

# South Whitley Youth League



## Policy & Procedures Manual

2019

**Mission Statement:** South Whitley Youth League aspires to be an understanding educational athletic organization that provides a high quality experience while assisting children in developing the qualities of citizenship, discipline, teamwork and physical well-being.

## **Location**

South Whitley Youth League  
PO BOX 476  
South Whitley, IN 46787

## **Administration Board**

1. Jeffrey A. Beer (President)
  - a. [swyouthleague@gmail.com](mailto:swyouthleague@gmail.com)
  - b. 765-623-3267
2. Brandy Veach (Vice President / Treasurer)
  - a. [Brandyveach@gmail.com](mailto:Brandyveach@gmail.com)
  - b. 574-551-4049
3. Greg Rostachak
  - a. [Grostockak2@gmail.com](mailto:Grostockak2@gmail.com)
  - b. 260-740-2083
4. Betsy Bowers
  - a. [Eabowers6@gmail.com](mailto:Eabowers6@gmail.com)
  - b. 260-248-1411
5. Steve Banaka
  - a. 260-229-0627

## **Divisions (2018 = 137 Kids)**

1. T-Ball
2. Machine Pitch (Baseball)
3. Machine Pitch (Softball)
4. Major League BSB (9-12 yrs. old)
5. Minor Softball (9-12)

## Team Coaches: 2018

### Tee Ball

1. Cardinals: Matt Long
2. Reds: Jason Sims
3. Angels: Mark Walters
4. Rockies: Tabi Ousley

### Machine Pitch Baseball

5. Diamondbacks: Steve Banaka
6. Orioles: Dustin Patrick

### Machine Pitch Softball

7. Diamonds: Dana Day
8. Bandits: Greg Rostochak

### Minor & Major (9-12) League Baseball

9. Brewers: Steve Banaka
10. Twins: Cory Bowers
11. Athletics: Kenny Eloph

### Minor Softball

12. Racers: Amanda Reid
13. Crush: Bill Adkins

**Coaching:** The following thoughts have been put into place for determining coaching assignments

1. Individuals who have coached in the past will be given first opportunity to continue or be asked to move up with a team if they so want.
2. The league would like to focus on having one individual head coach with no more than 2 specific assistant coaches on the roster. One person may be designated as a bookkeeper as well. This is what is allowed for T and C when it comes to tournament time.
3. SWYL would like to have one head coach per team rather than have one coach go with multiple teams as a head coach. This allows for more involvement for those that want to volunteer and gives SWYL more of a coaching bank for the future.
4. If enough volunteers cannot be found the league will ask current head coaches if they would like to head coach multiple teams.
5. If a team is sponsored by a company this does not automatically give the sponsor the right to determine the head coach if not discussed with the SWYL.

**2018**

**RULES & REGULATIONS**

**All Rules listed below are highlights with the majority of them coming directly from the updated T and C rulebook. IF there is any question you should always refer to the rulebook**

## ***Tee Ball (4-6 years old)***

The following rules, regulations and expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Rules

1. Players will only be allowed to attempt 5 swings to hit a ball off the tee
2. Each game will play with a typical 3 out inning
3. Each team may bat through the lineup once in an inning if accomplished before 3 outs.
  - a. Teams will switch if this occurs
4. Games will last no more than 1 hour
5. Players are allowed to take one extra base if the ball is overthrown
6. Players will be instructed to “play a position” at all times when in the field.
  - a. Those players in the outfield may stand a few feet into the grass

## ***Machine Pitch Baseball (6-8 years old)***

### **Rules: T and C rulebook 2018**

1. Pitching speed will be set at 36-37 MPH with a single wheel machine.
2. Pitching distance will be set at 40 feet.
3. Time limit will be set at 1 hour 30 minutes for a game in tournament play. The inning that is presently being played will be finished unless in the bottom of an inning and the home team is in the lead.
4. Players will have 5 attempts to hit a ball. Foul tips during 5<sup>th</sup> ball leads to a continuation until a strike or hit occurs before a player is considered done hitting.
5. 6 runs are allowed to be scored per inning with continuation. Continuation example: If the 6<sup>th</sup> run of the inning is on any base, the remainder of the runs during that last batter that scores the 6<sup>th</sup> run will not count. This will occur for all innings except for last inning which is unlimited runs.
6. Mercy rule: 15 after 3 innings or 10 runs after 4 innings. Bottom of fourth may not be played only if the home team is in the lead at that time.

