

Kids Pitch

Ages: 11 - 12 yrs.

OBJECTIVE: To teach game situations and to learn all positions on the field.
Everyone will get a chance to play an infield and outfield position and pitch.
Introduce a competitive atmosphere to the players.

PROGRAM: This group will play in the traveling league and select tournaments.
If numbers permit, teams will be divided by age.

Skills

Master throwing Progression and Demonstrate the Pitching Progression:

- * Demonstrate four-seam grip, two seam grip, fastball and change up
- * Basic Progression Execution adds long Toss (focus in on mechanics / accuracy not velocity)
- * Demonstrate proper follow through on all throws--Follow with your feet
- * 6 step Pitching Progression
 - Stance
 - Rocker Step (baby step)
 - Pivot
 - Balance Point
 - Separation / Approach / pull glove in to chest
 - Release / Kick to the sky
- * Demonstrate wind up and stretch
- * Create a downward plane for the ball.

Demonstrate Fielding techniques:

- * Demonstrate double play depth and footwork from all infield positions
- * Demonstrate infield communication (play, coverage, reading the batter, etc.)
- * Demonstrate pitcher covering 1st base
- * Demonstrate outfield readiness, break to ball, square to target, footwork, throw
- * Catchers demonstrate signal calling, framing and reliably throw to all bases
- * Demonstrate basic relay throws

Demonstrate base running techniques:

- * Demonstrate 1st three step out of batter's box
- * Understand 1st and 3rd situations
- * Demonstrate techniques for straight steals and delayed steals
- * Demonstrate coach communication / signal pick-up
- * Begin to demonstrate self-thinking / decision making on base paths

Demonstrate Hitting Mechanics:

- * Demonstrate strong hitting mechanics
- * Demonstrate line drives and hard ground balls (no bad hops for fly balls)
- * Accustomed to drill work (tee, soft toss, front toss, etc...)
- * Accustomed to selecting pitches based on count and coach signs
- * Begin to practice situational hitting (hit and run, sacrifice bunts, bunt for a hit, etc.)

Teamwork:

- * Begin to demonstrate ability to read pitchers for teammates
- * Demonstrate coverage and backup responsibilities on every hit (everyone moves)
- * Demonstrate bunt defense
- * Demonstrate 1st and 3rd plays
- * Demonstrate run-down techniques with runners on base

R100+

- * Respect the game by teaching younger players
- * Demonstrate 100% effort on and off the field--We run between the lines
- * Master playing "one pitch at a time" and rebound quickly from set backs
- * Look for opportunity to help teammates reach their goals

Drills

Pg. 1 - Warm up

Pg. 23 throwing and catching

Pg. 26 Infield, Pg. 31 - Outfield

Pg. 27 - Catching

Pg. 24 - Base running

Pg. 2 Coaching thoughts

Pg. 4, 5, 6, 9

Pg. 13 - Connection

Pg. 3, 7, 10, 11

Pg. 11 - Count Drill