



Coaching A / Coach Pitch: **Skills and Player Development**

1. Coaching The Players

- a. Little League is devoted to fostering Good Sportsmanship, Teamwork and Fostering a Love for baseball while developing the players' skills
- b. Teams are expected to practice
 - i. At least 2-3 times a week leading up to the start of games
 1. Weather permitting
 2. A Division and Tee Ball at least once a week, but more are encouraged
 - ii. At least once a week during regular; twice a week is preferred
 1. Sharing of fields and facilities may be required
- c. Managers and Coaches are expected to treat all players, coaches, umpires and officials with respect
- d. Coaches must focus on developing every player, not just their child or the best players
- e. Players' skills and development should progress as they move up through the divisions

2. A Division / Coach Pitch Skill Development

- i. Instructional division to continue to build off the skills learned in Tee Ball
- ii. Skills the must be introduced and practiced
 1. Holding a bat
 2. Batting stance and bat positioning
 - a. Positioning in relation to home plate
 - b. Hands at shoulder height or slightly higher
 - c. Back elbow at shoulder height or just below
 3. Swing sequence
 - a. Stepping toward the pitcher
 - b. Back hip starting the swing
 - c. "Squish the Bug" with back foot through swing
 - d. Chin starting at front shoulder in stance, but finishing on back shoulder after swing
 - e. Balanced finish
 4. What the Strike Zone is
 5. Hitting off a pitched ball
 6. Not throwing the bat after a hit
 7. Bat safety
 8. Dugout safety

9. Playing catch with a partner
 10. Putting on a glove
 11. Catching a thrown ball
 12. Covering bases when balls are put in play
 13. Fielding a ground ball
 14. Catching a fly ball
 15. Basic base running; name and the order of bases run
- iii. By the end of A Ball/Coach Pitch a player should be able to
1. Get in a stance at the plate and swing without assistance
 - a. Step and swing
 - b. Drop bat without throwing it
 2. Begin to understand what the Strike Zone is
 - a. How it relates to ability to hit
 - b. When to swing and when not to swing
 3. Understand that no one holds a bat unless it is their turn to hit
 4. Know where to run when a ball is put in play
 5. Execute the basics of throwing a baseball
 - a. Pointing shoulder and elbow at target
 - b. Stepping with front foot towards target
 - c. Throwing overhand to $\frac{3}{4}$ slot
 - d. Following through
 - e. Throw reasonably accurate more times than not
 6. Know the basic alignment of fielding a ground ball
 - a. Trying to make the Triangle with feet and glove
 - b. Fielding ball not trapping it
 - c. Get throwing hand on top of ball while fielding
 - d. Shuffling feet to position body on balls not hit directly at fielder
 - e. Footwork to get into throwing position
 7. Players begin covering bases when ball is not hit to them
 8. Throw to first on balls put in play
 9. Know the basic glove position of catching thrown ball or a line drive
 - a. "High five" the ball with fingers pointed toward the sky on ball above the waist
 - b. "Low five" the ball with fingers pointed toward the ground on ball below the waist
 - c. "Wind Shield Wipers" elbow to elbow to catch balls above waist but off the body's midline
 10. Know the basics of how to catch a fly ball
 - a. Palm to the sky
 - b. Securing catch with second hand
 - c. Glove over shoulder not covering face
 11. Be introduced to pitching

12. Be introduced to the catcher position and gear
13. Begin trying to hit off a player pitched ball