



BASEBALL DEVELOPMENT GUIDELINES

Thank you for volunteering to coach this great game to our youth! It is only with you, the Bloomfield Baseball League is able to continue to improve our program year after year!

The one recurring thing seen across our league is that we do not have any consistent instruction defined for our coaches or our teams. So, with that being said, this manual was designed to assist our coaches to implement the "USA Baseball" style of baseball. Now, this will serve as a guide to you and does not limit you as a coach to teaching other aspects/areas. It does, however, serve as a backbone to what should be taught and executed at appropriate ages.

After reviewing this information, if you should have any questions, please feel free to contact your league president or your appropriate age director.

Again, thank you for your dedication and commitment to our youth and to the Bloomfield Baseball League. Good luck this season!

Age-Appropriate Concepts & Drills

While covering the skills needed for a player to progress through the four stages of development introduced in **USA Baseball's Athlete Development Model**, the Youth Baseball Skills Matrix breaks down each component of the game to help make the teaching process all-inclusive.

Each stage outlines practice construction and time allotment guidelines. Some skills and concepts in the Youth Baseball Skills Matrix are ongoing and should not only be focused on early in a player's career, but also continued throughout their development.

Please note that not every skill, concept, and situation needs to be repeated during every practice. The Youth Baseball Skills Matrix outlines what should be completed daily and what areas can be supplemented during a week or season.

Keep in Mind...

- Not all skills need to be completed in one day. Outline your weekly practice schedule and plug in the fundamentals that you wish to cover for that day. Variety is key for engagement!
- This can be interchangeable with base running or incorporated together.
- Intra-Squad scrimmage can replace any of the other required practice drills and concepts.
- At the coach-pitch level, ensure your team understands the basic skill components before scrimmaging.
- It is recommended that batting practice on the field not only be a time to hit, but also an opportunity to work on defense and base running.

USA Baseball provided the resource for this information.

<https://www.usabdevelops.com>

Checklist for Positive Coaches

Positive Coaches strive to develop their athletes as competitors and ensure the development of life skills by creating a positive sports culture. Here are simple but powerful things you can do to have a lifetime impact on your athletes as a Positive Coach:

1. Prioritize Building Trusting Relationships

- _____ Check-in with athletes as they arrive at practices and games
- _____ Plan games/activities that help players connect with one another
- _____ Listen to understand the perspectives of your athletes, and validate them

2. Adopt a Mastery-Focused Skill Development Mindset

- _____ Praise effort over of results
- _____ Reframe mistakes as learning opportunities
- _____ Provide truthful, specific feedback

3. Create a Positive Team Culture

- _____ Encourage teammates to celebrate and acknowledge each other's successes
- _____ Give athletes the opportunity to voice their opinions and shape team values
- _____ Acknowledge that athletes come to practice in the context of their day and provide any support they may need

4. Show Players That You Want to Be There

- _____ Always show up to scheduled practices and games on time, unless you have communicated to the players and families otherwise
- _____ Be mindful of your tone and body language, does it communicate that you are happy to be there with them?
- _____ Participate safely and appropriately in practice and have fun with your team

5. Make Parents an Asset to Your Team

- _____ Engage parents early with a pre-season meeting to set expectations and relay your coaching philosophy and goals for the season
- _____ Ask parents to help out with snack breaks, carpools, and making signs for big games

Youth Baseball Skills Matrix- Activate

Entry-age 7

Warm-up:

- Fun Dynamic exercise routine

Fundamental Throwing:

- Proper grip of the ball
- Basic one step and throw
- Proper throwing motion (arm action/circle)
- Proper follow through
- Proper glove position while throwing
- Proper upper body rotation

Fundamental Catching the Baseball:

- Proper positioning of the feet
- Basic glove and hand position

Fundamental Ground Ball and Infield Play:

- Understanding different IF positions
- Stance/Ready position
- Glove position
- Getting in front of the ball
- Using two hands
- Being able to turn the glove over (4 corners)
- Proper fielding position
- Attacking routine ground ball

Fundamental Popup/flyball & OF Play:

