

	Age	Hitting	Base running	Throwing	Fielding	Defensive Play	Pitching	Work Ethic	Attitude
T E E B A L L	5	Feet Position/Aligned Balanced Stance Grip/Knocking Knuckles Nose on Ball	Basic Rules Run through First	Grip - 4 Seam Wrist Snap Glove Points to Target	Ready Position Fingers up above knees Fingers down below knees	Get ball to 1B or P	N/A	Have Fun!	Fun. Anything goes Making Friends Snack is Key!
	6	All above Contact in front of front foot	All above Explode from base Read Position	All above Step to target	All above	Get ball to 1B or P	N/A	Have Fun!	Fun to learn!
I N S T R U C T I O N A L	7	All above Trunk Rotation - Power L Direct Hand Path to Ball Finish/Follow Through	All above Listen to Base Coaches Explode from base Rounding bases	All Above Step, Point, Throw "Ball to the Wall" Throwing elbow up Shoulder to Shoulder	All above Ready + Creep Step Charge all Grounders Soft Hands Field ball out in Front Lateral movement	All above Concept of Force Out Easiest Base Get Ball to P Tag technique	Position on Rubber Wrist flicks Release Point Sling (no windmill) Focus on Target Basic drills only	Have Fun! Intro to learning	All above Desire to Learn Positive expectation
	8	All above Front Heel Lift/Toe Tap Timing	When to run/stay Circle Rule (P w/Ball)	All above Trunk Rotation	All above Drop Step Short Pop Fly's	All above Lead Runner Cutoff Technique	All above Push off rubber Stride and Step to Target	Have Fun! Continue Learning	All above Positive/Fun Team Cheers
M I N O R S / M A J O R S	9	All above Timing - on Release Bunting	All above Explode on Release Sliding	All above Accuracy/Repetition Longer Throws	All above Learn grounder rhythm Learn backhand	All above Situational Defense Communication	All above Develop Control Begin Windmill	Have Fun! Really learning Start bearing down	All above Desire to improve Team Cheers
	10	All above Hit ball where it is pitched Hands Inside Ball Count Awareness Bat on plane of pitch Tuning Reps	All above Tagging up Stealing Freeze on Line Drive Proper Leads Aggressiveness	All above Perfect Technique Crow Hop (outfield throws)	All above Fly Balls Fielding footwork Transfer footwork Repetition and tuning	All above Cutoffs/Relays Double Play Rundowns	All above Stay Tall Intro to work ethic Advanced Drills Good Mechanics Tuning	Have Fun! Working hard	All above Desire to improve and Compete
	11	All above Hit ball where it is pitched Tuning Reps	All above More Aggressive	All above Accuracy/Strength Perfect Technique	All above Mental toughness Repetition and tuning	All above Steal defenses Bunt defenses	All above Leg Drive/Stride Perfect Technique	Have Fun! Working hard on weaknesses	Goal Setting Mental toughness
	12	All above Tuning Reps	All above Advanced Leads	All above Arm Strength Perfect Technique	All above Aggressiveness	All above Communication	Concentration Control/Command Confidence	Have Fun! Working hard on weaknesses	Compete to win Team Cheers
	Goals	Hitters that hit in front of the plate, generate power from the trunk, take their hands directly to the ball, have muscle memory in the strike zone, and load up and release power efficiently.	Aggressive, knowledgeable base runners	Kids that use their trunk for power, have good footwork, throw with their elbows up. Accurate and strong throwers	Confident, fundamentally sound fielders. Aggressive fielders not afraid to fail.	Confident, solid defense. Strong sense of communication and positional responsibilities.	Command and Technique are Key Foundational Elements. Once these are established new pitches can be taught/learned.	Kids who love the game and want to work hard to improve.	Confident, hungry, and positive can-do attitude