## ***Machine Pitch Softball (6-8)***

### **Rules: T and C rulebook 2018**

1. Pitching speed will be set at 32 MPH with a Louisville Slugger UPM 45 Pitching Machine.
2. Pitching distance will be set at 45 feet. Placed just in front of the pitching rubber.
3. Time limit will be set at 1 hour 30 minutes for a game when in tournament play. The inning that is presently being played will be finished unless in the bottom of an inning and the home team is in the lead.
4. Players will have 5 attempts to hit a ball. Foul tips during 5<sup>th</sup> ball leads to a continuation until a strike or hit occurs before a player is considered finished with an at bat.
5. 6 runs are allowed to be scored per inning with continuation. Continuation example: If the 6<sup>th</sup> run of the inning is on any base, the remainder of the runs during that last batter that scores the 6<sup>th</sup> run will not count. This will occur for all innings except for last inning which is unlimited runs.
6. Mercy rule: 15 after 3 innings or 10 runs after 4 innings. Bottom of fourth may not be played only if the home team is in the lead at that time.

## ***Minor & Major League Baseball (9-12 years old)***

### **Rules: T and C rulebook 2017**

1. 6 runs are allowed to be scored per inning with no continuation. Last inning is unlimited runs allowed.
2. Mercy rule: 15 after 3 innings or 10 runs after 3.5 innings. Bottom of fourth may not be played only if the home team is in the lead at that time.
3. Any game cancelled must be communicated and made up as soon as possible. If the game has not been rescheduled by tournament time both the home and visiting team will obtain a loss in their league records.
4. Time limit will be set at 1 hour 45 minutes for a game or 6 innings whichever comes first in league play. Tournament play is a straight 6 innings with no time limit. The inning that is presently being played will be finished unless in the bottom of an inning and the home team is in the lead.

## Objectives

1. Overall readiness to take the time to teach players younger than them
2. Throwing: Full pitching motion should be taught as well as throwing from the stretch should be introduced.
3. Fielding: focusing on lead runner, getting ball to the proper base in situational play
4. Base running: Leads offs, communication, situational running, self-decision making
5. Hitting: Situational hitting, pitch selection, bunting mechanics
6. Teamwork: Bunt Defense, 1<sup>st</sup> and 3<sup>rd</sup> situations

## *Minor Softball (9-12 years old)*

1. No pitching limits but pitchers cannot start consecutive games
  2. Time Limit: 1 hour 30 minutes or 6 innings whichever comes first
  3. 11 inch ball being used
  4. 6 runs per inning allowed with NO continuance except for last inning is unlimited runs
  5. Once a ball is pitched in an inning that counts as an inning
  6. Required facemasks for all hitters and fielders playing 1<sup>st</sup>, 3<sup>rd</sup> or pitcher
  7. New T and C rule is drop third strike is out of rules. Dropped ball on third strike still an out
1. Tournament
    - a. No pitching limits
    - b. No time limit, 6 innings played unless extra innings needed
1. Teams shall consist of 9 players. Teams may play with as few as 8 players. All players shall be included in the batting line up.
  2. Batting helmets must have attached face masks.
  3. When a starting pitcher leaves the game and sits on the bench, that player may not re-enter as a pitcher. As long as she remains an active player on the field, she may re-enter as pitcher.
  4. The pitcher's pivot foot must remain in contact with the pitching rubber until the ball is released.
  9. A batter shall not permit a pitched ball to touch her. It is expected that the batter attempts to move out of the path of the ball and that if no attempt is made, that batter will not advance to first base automatically.
  10. If a batter leads off after a pitch is released, she cannot remain motionless. The runner must attempt to advance or return immediately to the previously occupied base.

