the difference between balls and strikes.</li> <li>Demonstrate a repeatable routine and approach in every at bat.</li> <li>Demonstrate ability to hit a pitched ball in 50% of all at bats.</li> <li>Demonstrate the ability to run the bases for extra base hits and take direction from base coaches.</li> <li>Understand advancing bases on a sacrifice fly ball.</li> <li>Demonstrate ability to slide safely.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce bunting.</li> <li>Introduce secondary leads.</li> <li>Introduce hitting to different fields based on location of the pitch.</li> <li>Introduce signs from the third base coach.</li> <li>Introduce how to avoid a pitch without getting injured or inadvertently fouling a ball.</li> </ul>	<ul style="list-style-type: none"> <li>Home to second base running drills incorporating slides.</li> <li>First to third base running drills incorporating slides.</li> <li>Heavy batting cage repetition.</li> <li>Tee repetition.                             <ul style="list-style-type: none"> <li>Athletic stance.</li> <li>Feet bat width apart.</li> <li>Elbows on table.</li> <li>Concentrate on rear foot rotation (squash the bug).</li> <li>Concentrate on high finish.</li> <li>NO STRIDE until player can consistently rotate back foot.</li> </ul> </li> <li>Shallow fly ball drill (learning how to tag from third base).</li> <li>Use of tennis balls to learn pitch avoidance.</li> </ul>