

Skills to be Covered at all practices:

Incorporate these skills into your stations!

Hitting:

- Level swing
- Hips pivoting
- Transferring weight
- Stride
- Rolling wrists
- Fast hands through zone
- Short swing
- “Squishing the bugs” – pivoting on back foot

Bunting:

- Pivot on feet or square around (make sure batter does NOT step on plate)
- Bat almost parallel to ground, slightly pointing up
- Move knees (not bat) up and down depending on pitch
- Bunt strikes! Practice pulling bat back on bad pitches
- Move bat handle to position placement of bunted ball

Throwing:

- Grip on ball (fingers facing out)
- Use glove to aim at target
- Step towards target
- Crow hop throws (more power, longer distance)

Catching:

- Glove up for target
- Call for ball
- Catch with two hands!
- Position feet properly to catch and throw
- Cut-off

Fielding:

Grounders

- Feet shoulder length apart
- Knees bent
- Glove to the ground

- **Head down watching ball in glove (should see top of head)**
- **Soft hands**
- **Bare hand ready to cover ball**
- **Side step (not crossover)**
- **Discourage backhand, MOVE FEET**

Pop Flies

- **Call the ball**
- **Catch with two hands**
- **First step back**
- **NO BACKPEDALLING**
- **Glove positioning (fingers up)**
- **Back up other players**

Base Running:

- **Orange vs. White base**
- **Running through first base**
- **“Bubbling” towards second base**
- **Hitting inside corner of base**
- **Rocker step/Cross over step**
- **When to run/when NOT to run**
- **Stealing/leading off**

Sliding: (Great time to do it after it rains or on slip and slide!)

- **Figure “4” sliding (one leg straight, other is bent to form 4)**
- **Lean back**
- **Hands in air**
- **When to slide**
- **Diving back to base (only time head first slides allowed)**