- Understanding different OF positions
- Stance/Ready position
- Glove position on pop-up/flyball
- Using One hand vs two hands
- Getting the ball in quick
- Fielding a groundball in the OF- keeping it in front

Fundamental Hitting Concepts:

- Using the proper bat
- Gripping the bat
- Standing in batter's box and distance to plate
- Stance
- Finishing your swing

- Being aggressive when swinging
- Bat control skills & situations
- Hitting off a tee

Fundamental Baserunning Concepts:

- Being able to identify different bases
- How to run the bases in proper order
- Understanding how base lines work when running
- Proper straight leg slide

Basic Positioning:

- Standard

Daily Practice Organization Outline: (*indicates this should be completed at every practice):

Maximum 1.5 hours on average of active work, with plenty of breaks

- Fun Dynamic exercise routine (*10 minutes*) *
- Baserunning fundamental concepts (*10-15 minutes*) *
- Throwing/Catching fundamentals (*10-15 minutes*) *
- OF/IF skill fundamentals (*15-20 minutes*) *
- Team situational concepts (C, P, OF, IF) (*10-15 minutes - basic!*)
- Hitting/Tee work fundamentals (*30 minutes - stations*) *

Fundamental Coaching Suggestions:

- Keep drills varied
- Drills should be kept at about 10-15min

Youth Baseball Skills Matrix- Discover

Ages 10-12

Warm-up:

- Full Dynamic/Static combination

Fundamental Throwing:

- Proper glove position while throwing
- Proper upper body rotation
- Hitting a target while throwing
- Proper head stability and linear mvmt
- Following your throw to your target
- Back spin drills
- One-Knee drills
- Power position drills

Fundamental Catching the Baseball:

- Moving feet around ball when receiving

Fundamental Ground Ball and Infield Play:

- Proper fielding position
- Attacking routine ground ball
- Approach/movement w. pitch
- Understanding angles on routine on GB
- Backhands
- Glove hand/forehand
- "V" cut ground ball
- Slow roller
- Short hops
- Dive and recover
- Double play pivots (SS & 2B)
- Double play positioning (SS & 2B)
- Double play feeds and flips (SS & 2B)
- First baseman footwork around bag
- Covering bases on steals and picks (3B, SS, 2B)- if league allows stealing
- Tagging runners
- Holding runners (1B, SS & 2B)- if league allows leads at 1st

Fundamental Popup/flyball & OF Play:

- Fielding a GB in the OF
 - Keeping it in front
 - Do or die (off to the side)

- Hitting the cut-off
- Approach/movement w. pitch
- Drop stepping (fly balls to left & right)
- “Open Gate” Fly ball/line drive over head
- Catching the ball on the run
- Ground balls to the left & right of fielder
- Wheel throw on a ground ball
- Using the shuffle step to throw
- Getting behind a fly ball
- Playing the fence

Fundamental Hitting Concepts:

- Loading the swing
- Stride to swing (launch position)
- Balance when swinging
- Swing path
- Rhythm/timing
- Approach

Bat control skills & situations:

- Understanding contact points
- Sacrifice bunting
- Hitting off a tee
- Front toss

Fundamental Base Running Concepts:

- How to run through first base
- How to round first base
- Understanding infield fly rule
- Running 1st to 3rd and 2nd to home
- Understanding when to advance while at 2nd
- Proper straight leg slide
- Pop-up, hook, and fade slides
- Primary lead (all bases)
- Secondary leads (all bases)
- Reading pitched ball in dirt
- Taking the extra base/reading throw from OF

Fundamental Pitching Concepts:

- Starting stance: Use of rubber & foot placement
- Understanding wind-up vs. stretch position
- Basic FB grips

- Basic Mechanics
 - Leg lift
 - Linear/inline head movement on stride
 - Proper follow through with backside

Fundamental Catching Concepts:

- Primary vs secondary stance
- Glove position
- Positioning with home plate and batter
- Receiving (basic)
- Blocking a ball straight at you
- Blocking a ball to the left and right
- Pop up technique
- Throwing footwork to 2nd and 3rd
- Plays at the plate
- Fielding bunts
- Making a play at the plate on passed ball
- Giving signs