11. All players, coaches and parents will be expected to exhibit good sportsmanship at all times. Any player, fan or coach whose conduct is unbecoming or abusive will be warned and may be removed from the playing fields at the discretion of the umpire. Foul or abusive language will not be tolerated under any circumstances.

12. The "infield fly rule" will be observed.

## Appendices

Appendix I: Corporate Sponsor Letter

Appendix II: Corporate Sponsor Response Form

Appendix III: Online Social Media, Website & Photo Release

Appendix IV: Code of Conduct

Appendix V: Emergency Action Plan

Appendix VI: Accident Report

Appendix VII: 2018 Sponsors

Appendix VIII: Level of Play Expectations



*Appendix III*

*South Whitley Youth League*

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Online Social Media, Website & Photo Release

I acknowledge my son/daughter may be photographed and/or videotaped during the baseball / softball season and grant permission to South Whitley Youth League Baseball / Softball Association to use any photographs and/or video footage on its website, online social media (Twitter, Facebook, etc.) or in other publications at its discretion. This footage would only be used to highlight athletes, promote the sport and/or the South Whitley Youth League Baseball / Softball Association.

By signing below I am agreeing and giving permission for such pictures or video footage to be taken and used at the discretion of the South Whitley Youth League Baseball / Softball Association.

Parent/Legal Guardian \_\_\_\_\_  
Printed Name

Parent/Legal Guardian \_\_\_\_\_  
Signature

Date \_\_\_\_\_

# *Appendix IV*

## *South Whitley Youth League*

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### **Code of Conduct**

#### **Introduction**

South Whitley Youth League is a community youth baseball and softball activity with the goal of providing our children an opportunity to develop life skills through team play, sportsmanship, competition, and hard work. Our mission is to provide South Whitley youth the opportunity to play baseball and softball in a recreation league commensurate with their individual ability, potential, and interest. An emphasis on fair play and respect for all participants is a primary element of our league's mission. To better achieve that mission, we provide the following Codes of Conduct for all South Whitley Youth League, parents, players, and coaches.

These Codes of Conduct are an understanding between South Whitley Youth League, parents, players, and coaches to abide by the rules and regulations of the game, as well as to maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship. These Codes express our values and goals. It is essential they be honored and followed.

The Codes of Conduct can be summarized in the following three principles: (1) Demonstrating a positive attitude; (2) Setting a good example; and (3) Maintaining good relationships with all Youth League participants - including officials, opponents, and our own teams' players, parents, and coaches.

#### 1. Demonstrating a positive attitude

Players, parents, and coaches are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for umpires, opponents, coaches or fans undermine the purpose of sport and encourage behavior contrary to the spirit of the game and the mission of South Whitley Youth League.

#### 2. Setting a good example

Each person associated with South Whitley Youth League is accountable for his/her own behavior at all times on or off the field of play. Parents, players, coaches and other adults should remember that children learn by example - it is up to the adults to set good examples.

South Whitley Youth League will not tolerate conduct that is detrimental to the sport, the participants, or the community. Such conduct includes: Vulgarity by coaches, players or parents; harassment or belittling of umpires, coaches or players; verbal abuse, threats or physical violence toward anyone before, during or after a match; and the taunting of opposing players, coaches and parents. We require thorough self-restraint by all participants - both players and adults. Teams must exercise appropriate control over those who fail to control themselves.

#### 3. Maintaining good relationships

Officials - The umpire's job is a difficult one. All umpires are human and they do make mistakes. Parents or players who believe their team has been treated unfairly or has been assigned an unqualified umpire should speak to their coach after the game. Coaches should inform the appropriate league officials about blatant umpiring problems. Managers should make reports through appropriate channels, including mail evaluations where available. Verbal abuse toward an umpire can result in an ejection for the player, coach or parent pursuant to Youth League rules.

Opponents - Players and coaches are required to maintain a sense of fair play and be respectful of opposing players, coaches and fans at all times. Sportsmanship begins with respect. Without it, the positive competitive environment, which should be a perfect classroom for learning the values of baseball and softball, is completely undermined. Occasionally we will encounter opponents who do not share our values and high standards. If we allow ourselves to be drawn down to their level, we will have lost regardless of the final score.

