

West Salem Baseball Alliance

Target Skills by End of Level

Throwing / Pitching

	Tee /Coach <u>5-7 yr olds</u>	Coach / Machine <u>8-9 yrs</u>	Kid Pitch <u>10 yrs</u>	Kid Pitch <u>11-12 yrs</u>	Kid Pitch <u>13-14 yrs</u>
Rate: Learning (L), Doing (D), Teaching (T)					
<u>Basic Mechanics</u>					
-Shoulder to target	D	T	T		
-Throwing Elbow above target	D	T	T		
-Step toward target and throw	D	T	T		
<u>Throwing Progression</u>					
-Grip (4 seam)	L	D	D	T	
-Snaps (Elbow high, square to target, wrist snap, rotation)	L	D	D	T	
-Skateboard/Glove knee down (shoulder, weight shift , follow thru)	L	D	D	T	
-Stride out (add feet, lead shoulder, weight, "Nose to Leather")	L	D	D	T	
-Hops (three hops, momentum and follow thru with feet)		D	D	T	
-Long Toss (Form not velocity, Accuracy critical)				D	T
<u>Pitching Progression (6-Step)</u>					
-Stance				D	T
-Rocker Step				D	T
-Pivot				D	T
-Balance				D	T
-Separation / Approach / Glove to Chest				D	T
-Release and Follow through / bottom of foot to the sky				D	T
-Two seam grip, fastball, change-up				D	T
-Breaking Ball (Curve ball, slider)					D
-Wind up and stretch delivery				D	T
-1st strike of first two pitches				D(75%)	T(90%)
-Downward plane for the ball				D	T
-Proper follow thru with all throws (Nose to Leather--Feet follow)				D	T
-Pitch control (low strikes reliably, boxing and tilting)					D
-Deliver strike to win 1 ball - 1 strike battle					D(50%)
-Demonstrate effective Hold and Pickoff moves					D