Team Situational Concepts:

- Understanding "ball, base or backup" concept
- Cuts and relays (modified)
- Backing up bases (specific to position)
- Fielding bunts (C/3B/1B)
- Bunt defense
- 1st and 3rd defense
- 1st and 3rd offense
- Pop-up communication
- Inf/OF fly ball communication
- Rundowns

Basic Positioning:

- Standard
- Double play depth

Daily Practice Organization Outline (*indicates this should be completed at every practice):

2.5 hours of active work

- Fun Dynamic exercise routine
- Limited Dynamic/Static combination
- Full Dynamic/Static combination (*15 minutes*) *
- Base running fundamental concepts (*15-20 minutes*) *
- Throwing/Catching fundamentals (*10-15 minutes*) *

- OF/IF skill fundamentals (*30 minutes*) *
- Pitcher/Catcher skill fundamentals
- Bullpens (as needed)
- Team situational concepts (C, P, OF, IF) (*20 minutes*) *
- Advanced team situational work w. runners
- Hitting/Tee work fundamentals (include in BP groups) *
- On-field batting practice (coach pitch)

TOTAL Batting Practice time: 45 min- 1 hour*

- Controlled coach pitch scrimmages/situations (*20 minutes*)

Fundamental Coaching Suggestions:

- Keep drills varied
- Drills should be kept at about 20-25 minutes

Youth Baseball Skills Matrix- Progress

Ages 12-14

Warm-up:

- Full Dynamic/Static combination

Fundamental Throwing:

- Proper glove position while throwing
- Proper upper body rotation
- Hitting a target while throwing
- Proper head stability and linear mvmt
- Following your throw to your target
- Back spin drills
- One-Knee drills
- Power position drills

Fundamental Catching the Baseball:

- Moving feet around ball when receiving

Fundamental Ground Ball and Infield Play:

- Attacking routine ground ball
- Approach/movement w. pitch
- Understanding angles on routine on GB
- Backhands
- Glove hand/forehand
- "V" cut ground ball
- Slow roller
- Short hops
- Dive and recover
- Double play pivots (SS & 2B)
- Double play positioning (SS & 2B)
- Double play feeds and flips (SS & 2B)
- First baseman footwork around bag
- Covering bases on steals and picks (3B, SS, 2B)
- Tagging runners
- Holding runners (1B, SS & 2B)

Fundamental Popup/flyball & OF Play:

- Fielding a GB in the OF
 - Keeping it in front
 - Do or die (off to the side)
- Hitting the cut-off

- Approach/movement w. pitch
- Drop stepping (fly balls to left & right)
- “Open Gate” Fly ball/line drive over head
- Catching the ball on the run
- Ground balls to the left & right of fielder
- Wheel throw on a ground ball
- Using the shuffle step to throw
- Getting behind a fly ball
- Playing the fence
- Throwing to bases/ Long hops
- Throwing to proper base
- Diving and/or sliding catches

Fundamental Hitting Concepts:

- Loading the swing
- Stride to swing (launch position)
- Balance when swinging
- Swing path
- Rhythm/timing
- Approach

Bat control skills & situations:

- Understanding contact points
- Sacrifice bunting
- Safety squeeze/suicide squeeze
- Bunting for hits (Drag/Push)
- Hit and Run
- Run and hit
- 2K approach
- Advancing a runner from 2nd w. 0 out
- Infield up w. runner on 3B
- Infield back w. runner on 3B
- Pitch recognition
- Strike zone management
- Hitting off a tee
- Front toss

Fundamental Baserunning Concepts:

- How to run through first base
- How to round first base
- Understanding infield fly rule
- Running 1st to 3rd and 2nd to home

- Understanding when to advance while at 2nd
- Proper straight leg slide
- Pop-up, hook, and fade slides
- Primary lead (all bases)
- Secondary leads (all bases)
- Reading pitched ball in dirt
- Taking the extra base/reading throw from OF
- Stealing bases (2nd and 3rd base)
- Delayed Steal
- Contact play at 3B

