

## *Skills Development Goals*



Cal Ripken & Hank Aaron

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| Rules & Concepts | Understand strike outs and walks.  |
| Throwing         | Emphasis on proper mechanics. Introduce "crow hop". Stress importance of having a regular throwing program.  |
| Pitching         | Balance is the key. Always from the stretch (no full windups). Teach leg kick, press and follow through. Teach four-seam fast ball grip.   |
| Fielding         | Re-enforce center of body, gator hand, drag to throwing position & moving with glove in fielding position (eye-ball). Introduce proper glove angle and crow hop. Teach proper double play mechanics. Teach coverage for steals. Teach defensive coverage (how and where to back up). |
| Base Running     | Teach "starter's stance", secondary lead & taking signals. Teach proper angle to take when base running & how to hit inside of bag.  |
| Hitting          | Re-enforce repeatable stance. Stress importance of opposite field approach and proper mechanics. Teach bunt mechanics.   |
| Outfield         | Teach "window" for catching fly balls. Work on catching fly balls above the shoulders with two hands. Teach how to track fly balls (must turn shoulder). Teach one-hop throws and outfield crow hop. Teach how and where to back up.   |
| Catcher-Position | Teach proper position to set up and how to give a target. Stress importance of blocking, not catching balls in dirt. Start "directing" the infield on balls put in play.   |
| Uniforms         | It is their (not mom and dads) responsibility to be in full uniform. It is their responsibility to have all equipment. Stress importance of keeping hat/glove/batting gloves/sunglasses together in the dug out so they can be easily found.   |