

Fundamental goals for Minors and Majors

Throwing

- basic mechanics
- both hands to the chest
- elbows up
- shoulder to target
- step and throw
- crow hop and throw
- over hand
- proper back spin
- glove in proper position at beginning and end of throw
- into body square to target

Catching

- two hands throwing hand up in front of face
- catch in webbing
- fly balls in front of face
- prefer on throwing side of head
- ready to catch and crow hop
- both hands up
- call it
- move feet to ball do not reach

Ground balls

- glove fingers on the ground
- butt down head up
- throwing hand in front of face
- comes down as ball goes into glove
- say bounce bounce catch to keep concentration on ball
- both hands to the chest
- pivot, hop and throw
- try to stop ground ball from a set position, not moving
- back hand, knee down glove open
- bare hand dead ball with glove foot to right of ball, hand on top of ball
- slow grounder sweep with hand and glove
- Attack the ball, but catch from balanced position

Know the play before the pitch
tell it to the person next to you so they know

Base Running

- home to first
- run through the bag on ground ball
- your half of the bag is away from the first baseman
- do not run to far be ready on over through
- watch the base coach
- on hits to the outfield
- round the bag on inside corner
- run hard until the ball is fielded and safely to 2nd base
- be ready to take extra base on error or bad throw
- fly balls from first to left or center 1//2 way right 1/3
- from second right field tagging if med or deep left and center
- as far as you feel you can go but still get back, 1/3 to 1/2 depends on depth of fly ball
- 3rd base tag on all fly balls
- ground balls
- know when you are forced and when you are not
- no force
- ball hit to left side get safe lead until the throw then try for third or home

Hitting

- choosing bat not to light not to heavy
- holding bat line up knuckles so you can point
- hold in fingers not palm
- not to tight

stance, balanced
bat at 45 angle
next to back shoulder 6-8 inches
still head
balanced after swing
weight from 60 -40 to 40-60
be ready to hit every pitch
Load up on every wind up
watch ball come out of pitchers hand see the seams
swing level
pitch at batter turn away and down, keep bat down

Infield

Catch ball straddling bag on tag play
square to stretch on force play