

Minor B

All fundamental skills for:

Throwing (should have basics from Farms, including base form)

Fielding (base fielding [butt down, 10 fingers, etc.])

Hitting Fundamentals (hands loaded, move hips + hands to contact, independent head movement)

Pitching Basics

Fielding _ Footwork:

- Infield / Outfield squaring to the ball, and then footwork to throw.
- Outfield - alignment to fly balls and confidence, one knee for ground balls,
- Basic back up concept (Base, Ball or Backup) - no more standing
- Understanding force outs, and location of force outs (get the lead runner)
- Ball in Front Concept [keep ball in front of runner, don't chase]
- Next level 1st Base footwork (knee follows glove, one handed position)
- Short Hops (catch ball at one inch)
- Positional awareness (each position, and its responsibility)

Throwing:

- Starting cross step / crow hop
- Add 'Power T' and similar positions to move elbow up to shoulder level
- Start of Long toss (develop longer throws and increase accuracy)
- Add SS and 2B relays into mix and understanding fielders strength / weakness

Hitting:

- With strength and pitching speed, move toward more rotational + load
- Introduction of hip turn and coordination with hands
- Getting bat + body moving to improve contact and move toward key zones

Pitching:

- Starting with Balance
- Introduce the value of spin / rotation (stepping stone to location)
- Pitching grips (4 seam, 2 seam) [understand seams and how to work the grip]
- Coverage of Home and other bases

Catching:

- Basic positions (signals, no one on base, runners on base)
- Getting proper body position (center behind ball, 'chest up balls', move legs, etc.)
- Throw downs to 2b, and associated footwork
- Basic Blocking Techniques, and backstop coverage
- One handed catching while attacking the ball. Elbow down to allow for framing

Base Running:

- 60 Ft. bases - hitting base corners
- Starting step outs / routes to advance bases
- Reading coaches (head up and know when to look)
- Sliding techniques (hands up, on butt, not other parts of body)