Fundamental Pitching Concepts:

- Understanding wind-up vs. stretch position
- Basic FB grips
- Off-speed pitch grips
- Basic Mechanics
 - Leg lift
 - Linear/inline head movement on stride
 - Proper follow through with backside
- Other
 - Holding runners
 - Pick moves (1st and 2nd base)
 - Slide step vs. leg lift
 - Pitch outs
 - Intentional walks

Fundamental Catching Concepts:

- Primary vs secondary stance
- Glove position
- Positioning with home plate and batter
- Receiving (basic)
- Receiving (advanced- one knee down)
- Blocking a ball straight at you
- Blocking a ball to the left and right
- Pop up technique
- Throwing footwork to 2nd and 3rd
- Back pick throws to 1st
- Receiving a pitch out
- Plays at the plate
- Fielding bunts
- Making a play at the plate on passed ball
- Giving signs

Team Situational Concepts:

- Understanding "ball, base or backup" concept
- Tandem cuts and relays (advanced)
- Backing up bases (specific to position)
- Fielding bunts (C/3B/1B)
- Bunt defense
- 1st and 3rd defense
- 1st and 3rd offense
- Pop-up communication
- Inf/OF fly ball communication
- Rundowns
- Pick plays

Basic Positioning:

- Standard
- Double play depth
- Infield up
- Corners up/middle back
- IF Halfway
- Shifts

Daily Practice Organization Outline (*indicates this should be completed at every practice):

2.5 - 3 hours of active work

- Full Dynamic/Static combination (*15 minutes*) *
- Base running fundamental concepts (*15-20 minutes*) *
- Throwing/Catching fundamentals (*10-15 minutes*) *
- OF/IF skill fundamentals (*30 minutes*) *
- Pitcher/Catcher skill fundamentals*
- Bullpens (as needed)
- Team situational concepts (C, P, OF, IF) (*20-25 minutes*) *
- Pitcher fielding practice (w. catcher & IF)
- Advanced team situational work w. runners
- Hitting/Tee work fundamentals (*include in BP groups*) *
- On-field batting practice (coach pitch)

TOTAL Batting Practice time: 45 min- 1 hour*

- Controlled coach pitch scrimmages/situations (*20 minutes*)

Fundamental Coaching Suggestions:

- Keep drills varied
- Drills should be kept at about 20-25 minutes

Youth Baseball Skills Matrix- Develop

Ages 14-16

Warm-up:

- Full Dynamic/Static combination

Fundamental Throwing:

- Proper glove position while throwing
- Proper upper body rotation
- Hitting a target while throwing
- Proper head stability and linear mvmt
- Following your throw to your target
- Back spin drills
- One-Knee drills
- Power position drills

Fundamental Catching the Baseball:

- Moving feet around ball when receiving

Fundamental Ground Ball and Infield Play:

- Attacking routine ground ball
- Approach/movement w. pitch
- Understanding angles on routine on GB
- Backhands
- Glove hand/forehand
- "V" cut ground ball
- Slow roller
- Short hops
- Dive and recover
- Double play pivots (SS & 2B)
- Double play positioning (SS & 2B)
- Double play feeds and flips (SS & 2B)
- First baseman footwork around bag
- Covering bases on steals and picks (3B, SS, 2B)
- Tagging runners
- Holding runners (1B, SS & 2B)

Fundamental Popup/flyball & OF Play:

- Fielding a GB in the OF
 - Keeping it in front
 - Do or die (off to the side)
- Hitting the cut-off

- Approach/movement w. pitch
- Drop stepping (fly balls to left & right)
- "Open Gate" Fly ball/line drive over head
- Catching the ball on the run
- Ground balls to the left & right of fielder
- Wheel throw on a ground ball
- Using the shuffle step to throw
- Getting behind a fly ball
- Playing the fence
- Throwing to bases/ Long hops
- Throwing to proper base
- Diving and/or sliding catches

Fundamental Hitting Concepts:

- Loading the swing
- Stride to swing (launch position)
- Balance when swinging
- Swing path
- Rhythm/timing
- Approach

