

Druid Hills Youth Sports Player Development Program

Rookie League (5-6 Year Olds)

	Basic Skills / Goal	Skills to Introduce	Suggested Drills
Rules	<ul style="list-style-type: none"> • Learning the name and location of all defensive positions. • Understand the concept of making outs. • Understanding the base to run to when a ball is hit. 	<ul style="list-style-type: none"> • Understanding the difference between force plays and making a tag. 	<ul style="list-style-type: none"> • Kickball.
Defense	<ul style="list-style-type: none"> • Demonstrate ability to repeatedly form throw in practice and games. • Understanding the ready position. • Fielding ground balls in front of the body. • Catching a thrown ball in front of the body and tracking it with your eyes. • Ability to recognize when a ball is hit to a player's defensive area and pursue it aggressively. Understand when to let a teammate field the ball. 	<ul style="list-style-type: none"> • Introducing how to catch a fly ball. • Introduce how to keep ball in front of the runner. • Introduce how to make a target for fellow defensive players. 	<ul style="list-style-type: none"> • "Chop 5" form throwing drill. <ul style="list-style-type: none"> ○ Have partner make a big glove before throwing. • High five drill. • Throwing, catching, and fielding repetition with tennis balls to take away the fear of being hit. • Learning how to open the glove up and make a target • Full field freeze plays. Player fields ball and everyone freezes and takes direction on where to go.
Offense	<ul style="list-style-type: none"> • Understand appropriate batter's box to stand in. • Understand how to grip a bat. • Understand how to address and hit off of a tee with minimal coach placement. • Successfully hitting underhanded coach toss on a consistent basis. 	<ul style="list-style-type: none"> • Understanding how to run through first base or take extra bases when appropriate. • Learning how to look for instructions from base coaches. • Introduce concept of what to do when on base and a fly ball is hit. 	<ul style="list-style-type: none"> • Home to first base running drills. • 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. • Soft toss. • Form running (high knees). • Spin drills with rear foot. • Wiffle ball drills and games.
Sportsmanship and Safety	<ul style="list-style-type: none"> • Bat control when not on deck or at bat. 		