

Little League Skill Sets for Each Division Level

T-BALL

A T-Ball player should be taught and understand the following

Safety

- The player must understand not to throw a ball at another player unless the receiving player is aware and ready to receive the ball.
- The player must understand not to swing a bat near other players.
- The player must not pick up a bat unless it is handed to him/her by a coach.
- The player must not throw his/her bat after hitting the ball.
- Teamwork, sportsmanship & respect for the game
- The player will strive to support other players and show respect for all participants.

Fielding

- The player will strive to keep his/her back bent forward (not butt down) , head up, hands forward and in the “alligator” position when fielding a ground ball.
- The player will strive to employ the 'baseball ready' position on every pitch.

Catching a tossed ball

- The player will strive to catch balls above their waist with their fingers up and thumbs tips touching. Balls below their waist should be caught with their fingers down and their pinky finger tips touching.

Hitting

- The player will understand how to properly grip the bat with knocking knuckles generally lined up.
- The player will understand a basic hitting stance.
- The player will strive to turn his/her hips and pivot on their back foot during the swing.

Throwing

- The player will understand the proper two or three finger grip.
- The player will understand the proper beginning body position.
- The player will look at the target and step toward the target when throwing.
- The player will be encouraged to remove the ball from his/her glove with his/her thumb down.
- The player will strive to follow through as part of each throw.

Base Running

- The player will be able to name all the bases.
- The player will understand which base to advance to & when.
- The player will strive to understand how and when to run through first base.
- The player will strive to listen to base coaches for instruction.

General Concepts

- A T-Ball player will strive to be able to name all the positions on the field.
- A T-Ball player must have FUN!

COACH PITCH

A Coach Pitch player should be taught and understand the following

Safety

- The player must understand not to throw a ball at another player unless the receiving player is aware and ready to receive the ball.
- The player must understand not to swing a bat near other players.
- The player must not throw his/her bat after hitting the ball.
- Teamwork, sportsmanship & respect for the game
- The player will strive to support other players and show respect for all participants.

Fielding

- The player will strive to keep his/her back bent (not butt down) , head up and hands forward when fielding a ground ball.
- The player will employ the 'baseball ready' position on every pitch.
- The player will begin to learn to move to and through the ball when fielding.
- The player will begin to understand different fielding techniques based on position.
- A player will strive to employ proper foot technique to position themselves to field ground balls hit to the right, left, and directly at him/her.
- Catching a tossed ball or fly balls
- The player will catch balls above their waist with their fingers up. Balls below their waist will be caught with their fingers down.
- Players will strive to develop proper glove positioning for catching fly balls.
- Players will strive to employ proper foot technique to position themselves to make a catch based on where the ball is hit.

Hitting

- The player will understand how to properly grip the bat with knocking knuckles generally lined up.
- The player will understand a strong hitting stance as it relates to home plate.
- The player should understand the strike zone.
- The player will strive to employ a proper load.
- The player will strive to turn his/her hips and pivot on their back foot (squash the bug) during the swing.

Throwing

- The player will understand how to grip the baseball.
- The player will understand the proper beginning body position.
- The player will look at the target and step toward the target when throwing.

- The player will be encouraged to remove the ball from his/her glove with his/her thumb down.
- The player will follow through as part of each throw.
- The player will emphasize proper mechanics with every throw.

Base Running

- The player will be able to name all the bases.
- The player will understand which base to advance to & when.
- The player will understand how and when to run through first base.
- The player will understand what it means to 'round' a base.
- The player will understand how to run the bases on extra base hits.
- The player will listen to base coaches for instruction.

Catching

- Fundamental catching mechanics will be introduced.

General Concepts

- The player should understand the concept of throwing ahead of runners.
- The player should understand the concept of 'backing up' plays.
- The player should understand rules of play and fielding positions.
- The player should understand the basics of when to tag the runner and when there is a force out.
- *Hustling on and off the field is paramount. No walking between the lines. When third out is recorded the defensive team should be off the field before the other team takes the field.*

MINORS

A Minors player should be taught and understand the following

Safety

- The player must understand not to throw a ball at another player unless the receiving player is aware and ready to receive the ball.
- The player must understand not to swing a bat near other players.
- The player must not throw his/her bat after hitting the ball.
- Teamwork, sportsmanship & respect for the game
- The player will strive to support other players and show respect for all participants.

Fielding

- The player will understand they have a role on every play and should never be just observing during a play.. Players should thoroughly understand the concept of “The 3-B’s” - Ball, Base or Backup.
- The player will move to and through the ball when fielding.
- The player will understand different fielding techniques based on position.
- A player will strive to employ proper foot technique to position themselves to field ground balls hit to the right, left, and directly at him/her.
- The player will demonstrate proper foot technique to position themselves for the throw.
- Catching fly balls and outfield play
- Players will strive to employ proper foot technique to position themselves to make a catch based on where the ball is hit.
- The player will understand when and how to charge ground balls.
- The player will demonstrate proper foot technique to position themselves for the throw. Stay behind the ball moving toward the target with the catch.
- The outfield player will understand they have a role on every play and should never be just observing during a play. Players should learn the concept of “The 3-B’s” - Ball, Base or Backup
- Players should learn to “eat” (hold rather than throw) the ball instead of making a throw that will be late or wild.

