

## *Skills Development Goals*



Jackie Robinson & Babe Ruth

Rules & Concepts	Teach "uncaught" third strike (Babe Ruth). Teach proper appeal mechanics.
Throwing	Continue stressing proper mechanics and importance of a regular throwing program.
Pitching	Introduce throwing to quadrants (emphasis aim small, miss small). Teach how to take signs. Teach secondary pitches.
Fielding	Re-enforce center of body, gator hand, drag to throwing position, "eye ball" and glove angle. Stress importance of "moving into the ball". Introduce bunt coverage and pitchers fielding practice.
Base Running	Work on "reading" the ball of the bat and how/when to pick up base coaches.
Hitting	Re-enforce repeatable stance. Stress importance of opposite field approach and proper mechanics. Teach bunt mechanics. Bunts should never be at the pitcher. Should be directed down on of the lines.
Outfield	Re-enforce proper fly ball mechanics, crow hops and one hop throws. Introduce two ways of fielding ground balls. Stress importance of getting behind fly balls.
Catcher (Position)	Teach how to give signals. Catcher is the "quarterback" of the defense. He directs the defense when balls are 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.