

Skills Development Goals



Coach Pitch 1

Rules & Concepts	Know how outs are made (caught in flight, force, tag).
Equipment	Begin wearing protective cup.
Throwing	Introduce turning hip and shoulder toward target, then point, step & throw
Fielding	Field Ground balls in center of body, use gator hand & drag to throwing position.
Catching	Catch thrown ball with two hands and proper glove position.
Base Running	Understand when they are forced to run and when they are not.
Hitting	Begin proper swing mechanics. Re-enforce repeatable stance. Emphasis on lower body & balanced finish.