Bat control skills & situations

- Understanding contact points
- Sacrifice bunting
- Safety squeeze/suicide squeeze
- Bunting for hits (Drag/Push)
- Hit and Run
- Run and hit
- 2K approach
- Advancing a runner from 2nd w. 0 out
- Infield up w. runner on 3B
- Infield back w. runner on 3B
- Pitch recognition
- Strike zone management
- Hitting off a tee
- Front toss

Fundamental Base Running Concepts:

- How to run through first base
- How to round first base
- Understanding infield fly rule
- Running 1st to 3rd and 2nd to home

- Understanding when to advance while at 2nd
- Proper straight leg slide
- Pop-up, hook, and fade slides
- Primary lead (all bases)
- Secondary leads (all bases)
- Reading pitched ball in dirt
- Taking the extra base/reading throw from OF
- Stealing bases (2nd and 3rd base)
- Delayed Steal
- Contact play at 3B

Fundamental Pitching Concepts:

- Understanding wind-up vs. stretch position
- Basic FB grips
- Off-speed pitch grips
- Basic Mechanics
- Leg lift
- Linear/inline head movement on stride
- Proper follow through with backside
- **Other:**
- Holding runners
- Pick moves (1st and 2nd base)
- Slide step vs. leg lift
- Pitch outs
- Intentional walks

Fundamental Catching Concepts:

- Primary vs secondary stance
- Glove position
- Positioning with home plate and batter
- Receiving (basic)
- Receiving (advanced- one knee down)
- Blocking a ball straight at you
- Blocking a ball to the left and right
- Pop up technique
- Throwing footwork to 2nd and 3rd
- Back pick throws to 1st
- Receiving a pitch out
- Intentional walks
- Plays at the plate
- Fielding bunts
- Making a play at the plate on passed ball

- Giving signs

Team Situational Concepts:

- Understanding "ball, base or backup" concept
- Tandem cuts and relays (advanced)
- Backing up bases (specific to position)
- Fielding bunts (C/3B/1B)
- Bunt defense
- 1st and 3rd defense
- 1st and 3rd offense
- Pop-up communication
- Inf/OF fly ball communication
- Rundowns
- Pick plays

Basic Positioning:

- Standard
- Double play depth
- Infield up
- Corners up/middle back
- IF Halfway
- Shifts

Daily Practice Organization Outline (*indicates this should be completed at every practice):

2.5 - 3 hours of active work

- Full Dynamic/Static combination (*15 minutes*) *
- Base running fundamental concepts (*15-20 minutes*) *
- Throwing/Catching fundamentals (*10-15 minutes*) *
- OF/IF skill fundamentals (*30 minutes*) *
- Pitcher/Catcher skill fundamentals *
- Bullpens (as needed)
- Team situational concepts (C, P, OF, IF) (*20-25 minutes*) *
- Pitcher fielding practice (w. catcher & IF)
- Advanced team situational work w. runners
- Hitting/Tee work fundamentals (include in BP groups) *
- On-field batting practice (coach pitch)

TOTAL Batting Practice time: 45 min- 1 hour*

- Controlled coach pitch scrimmages/situations (*20 minutes*)

Fundamental Coaching Suggestions:

Keep drills varied

Drills should be kept at about 20-25 minutes

Skill Areas <i>(X- The skill should be incorporated and trained at that age)</i>	Entry-7 (Activate)	Ages 7-9 (Discover)	Ages 10-12 (Discover)	Ages 12-14 (Progress)	Ages 14-15 (Develop)
Warm-up:					
Fun Dynamic exercise routine	X				
Limited Dynamic/Static combination		X			
Full Dynamic/Static combination			X	X	X
Fundamental Throwing:					
Proper grip of the ball	X	X			
Basic one step and throw	X	X			
Proper throwing motion (arm action/circle)	X	X			
Proper follow through	X	X			
Proper glove position while throwing	X	X	X	X	X
Proper upper body rotation	X	X	X	X	X
Hitting a target while throwing			X	X	X
Proper head stability and linear mvmt			X	X	X
Following your throw to your target			X	X	X
Back spin drills			X	X	X
One-Knee drills			X	X	X
Power position drills			X	X	X
Fundamental Catching the Baseball:					
Proper positioning of the feet	X	X			
Basic glove and hand position	X	X			
Moving feet around ball when receiving			X	X	X
Fundamental Ground Ball and Infield Play					
Understanding different IF positions	X	X			
Stance/Ready position	X	X			
Glove position	X	X			
Getting in front of the ball	X	X			
Using two hands	X	X			
Being able to turn the glove over (4 corners)	X	X			
Proper fielding position	X	X	X		

