

Skills by Division, Caledonia Baseball Softball League

Base Running	Throwing	Fielding	Pitching	Catching	Hitting	Rules
		Tee Ball	1:00 hour time limit	Little League Ages; 4 & 5		
Run base to base	Dominant hand throws the ball	"Fingers up, elbow down" above waist	n/a	Wear gear	Positioning- bat on shoulder lift up a few inches- no more	
Staying on the base	Point with glove- form X	Charging the ball			stand sideways	
Run the proper direction around the bases	Step with opposite throwing foot	Field between your feet			line front foot up with the ball on tee	
	Follow through across body	Practice position names			Drop bat and run	
	Throw to first base	Calling for the ball				
		Girls Coach Pitch	1:30 No New Inning / 1:45 Hard Stop	Little League Ages; 6, 7 & 8		
Know what direction you hit the ball	Option to throw to where you can get an out	Field, step, throw	Underhand coach pitch	Stance	Hitting with your body	Infield fly
Know the difference between running through vs rounding the base	Throw with your whole body	Ready position, when pitch is thrown	Should be flat pitch without arch	Vocal leadership	Hitting with barrel	
	Hug your glove	Relax between pitches	Adjust pitching distance	Keep eyes open - don't blink	Ball vs. Strike	
		Backing up positions			See the ball, wait on ball	
		Situation coverage			Line front foot up with front corner of base	
		Pop Up response			Level swing	
		Seniority of coverage			Goal to hit it back at the pitcher	
					Loading - "get ready to hit"	

		Minors	1:45 No New Inning / 2:00 Hard Stop	Little League Ages; 9 & 10	35 ft distance	11 inch ball used
Introduce sliding	Throw with equal and opposite	Backhand vs not.	Correct takeoff foot	Framing	Coach signing to batters and runners	Stealing bases
Runner vs. fielder - running around fielder <i>when in play</i>			Leg drive	Blocking with body	Bunting	Walks allowed
Stealing, except home	Reach and pull	Position based on batter, situation	3 innings pitched per game/9 per week	Throw down footwork	Drive the ball back up the field	
Lead off when the ball crosses batter	Throw with an L not a V	Drop Step for Pop Ups	Locating	Pop times	Wait long, go quick	
"Get off as far as you can, getting safely back" Pop Up	Flips both ways	Moving through the ball	Change ups	Signs to pitcher	Hit the ball hard, not just for contact	
Tagging up to advance, especially 3rd on 2 outs.	Infield vs. outfield throwing techniques	Force out vs. Tag [how to tag]	Firm front side	Direct defense during the play		
		Response to bunt	Release at the hip	Communicating with pitcher		
				Communicating with umpire		
				Calling time/meeting with infield		
		Majors	1:45 No New Inning / 2:00 Hard Stop	Little League Ages; 11+	40 ft distance	12 inch ball used
Sliding on any close play		Angle response in Infield	9 innings pitched per game/18 per week		Slapping	Stealing home
Run on drop third pitch		Eliminating glove hitches	Master change up, then work on one additional pitch	Cuts from the OF	Hit the ball where pitched	Drop 3rd Strike
Stealing home		Bunt steal coverage	Keeping up arm speed with change ups		Eliminate Casting	Intentional walk
Lead off when the ball leaves the pitcher's hand						