

Kids Pitch

Ages: 13 - 14 yrs.

OBJECTIVE: To prepare kid to play at the "next Level" in high school and to play legion ball.

Every kid will get the opportunity to play, those that work hard on and off the field will be rewarded.

PROGRAM: This group will play in the traveling league and select tournaments.

A "Tournament only" team will be select.

Skills

Master throwing and Pitching Progression:

- * Demonstrate four-seam grip, two seam grip, fastball and change up, breaking ball (curve, slider)
- * Demonstrate throwing for accuracy - all distances including long toss
- * Demonstrate pitching and throwing mechanics using the whole body
- * Reliably demonstrate 1st of 2 pitches as a strike
- * Demonstrate pitch control and zone control with boxing and tilting at catcher's call
- * Demonstrate ability to win 1 ball - 1 strike counts with a strike
- * Demonstrate hold and pickoff basics

Demonstrate Fielding techniques:

- * Master Fielding Mechanics (Ready Position, Fielding, Throwing, Footwork, Follow thru)
- * Demonstrate proper angle on the ball to field
- * Demonstrate double play depth and turns from all infield positions
- * Demonstrate Do or Die outfield ground balls to target (cutoff/base)
- * Demonstrate outfield fence drills (recovery and relay)
- * Catchers master 3 stances, framing, blocking and provide positive field leadership

Demonstrate base running techniques:

- * Demonstrate One Way lead and proper leads off bases
- * Demonstrate proper stealing footwork
- * Demonstrate breaking on pitcher's first move
- * Understand tag-up situations
- * Understand 3rd base rules (outs, ground balls, tag-up)
- * Understand no-out, one-out and two-out rules
- * Demonstrate self-thinking / decision making on base paths

Demonstrate Hitting Mechanics:

- * Master Hitting Mechanics
- * Master situational bunting (Short Game)
- * Demonstrate line drives and hard ground balls reliably
- * Accustomed to drill work (tee, soft toss, front toss, etc.)
- * Accustomed to selecting pitches based on count and coach signs
- * Demonstrate situational hitting (hit and run, sacrifice bunts, bunt for a hit, etc.)
- * Demonstrate aggressive versus defensive swings
- * No Stride hitting

Teamwork:

- * Demonstrate cutoffs and relays
- * Demonstrate advanced pickoff plays
- * Demonstrate full bunt defense

Drills

Pg. 1 - Warm up

Pg. 23 throwing and catching

Pg. 26 Infield, Pg. 31 - Outfield

Pg. 32 - Fence Ball

Pg. 27 - Catching

Pg. 24 - Base running

Pg. 2 Coaching thoughts

Pg. 4, 5, 6, 9

Pg. 17, 18 - Pivot, Types, target

Pg. 13 - Connection

Pg. 3, 7, 10, 11

Pg. 11 - Count Drill

R100+

- * Show Respect by teaching younger players
- * Demonstrate 100% effort against personal season goals
- * Demonstrate field pride by maintaining and cleaning dugout, field maintenance and clean up.
- * Build up teammates through positive support through strike outs, errors and mistakes.