Our Team - In an environment where our children are competing not only against other teams but also frequently against each other, it can be difficult to control jealousies and rivalries. A successful team resembles a family in that members put their own needs second, behind the greater good of the team. Great care must be taken not to undermine the coaches' authority. As in most cases, parental example is all-important.

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## **Player's Code**

As a South Whitley Youth League player, I will:

1. Play the game for the game's sake, and not just to please my parents or coach.
2. Be modest and generous when I win and gracious when I lose.
3. Respect the game of baseball and softball and its rules, and play the game fairly.
4. Work for the good of my team and give my best effort at all times.
5. Show respect for the authority of the umpire, even though I will sometimes disagree with his/her calls.
6. Show good sportsmanship before, during, and after games. I understand that baseball and softball is a game, and that the players on the other team are my opponents, not my enemies.
7. Conduct myself with honor and dignity and treat other players as I would like to be treated.
8. Control my temper and not retaliate, even if I believe I have been wronged.
9. Not use or possess tobacco, alcohol, or illegal or performance-enhancing drugs.

## **Parent's Code**

As a parent, you play a special role in the development of your child and of his/her teammates. Your encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence. The other team is the opponent, not the enemy, and should be treated with respect. While winning is important, playing well and fairly is the essence of the game.

### **1. Support your child**

Support your child by giving encouragement and showing interest in his/her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory.

### **2. Always be positive**

Children learn more by example than by criticism. Work to be a positive role model, and reinforce positive behavior in others. Applaud good plays by others on your child's team as well as good plays by the opposing team. Do not criticize any child's performance from the sidelines. Accept the results of each game. Teach your child to be gracious in victory and to turn defeat into victory by learning and working toward improvement.

### **3. Don't be a sideline coach or umpire**

Refrain from coaching or umpiring from the sidelines. Parents who shout or scream from the sidelines often give inappropriate advice at the wrong time. The coach should be the only sideline voice. Remain well back from the sidelines and within the spectator area. You and your child will both enjoy the game more if you put some emotional distance between yourself and the field or play. Umpires are symbols of fair play, integrity and sportsmanship - Do not openly question their judgment or honesty.

### **4. Demonstrate a positive attitude toward your opponents and their families**

Opponents are not enemies. Never allow yourself to be drawn into a verbal disagreement with opposing parents or coaches. No one has ever regretted letting "cooler heads prevail."

### **5. Remember that your child wants to have fun**

Your child is the one playing baseball and softball, not you. Children must establish their own goals - to play the game for themselves. Take care not to impose unreasonable demands on your child. Let your children experience the fun of playing as well as the challenge of excelling.

I/we will set following:

- We will not criticize the umpires openly or directly, during or after games. Any criticism shall be done in writing, sent to my coach and not verbally.
- We will give only positive feedback to players.
- We will cheer at all games within the spirit of fair play and shall do our best to cheer the effort regardless of the outcome. We will be mindful in “lopsided” game where cheering our own “winning” team might be misunderstood.
- We shall do our best to teach our players to become students of the game.
- We shall show the quality of our sportsmanship during and after each game and help our child remembers to thank the umpire after the game without regard to the result.
- We shall do our very best to have our child prepared for every game.
- We shall support the learning efforts of the players, the coaches, and the umpires by demonstrating our patience.
- We shall leave the coaching to the coach during the game. We shall not give our child instructions during the game.
- We understand that the league can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- We agree to do our best to have as much fun watching the game as the players should have playing the game.

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## **Coach's Code**

The South Whitley Youth League Coach’s Code enumerates basic requirements, organized under four principles. They are: Setting a good example; keeping players safe; ensuring that all participants in South Whitley Youth League have a positive experience; and relating to game umpires in an exemplary manner and encouraging players to do the same.

