

**EVERY DAY BANNERS**

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| **EVERYDAYS (8U & UP)**  All Ages   * Throwing Arm Progressions   1. Rotator Cuff Stretch   2. Side Wrist Snap   3. Trunk Turns   4. From Knee (Make “L”, Point Elbow) * Throwing   1. Foot Sideways   2. Open = Like a “K”   3. Close/Follow Through   4. Receiver – **Step Then Catch**   **(Nose Behind Ball)**   * 1. Long Toss * Knees (Barehand) Fore Hand   Knees (Glove) Back Hand   * Stand (Glove) Fore Hand/From Side   Back Hand  Short Hops (10U+)  8U Infield:   * Grounders: Side to Side (Move to   Get in Front of the Ball)  8U Outfield:   * First Step Back & Forward * Pop Ups – Tuck & Run (R/L) | **CATCHER EVERYDAYS**  All Ages   * No Glove (Side to Side/Tennis) * Duck Walk & Block * Transition Footwork * Blocking (Coach hit/throw) * Facemask Throws * Knee Throws (1B & 3B)   12+   * Block and Up (4 balls up/back) * Framing |
| **INFIELD EVERYDAYS**  All Ages   * Glove Toss * Dart Throws (R/L) * Underhand Throw   12+   * Side/Elbow Leads | **OUTFIELD EVERYDAYS**  All Ages   * Ground Balls (Block with Knee) * Ground Balls (Side/Do or Die) * Shoelace Catches * Pop Ups Over Shoulder (R/L/S) * Running Through the Catch   12+   * Diving Catches |