

Baseball Competency (Travel) by age

9u

- At least 1 year prior kid-pitch play
- The ball is always "LIVE"
- Ground ball fielding techniques
- Ability to make accurate throw from SS to 1st base (75% of time)
- Where to make the play (force out situations at minimum)
- Relaying the ball from the outfield to the infield
- Batting stance (consistent set up, closed, open)
- Proper Bat grip
- Batting, competent tee work (ability to consistently hit line drives to all field from tee 75%)
- Batting, competent soft toss work (ability to consistently hit line drives to all field from tee 50%)
- Batting, general understanding of balls and strikes
- Pitching mechanics (basic, stretch, grip, fastball)
- Bunting
- Base running (general understanding of ground ball force, flyball situations)
- Infield Fly Rule
- Communication (calling for a fly ball)
- Covering bases on hit
- Backing up plays
- Difference between a Force Play and a Must Tag
- Catchers – regularly catches or blocks pitches...balls kept in front (75% or better)
- Good Sportsmanship

10u (all items above carry forward and advance)

- Begin to improve footwork for ground ball fielding and throwing quickly
- Where to make the play
- Ability to go back on a fly ball (both sides)
- Relaying the ball from the outfield to the infield
- Batting stance (consistent set up, closed, open)
- Batting, competent tee work (ability to consistently hit line drives to all field from tee 85%)
- Batting, competent soft toss work (ability to consistently hit line drives to all field from tee 65%)
- Acceptable to advanced understanding of balls and strikes
- Pitching mechanics (intermediate, stretch, grip, fastball, learn change up, wind-up optional)
- Pitching fielding: covering home on pass ball
- Base running techniques:
 - Stealing (crossing the plate)
 - Tagging up

- How and when to slide
- Beginning to learn sacrifice situations
- Rundown technique (pickle base runner)
- Communication (how many outs there are)
- Covering bases and backing up plays after hit (on fielding throw and following)
- Difference between a Force Play and a Must Tag
- Catchers – regularly catches or blocks pitches...balls kept in front (85% or better)
- Catchers – can make throw to 2nd base on the fly
- Good Sportsmanship

11u (all items above carry forward and advance)

- Come to practices/games on time and be prepared to play (including having all proper equipment)
- Competent footwork for ground ball fielding and throwing quickly
- Beginning footwork for throwing on the run
- Beginning technique for bare hand fielding
- Double play execution (underhand flips v. throw)
- Learning advanced relaying the ball from the outfield to the infield: plays at home
- Proper batting stance, bat position, and swing execution
- Batting, competent tee work (ability to consistently hit line drives to all field from tee 85%)
- Batting, competent soft toss work (ability to consistently hit line drives to all field from tee 75%)
- Consistent contact on pitched balls
- Advanced understanding of balls and strikes
- Pitching mechanics (intermediate, stretch, grip, fastball, reasonable change up, wind-up optional)
- Beginning pitching acumen...situational pitching, pitching ahead, in/out up/down, fast/slow
- Capable of throwing 50+ pitches without experiencing noticeable arm discomfort
- Base running techniques:
 - Stealing (on release)
 - Secondary lead
 - Tagging up vs. half-way
 - Good sliding technique
- Can perform bunt for sacrifice situations
- Rundown technique both defensively and as a runner
- Communication: alerting teammates to where the play is (being ready to act when ball is in play)
- Covering bases correctly: receiving a throw for force vs tag
- Understanding plays when ball is caught in foul territory
- Catching skills advancing (blocking the plate with the ball, blocking wild pitches, throwing out runners)
- Good Sportsmanship

12u (all items above carry forward and advance)

- Come to practices/games on time and be prepared to play (including having all proper equipment)
- Competent footwork for ground ball fielding and throwing quickly: forehand and backhand
- Competent footwork for throwing on the run
- Competent technique for bare hand fielding
- Advanced relaying the ball from the outfield to the infield: plays at home
- Proper batting stance, bat position, and swing execution
- Batting, competent tee work (ability to consistently hit line drives to all field from tee 85%)
- Batting, competent soft toss work (ability to consistently hit line drives to all field from tee 85%)
- Consistent contact on pitched balls, improving in regularity of hard hit balls
- Advanced understanding of balls and strikes, situational hitting (hit and run, steals, taking pitches)
- Pitching mechanics (intermediate, wind-up stretch, grip, fastball, change up, begin holding runners, while not in games – learn general breaking ball technique)
- Competent pitching acumen...situational pitching, pitching ahead, in/out up/down, fast/slow
- Pitching: fielding (beginning PFP)
- Capable of throwing 60+ pitches without experiencing noticeable arm discomfort
- Base running techniques:
 - Leading off
 - Stealing
 - Secondary lead
 - Advancing on throws
 - Good sliding technique
- Being alert to situational needs: back up on throw downs, defensive shifts
- Catching skills competent (blocking the plate with the ball, blocking wild pitches, throwing out runners)
- Learning Team Situational understanding: bunt defenses, priorities for throwing on pop-fly, bases loaded situations, 1st and 3rd situations
- Good Sportsmanship

13u (all items above carry forward and advance)

- Come to practices/games on time and be prepared to play (including having all proper equipment)
- Proper batting warm up techniques
- Proper throwing warm up techniques
- Pitching: Introduction and learning of breaking pitches
- Pitching: Covering first base (PFP)
- Batting: execute during daily batting practice
- Batting: Reaction to game situations: two strike hitting
- Capable of throwing 60+ pitches without experiencing noticeable arm discomfort

- Fielding: understanding position depth and placement, positioning for advantage
- Advancing mental skills at all aspects: batting, fielding, pitching, catching
- Advancing Team Situational understanding: bunt defenses, priorities for throwing on pop-fly, bases loaded situations, 1st and 3rd situations
- Good Sportsmanship

14u (all items above carry forward and advance)

- Come to practices/games on time and be prepared to play (including having all proper equipment)
- Proper batting warm up techniques
- Proper throwing warm up techniques
- Proper arm care: post pitching
- Learning strength and mobility for proper body care
- Pitching: mastering off-speed and breaking pitches
- Batting: execute during daily batting practice
- Batting: How to prepare for games (pinch hitting and non “continuous order” batting).
- Capable of throwing 60+ pitches without experiencing noticeable arm discomfort
- Fielding: understanding position depth and placement, positioning for advantage
- Advancing mental skills at all aspects: batting, fielding, pitching, catching
- Advancing Team Situational understanding: pick off plays
- Good Sportsmanship