### 1. Setting a good example

The coach’s example is powerful. If a coach insists on fair play, concentrates on players' enjoyment of the game and their overall, long-term development, and supports the umpire, players and parents will notice. If a coach discourages (or allows) players to play outside the rules, are overly concerned about the results, and/or criticize the umpire or opposing coach, players and parents will also notice. Above all, children deserve a coach they can respect.

- Coaches, in all contact with South Whitley Youth League, parents, officials and coaches, should strive to set an example of the highest ethical and moral conduct. Before, during, and after the game, they should be an example of dignity, patience and positive spirit.
- Before games, opposing coaches should meet and exchange greetings to set the proper tone for the game. After games, the teams and coaches should meet and congratulate each other in a sportsmanlike manner.
- Coaches should ensure that their players’ baseball and softball and softball experience is one of fun and enjoyment, and improvement in skill (winning is only part of it). Players should

never be yelled at, lectured or ridiculed for making mistakes or losing a game. Coaches should be generous with praise when it is deserved.

- Coaches should avoid any conduct which could be construed as physically or verbally abusive.
- Coaches should completely refrain from verbal dissent during a game with an opposing coach.
- Coaches should honor all professional relationships with colleagues, associations, umpires, and the public. Conflicts of interest and exploitation of these relationships must be avoided.

## 2. Keeping players safe

Coaches should have the safety of the players in their charge as their first priority at all times. Coaches should be familiar with the facilities and fields on which their teams practice and play, and be mindful of the levels of fitness and skill of each one of their players. Coaches should also be familiar with the Rules of the Game, current with principles of age-appropriate coaching, aware of applicable existing rules and regulations, and informed of the affairs of South Whitley Youth League.

- Coaches should check players' equipment and playing facilities frequently. They should meet safety standards and be appropriate for the age and ability of players.
- Coaches should follow the advice of a physician when determining when an injured player is ready to play again. During a game, and in an absence of medical advice, coaches should err on the side of caution in permitting an injured player to return to play.

## 3. Creating a positive experience

South Whitley Youth League wishes to ensure that games are fair, positive and enjoyable experiences for the children and adults involved. A baseball and softball and softball game should be friendly and unifying - a spirited social and athletic occasion for players, coaches, umpires, and spectators.

- Coaches should require all players and spectators to adhere to the highest level of sportsmanship at all times. During the game, the coach is responsible for the sportsmanship of the players. If a player is disrespectful, irresponsible or overly aggressive, the coach should remove the player from the game at least long enough for him/her to calm down. Coaches should explain acceptable behavior to players and parents at a preseason meeting. Encourage parents to make positive comments about good play by either team. Prohibit them from yelling at players and the umpire.

#### 4. Relating to officials

Coaches should demonstrate respect for the umpire and his/her role. Coaches can help umpires improve by letting them concentrate on the game, accepting their inevitable, occasional mistakes, and offering constructive post- game comments.

- Before a game, coaches should introduce themselves to the umpire. During the game, they should address the umpire only as needed to continue play. After the game, they should thank the umpire and ask players to do the same.
- A small disagreement should be discussed with the umpire calmly after the game. For major complaints, or if the umpire appeared to be unfair, biased, unfit, or incompetent, report opinions to the Chief Umpire.

**Rain Outs:** In case of any chance of cancellation due to rain either before or during the games the following will occur.

1. It is up to the home team coach or both coaches if from the same league to determine playing conditions. If a board member decides the field to be unplayable that will supercede the decision of coaches.
  - a. The person cancelling the game has the responsibility of contacting other coaches, umps, concessions to inform them.
    - i. UMPS: Kennedy Krull
    - ii. Concessions: Betsy Bowers and/or Brandy Veach
  - b. Board President, Jeff Beer, must be contacted.
    - i. A phone list of all coaches and umpires can be located in the concession stand with board members in possession of keys.
2. If play is in progress and rain occurs the coaches on the field will determine whether play will or will not continue. If a board member is on site they must be in the decision making process for any cancellation.

**Smoking:** There is absolutely no smoking on the Youth League premises and anyone found to be smoking on the property will be asked to put out their smoking item or asked to leave the property. If someone will not leave or put out their item they will be banned from coming onto the Youth League field for the rest of the season.

