



Basic Information for Stoughton Area Little League

Coach Pitch-Kindergarten

Goal of program: An emphasis should be placed on the enjoyment of the game at this level. Encourage participation and playing for the fun of the game.

Teaching objectives for coaches:

- *Proper throwing and catching techniques*
- *Proper swinging mechanics*
- *Position introduction*
- *Rules of the game introduction*

Machine Pitch/Amateur -1st and 2nd Graders

Goal of program: An emphasis should be placed on the enjoyment of the game at this level. Encourage participation and playing for the fun of the game.

Teaching objectives for coaches:

- *Proper throwing and catching techniques.*
- *Proper swinging mechanics and hitting with a purpose including how to enter the batters box correctly and pre swing routine.*
- *Focus on ground ball and fly ball catching and proper techniques to accomplish these goals.*
- *Teach players how to be ready to play the game both offensively and defensively.*
- *Position development with an emphasis on all players playing and learning about all positions.*
- *Rules of the game with a focus on situational baseball. Players knowing the situation and where to go with the ball if it is hit to them.*

Minor League-3rd and 4th Graders

Goal of program: An emphasis should be place on the enjoyment of the game. This level should also focus on pitching mechanics and development of all players at all positions of the game.

Teaching objectives for coaches:

- *Proper throwing and catching techniques. This level should also include an organized warm-up before games and practices*
- *Proper swing mechanics and hitting with a purpose including pre-swing routine and the mental aspect of hitting.*
- *Focus on fielding ground balls and throwing to first with proper fielding and throwing mechanics.*
- *Teaching players the game. How to “think” baseball. Where do I go with the ball if it is hit to me? What is the situation? This should be focused in practice, as well as in games.*



Basic Information for Stoughton Area Little League (cont.)

- *Pitching mechanic development with a focus on letting all players learn how to pitch in practices and in games. Focus on throwing strikes at this level using proper throwing mechanics. This should be practiced often with all players who are interested in pitching.*
- *Beginning base running. Do not let players run wild on the bases. Teach them the right way to round bases as well as to pick up the third base coach while rounding second base. Focus on safety while sliding into bases using proper sliding techniques.*

Major League-5th and 6th Graders

Goal of program: An emphasis should be placed on competitive baseball with teaching the game, not winning every game. This level should focus on pitching development, defensive skills, and playing all players equally. Teach the game to all! Coaches who have had experience with baseball should be preferred at this level.

Teaching objectives for coaches:

- *Emphasize proper throwing and catching techniques. This level should also include an organized warm-up before games and practices. Teach stretching techniques for players at this level. (Dynamic stretching—Stretching with motion.)*
- *Proper swing mechanics and hitting with a purpose including pre-swing routine and the development of a ritual while at the plate. Proper bunt techniques should be taught at this level and the difference between a sacrifice bunt and a bunt for a hit should be developed.*
- *Pitcher development of ALL players who are interested. Teach proper pitching techniques using proper throwing mechanics. An emphasis on fastball and change up development with a focus on getting ahead in the count and throwing strikes. Don't give up on a pitcher after one bad outing. Encourage success with all of your pitchers and always be willing to give a chance to a player who is interested in becoming a pitcher. Avoid pitching the same player over and over!*
- *An emphasis on fielding ground balls and catching fly balls. Emphasize proper mechanics of fielding and focus on the mental aspect of always being ready to field.*
- *Base running should be developed at this level. Do not allow players to run wild and instigate run down situations to advance bases. Encourage station-to-station base running with proper rounding techniques at each base. This skill should be emphasized in practice situations, not just games!*
- *Teach players the mental part of the game of baseball. You always need to be thinking about what will I do if the ball is hit to me? What will I do when my teammate gets a base hit? Always think one step ahead.*
- *Focus on teaching the game to the players instead of winning at all costs.*