

<b>CORE SKILL AREAS</b>	<b>Reference</b>	<b>T-Ball</b>	<b>AA-Ball</b>	<b>AAA-Ball</b>	<b>Minors</b>	<b>Majors</b>
<b>Age Level</b>		<b>5-6yr</b>	<b>7-yr</b>	<b>8-yr</b>	<b>9-10yr</b>	<b>10-12yr</b>
<b>Warm-ups:</b>						
fun exercise routine	Getting Started	X				
full stretching & exercise routine	Basic		X	X	X	X
pre-game & pre-practice routine	Advanced				X	X
<b>1. Pitching:</b>						
proper 1-step technique from the pivot position	Getting Started	X				
full wind-up motion	Basic		X	X	X	X
grip and throw; fastball; change-up	Advanced				X	X
pitching from full wind-up and set positions	Advanced				X	X
<b>2. Baserunning/Sliding:</b>						
from a base, through a base, around the bases	Getting Started	X				
basic fundamentals of baserunning, no lead offs	Basic		X	X	X	X
taking a lead-off <sup>1</sup> and stealing from each base	Advanced					X
straight-in bent leg slide	Basic				X	X
pop-up, hook and fade away	Advanced				X	X
<b>3. Hitting/Bunting:</b>						
fundamentals of hitting and hitting off a tee	Getting Started	X				
grip; stances; straight away, open	Basic		X	X	X	X
distance from the plate and bat coverage	Basic		X	X	X	X
the technique of the complete swing	Basic		X	X	X	X
pull hitting, hitting straight away, hitting to the opposite field	Advanced				X	X
sacrifice bunt; square around and pivot technique	Basic			X	X	X
drag, push and squeeze bunt techniques	Advanced				X	X
<b>4. Fielding:</b>						
safe & proper technique for receiving ground balls	Getting Started	X				
safe & proper technique for catching fly balls	Getting Started	X				
complete fielding & throwing technique straight on ground balls	Basic		X	X	X	X
catching fly balls on the run; forehand, backhand	Basic		X	X	X	X
<b>5. Catching:</b>						
how to wear the equipment	Getting Started	X				
catching position and receiving the ball	Getting Started	X				
making the play at the plate	Getting Started	X				
relaxed and ready positions, blocking a ball straight on	Basic		X	X	X	X
throwing technique to each base, tag play at the plate	Basic		X	X	X	X
catching a pop-up, making a play on a pass ball	Basic		X	X	X	X
receiving and framing the pitch, giving signs	Advanced				X	X

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blocking the ball; to the left and right	Advanced				X	X
fielding bunts, double play foot work, intentional walks <sup>2</sup>	Advanced				X	X
<b>6. 1st/2nd/3rd/Shortstop Bases:</b>						
fielding positions, cut-off and relay technique	Advanced				X	X
defending the bunt, double play technique	Advanced				X	X
double play footwork and throws	Advanced				X	X
pick-off play techniques	Advanced				X	X
First - footwork at 1st base and technique for receiving throws	Advanced				X	X
Second - receiving throws at 2nd and 1st base	Advanced				X	X
Third - receiving throws at 3rd, defending the bunt technique	Advanced				X	X
Shortstop - receiving throws at 2nd and 3rd base	Advanced				X	X
<b>7. Throwing:</b>						
1-step motion	Getting Started	X				
grip and 2-step motion, for short, medium, long throws	Basic		X	X	X	X
<b>Coaching:</b>						
<b>Drills and Fun Activities</b>						
for each of the 7 skills included	Getting Started	X				
<b>How to organize a practice and game</b>						
how to make practices and games fun!	Getting Started	X	X	X	X	X
<b>Fun Practice Planner</b>						
a practice planner framework	Getting Started	X	X	X	X	X
<b>Practice Drills:</b>						
multiple drills for each position	Basic		X	X	X	X
<b>Practice Plans:</b>						
practice planning framework and sample set of plans	Basic		X	X	X	X
<b>Coaches Checklist:</b>						
coaching tips sheet for skills	Basic		X	X	X	X
<b>Offensive &amp; Defensive Game Strategies:</b>						
complete offensive/defensive system of play, multiple situations	Advanced				X	X
<b>Coaching at 1st &amp; 3rd:</b>						
coaching base runners	Basic	X	X	X	X	X
coaching signals	Basic	X	X	X	X	X
making a line-up	Basic	X	X	X	X	X
coaching base runners	Advanced				X	X
coaching signals	Advanced				X	X
making a line-up	Advanced				X	X