Attacking routine ground ball	X	X	X	X	X
Approach/movement w. pitch			X	X	X
Understanding angles on routine on GB			X	X	X
Backhands		X	X	X	X
Glove hand/forehand		X	X	X	X
“V” cut ground ball			X	X	X
Slow roller			X	X	X
Short hops			X	X	X
Dive and recover			X	X	X
Double play pivots (SS & 2B)			X	X	X
Double play positioning (SS & 2B)			X	X	X
Double play feeds and flips (SS & 2B)			X	X	X
First baseman footwork around bag			X	X	X
Covering bases on steals and picks (3B, SS, 2B)			X (If league allows stealing)	X	X
Tagging runners			X	X	X
Holding runners (1B,SS & 2B)			X (If league allows leads at 1st)	X	X
Fundamental Popup/flyball & OF Play					
Understanding different OF positions	X	X			
Stance/Ready position	X	X			
Glove position on pop-up/flyball	X	X			
Using One hand vs two hands	X	X			
Getting the ball in quick	X	X			
Fielding a GB in the OF	X	X	X	X	X
1. Keeping it in front	X	X	X	X	X
2. Do or die (off to the side)			X	X	X
Hitting the cut-off		X	X	X	X
Approach/movement w. pitch			X	X	X
Drop stepping (fly balls to left &right)			X	X	X
“Open Gate” Fly ball/line drive over head			X	X	X
Catching the ball on the run			X	X	X
Ground balls to the left & right of fielder			X	X	X

Wheel throw on a ground ball			X	X	X
Using the shuffle step to throw			X	X	X
Getting behind a fly ball			X	X	X
Playing the fence			X	X	X
Throwing to bases/ Long hops				X	X
Throwing to proper base				X	X
Diving and/or sliding catches				X	X
Fundamental Hitting Concepts:					
Using the proper bat	X				
Gripping the bat	X				
Standing in batters box and distance to plate	X				
Stance	X				
Finishing your swing	X	X			
Being aggressive when swinging	X	X			
Learning what the strike zone is		X			
Other basic mechanics:					
<i>Loading the swing</i>		X	X	X	X
Stride to swing (launch position)		X	X	X	X
Balance when swinging		X	X	X	X
Swing path			X	X	X
Rhythm/timing			X	X	X
Approach			X	X	X
Bat control skills & situations:					
Understanding contact points			X	X	X
Sacrifice bunting			X	X	X
Safety squeeze/suicide squeeze				X	X
Bunting for hits (Drag/Push)				X	X
Hit and Run				X	X
Run and hit				X	X
2K approach				X	X
Advancing a runner from 2 nd w ith 0 outs				X	X
Infield up w. runner on 3B				X	X
Infield back w. runner on 3B				X	X

Pitch recognition				X	X
Strike zone management				X	X
Hitting off a tee	X	X	X	X	X
Front toss		X	X	X	X
Fundamental Base Running Concepts:					
Being able to identify different bases	X				
How to run the bases in proper order	X				
Understanding how base lines work when running	X	X			
How to run through first base		X	X	X	X
How to round first base		X	X	X	X
Understanding what a force out is		X			
Understanding tagging up concept		X			
Understanding when to run on pop-up/flyball		X			
Understanding infield fly rule			X	X	X
Running 1 st to 3 rd and 2nd to home		X	X	X	X
Understanding when to advance while at 2nd		X	X	X	X
Proper straight leg slide	X	X	X	X	X
Pop-up, hook and fade slides			X	X	X
Primary lead (all bases)			X (if leads are allowed)	X	X
Secondary leads (all bases)			X (if leads are allowed)	X	X
Reading pitched ball in dirt			X	X	X
Taking the extra base/reading throw from OF			X	X	X
Stealing bases (2 nd and 3 rd base)				X	X
Delayed Steal				X	X
Contact play at 3B				X	X
Fundamental Pitching Concepts:					
Starting stance: Use of rubber & foot placement			X		
Understanding wind-up vs. stretch position			X	X	X
Basic FB grips			X	X	X
Off-speed pitch grips				X	X
Basic Mechanics					
Pivot foot					

