

Skills Development Goals



Coach Pitch 2

Rules & Concepts	Understand and Identify Balls & Strikes. Understand Innings (3 outs-change sides) & How to score runs.
Throwing	Re-enforce turning hip and shoulder. Introduce proper arm- angle and the importance of lower body.
Fielding	Re-enforce center of body, gator hand & drag to throwing position. Introduce "eye-ball" & moving with glove in fielding position. Teach who/how to cover 2nd on force plays. Teach were to stand at each base (no more obstruction).
Catching	Catch thrown ball with two hands and proper glove position.
Base Running	Learn when and how to take base coaches instructions. Learn about "tagging up" on fly balls or line drives.
Hitting	Re-enforce importance of repeatable stance. Introduce opposite field mechanics -swing plane & path
Outfield	Teach every throw goes to 2nd base. Teach proper cut off mechanics and base coverage.
Catcher (Position)	Use a catcher's mitt. Understand count (balls & strikes). After every batter announce how many outs and where the play is to be made.
Uniforms	Teach the proper way to wear the uniform. Must be in full uniform for every game.