



10U Fundamentals

The team Manager and coaching staff will teach and develop the following core fundamentals during the regular recreational season:

- Throwing Techniques
 - Develop arm strength
 - Four corners drill
- Catching and Fielding Techniques
 - Basic catching mechanics
 - Use of 2 hands
 - Catching a fly ball
 - Fielding a ground ball
 - Hitting the cut-off player for the outfielders
- Defensive Positions
 - Through verbal command, players should know where the positions are on the field.
 - Develop 3 catchers
 - Develop infield positions and the nuances to each position. 1st – how to stand on base and catch ball for force out, SS & 2nd – who and when covers 2nd and tagging a sliding runner, 3rd – bunt coverage and tagging a sliding runner.
 - Outfielders – proper backup of bases.
- Defensive Strategies
 - Getting an out
 - Force a runner out at a base other than 1st, ie getting an out at 2nd or 3rd on grounder.
 - Keeping the other team from scoring
 - Bunt coverage
 - Field and situational awareness
- Offensive Strategies
 - Base stealing
 - Leading off
 - Watching for coach signs
 - Advancing on a passed ball
 - Intermediate: delayed steal
 - Figure 4 sliding – Advanced players – slide-by
 - Running through 1st base
 - Rounding the bases
- Hitting Techniques
 - Bunting placement, push bunt, fake bunt
 - Hitting an inside/outside pitch and change ups
 - Introduce slap hitting
 - Pitch selection
- Pitching
 - Develop 2-3 pitchers from your roster
 - Beginner pitch placement
 - Introduce Manager/coach pitch calling
- Inspire a passion for the game; get them come back next year
- Motivate more advanced players by introducing 12U advanced techniques

Season success measurements for core fundamentals:

Develop 2 pitchers who can throw strikes at least 70% of the time

Develop 2 catchers

75% of the roster can catch a fly ball

50% of the roster can throw accurately from SS to 1st base

75% of the roster can field a ground ball cleanly

75% of the roster can hit a ball pitched by a roster pitcher
75% of the roster can consistently catch a ball thrown by a roster player
75% of the roster can bunt a pitched ball
75% of the roster can slide using the basic figure 4 technique
100% of the roster gets experience at every defensive position
Prepare 2nd year 10U players for 12U
Develop 3 All Star candidates from your roster