Hitting

- The player will demonstrate a strong hitting stance as it relates to home plate.
- The player will refine his/her understanding of the strike zone.
- The player will strive to employ a proper load and may add a stride.
- The player will demonstrate the ability to turn his/her hips and pivot on their back foot (squash the bug) during the swing.

- The player will begin to understand 'sacrifice' and the concept of 'situational' hitting to advance runners.
- (AAA) The player will demonstrate a strong understanding of the fundamentals of bunting (including sacrifice bunts) and may incorporate bunting for base hits.

Throwing

- The player will understand how to grip the baseball to facilitate a straight flight.
- The player will emphasize accuracy and proper mechanics with every throw.

Base Running

- The player will understand the proper way to run to, and through, first base on infield hits with proper breakdown and check for overthrows.
- The player will understand how to 'question mark' into first and 'round' the bag.
- The player will understand tagging, stealing, and passed ball advancement.
- The player will strive to 'read' the hit to determine if they can advance.
- The player will listen & understand signs from base coaches.

Pitching

- Fundamental pitching mechanics will be expanded upon.

Catching

- Fundamental catching mechanics will be expanded upon.
- (AA) Catcher will utilize the crouch position and proper positioning behind the batter.
- (AAA) Begin to emphasize blocking balls with the body vs always using the glove.

General Concepts

- The player will strive to throw to the proper base & back-up plays.
- The player should understand rules of play.
- The player will strive to anticipate offensive & defensive situations and be able to respond appropriately.
- The player will strive to understand cutoffs, double plays and special defensive plays.
- *Hustling on and off the field is paramount. No walking between the lines. When third out is recorded the defensive team should be off the field before the other team takes the field.*

MAJORS

A Majors player should be taught and understand the following

Safety

- The player must understand not to throw a ball at another player unless the receiving player is aware and ready to receive the ball.
- The player must understand not to swing a bat near other players.
- The player must not throw his/her bat after hitting the ball.
- Teamwork, sportsmanship & respect for the game
- The player will strive to support other players and show respect for all participants.

Fielding

- The player will understand they have a role on every play and should never be just observing during a play. Players shall have mastered the concept of “The 3-B’s” - Ball, Base or Backup
- The player will move to and through the ball when fielding.
- The player will understand different fielding techniques based on position.
- A player will strive to employ proper foot technique to position themselves to field ground balls hit to the right, left, and directly at him/her.
- The player will demonstrate proper foot technique to position themselves for the throw.
- Catching fly balls and outfield play
- Players will strive to employ proper foot technique to position themselves to make a catch based on where the ball is hit.
- The player will understand when and how to charge ground balls.
- The player will demonstrate proper foot technique to position themselves for the throw. Stay behind the ball moving toward the target with the catch.
- The outfield player will understand they have a role on every play and should never be just observing during a play. Players shall have mastered the concept of “The 3-B’s” - Ball, Base or Backup.
- Players will have mastered the concept of when to “eat” (hold rather than throw) the ball instead of making a throw that will be late or wild.

Hitting

- The player will demonstrate a strong hitting stance as it relates to home plate.
- The player will refine his/her understanding of the strike zone.
- The player will employ a proper load and may incorporate a stride.
- The player will demonstrate the ability to turn his/her hips and pivot on their back foot (squash the bug) during the swing.
- The player will understand the concept of 'letting the ball travel' to aid in driving the ball to different parts of the field.
- The player will understand 'sacrifice' and the concept of 'situational' hitting to advance runners.
- The player will demonstrate a strong understanding of the fundamentals of bunting and may incorporate bunting for base hits.

Throwing

- The player will understand how to grip the baseball to facilitate a straight flight.
- The player will emphasize accuracy and proper mechanics with every throw.

Base Running

- The player will understand tagging, stealing, and passed ball advancement.
- When running to first base, the player will demonstrate the ability to hit the front of first base, 'nod', 'question mark', break down, round, and check for over throws.
- The player will strive to 'read' the hit to determine if they can advance.
- The player will demonstrate the ability to perform a pop-up slide (where legal) and begin development of other slides to help avoid a tag.
- The player will listen & understand signs from base coaches.

Pitching

- Fundamental pitching mechanics will be expanded upon.

Catching

- Fundamental catching mechanics will be expanded upon.

General Concepts

- The player should consistently throw to the proper base and back up plays instinctively.
- The player should understand rules of play.
- The player will anticipate offensive & defensive situations and be able to respond appropriately.
- The player should understand cutoffs, double plays and special defensive plays.
- *Hustling on and off the field is paramount. No walking between the lines. When third out is recorded the defensive team should be off the field before the other team takes the field.*