Leg lift			X	X	X
Linear/inline head movement on stride			X	X	X
Proper follow through with backside			X	X	X
Other:					
Holding runners				X	X
Pick moves (1st and 2nd base)				X	X
Slide step vs. leg lift				X	X
Pitch outs				X	X
Intentional walks				X	X
Fundamental Catching Concepts:					
How to wear the equipment		X			
Squatting/feet positioning/Stance		X			
Primary vs secondary stance			X	X	X
Glove position		X	X	X	X
Positioning with home plate and batter		X	X	X	X
Receiving (basic)		X	X	X	X
Receiving (advanced- one knee down)				X	X
Blocking a ball straight at you			X	X	X
Blocking a ball to the left and right			X	X	X
Pop up technique			X	X	X
Throwing footwork to 2 nd and 3 rd			X	X	X
Back pick throws to 1st				X	X
Receiving a pitch out				X	X
Intentional walks					X
Plays at the plate			X	X	X
Fielding bunts			X	X	X
Making a play at the plate on passed ball			X	X	X
Giving signs			X	X	X
Team Situational Concepts:					
Understanding "ball, base or backup" concept		X	X	X	X
OF throwing to a cut (basic)		X			
Cuts and relays (modified)			X		

Tandem cuts and relays (advanced)				X	X
Backing up bases (specific to position)		X	X	X	X
Fielding bunts (C/3B/1B)			X	X	X
Bunt defense			X	X	X
1 st and 3 rd defense			X	X	X
1 st and 3 rd offense			X	X	X
Pop-up communication			X	X	X
Inf/OF fly ball communication			X	X	X
Rundowns			X	X	X
Pick plays				X	X
Basic Positioning:					
Standard	X	X	X	X	X
Double play depth			X	X	X
Infield up				X	X
Corners up/middle back				X	X
IF Half way				X	X
Shifts				X	X
Daily Practice Organization Outline: *Highlighted segments should be repeated at every practice					
Fun Dynamic exercise routine	10 min				
Limited Dynamic/Static combination		10 min			
Full Dynamic/Static combination			15 min	15 min	15 min
Base running fundamental concepts	10-15 min	10-15 min	15-20min	15-20min	15-20min
Throwing/Catching fundamentals	10-15 min	10 min	10-15 min	10-15 min	10-15 min
OF/IF skill fundamentals	15-20min	15-20min	30 min	30 min	30 min
Pitcher/Catcher skill fundamentals			X	X	X
Bullpens			as needed	as needed	as needed
Team situational concepts (C,P, OF, IF)	10 -15 min (Basic!)	15-20 min	20 min	20-25 min	20-25 min
Pitcher fielding practice (w. catcher & IF)				X	X
Advanced team situational work w. runners			X	X	X

Sheet1

Hitting/Tee work fundamentals	30 min (stations)	15-20 min	Include in BP groups	Include in BP groups	Include in BP groups
On-field batting practice (coach pitch)		25-30 min	X	X	X
TOTAL Batting Practice Time			45- 1 hour	45- 1 hour	45- 1 hour
Controlled coach pitch scrimmages/situations		15-20 min	20 min	20 min	20 min
Hours of active work	Max. 1.5 hours, with plenty of breaks	2-2.5 hours	2.5 hours	2.5-3 hours	2.5-3 hours
<i>Fundamental Coaching Suggestions:</i>					
Keep drills varied	X	X	X	X	X
Drills should be kept at about 10-15min	X				
15-20 min		X			
20-25min			X	X	X