**Smokeless Tobacco:** No coach will be allowed to use smokeless tobacco while on the Youth League property. Anyone caught using smokeless tobacco on league property will be asked to dispose of such item. If a coach refuses to get rid of the tobacco they will be asked to leave the field and not return until they sign that they understand that it is against league rules.

Coaches Signature: \_\_\_\_\_

## Appendix V

### South Whitley Youth League

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Emergency Action Plan: The below emergency action plan and announcement should be available for all events and practices

Lightening: The following announcement will be made via the concession stand PA system.

#### **Lightning Delay Announcement**

*“This contest has been suspended due to the current weather conditions. All spectators, athletes, and personnel should seek shelter as quickly as possible. Please go to the nearest building or vehicle. If you seek shelter in your vehicle, keep the windows rolled up. Do not take shelter under trees or other tall, lone objects. Do not remain on, under or near bleachers or fences.*

When lightening or thunder is detected and at minimum 6 miles away according to flash to bang theory or lightening detector each athlete and spectator should exit the field and enter the high school for safety.

1. The athletic director and/or president of the South Whitley Youth League should be contacted if not found on the premises to make sure he/she is aware of HS shelter
2. Spectators and athletes are welcome to stay in their cars when lightening
3. No play shall resume until 30 minutes after the last lightning strike or thunder for safety
4. A South Whitley Youth League board member or designated coach will make the determination to resume play.
5. If play is delayed more than an hour all games unless lights are available and weather conditions have passed will be cancelled or delayed until a further makeup date can be determined.

#### Tornado (Watch)

1. At any point if a tornado is possible (tornado watch) ALL students and spectators will be notified and explained that the school is the safest place for them.
2. ALL games will be suspended or cancelled
3. ALL administration board members of the South Whitley Youth League should be notified of said weather conditions and announcement to cancel.

#### Tornado (Warning)

1. If a tornado is present ALL athletes and parents will be contacted to not come to practice considering the weather.
2. ALL athletes, parents, and spectators will seek shelter in the high school
3. Youth League administration board members will be notified so aware of situation.

#### Shooter

1. In case of a shooter ALL students, parents, and spectators will seek shelter in the high school to lock themselves in a safe place until the ALL CLEAR has been announced.
2. Local Police should be contacted if this can be done safely
3. Local Police are the only individuals to give the ALL CLEAR
- 4.



*Appendix VI*  
*South Whitley Youth League*

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**Accident Report**

Injured Name: \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_

Incident Report (please print out details) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Course of Action*

EMS Called \_\_\_\_\_ Police Called \_\_\_\_\_ On Site Emergency Care \_\_\_\_\_

Released to Parents at Parents Request \_\_\_\_\_ Basic First Aid Administered \_\_\_\_\_

Explain Above Checks: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reporter Print & Signature \_\_\_\_\_

Parent Print & Signature (If available) \_\_\_\_\_

EMS / Police Print & Signature \_\_\_\_\_

*Appendix VII*  
*South Whitley Youth League*

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**Tee Ball: Skills & Expectations**  
**Age: 4-6**

Overall Summary

1. Listens to coach, learns with enthusiasm
2. Throwing - Shoulder target, elbow up, step to throw
3. Fielding - Ready position, alligator cover, mechanics of fly balls and grounders
4. Running - Run to first--make the right turn
5. Hitting - Safety, grip, stance
6. Position role (who goes where?)

**Throwing**

Basic Mechanics: Doing Skills

- Shoulder to target
- Throwing Elbow above target
- Step toward target and throw

Spartan Throwing Progression: Learning Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

**Fielding**

Basic Mechanics: Doing Skills

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Intermediate Skills / Strategy: Doing and Learning Skills

- Understand how to get an out (1st, tag, fly ball): D
- Fly ball above nose and eye level, two hands, glove foot in front: L
- Force outs, basic double play mechanics: L

### **Base Running**

#### Basic Skills: Doing Skills

- Run to the proper base when ball is hit
- Run past first base when appropriate (Toward 2nd or foul)
- Look at base coaches

### **Hitting**

#### Basic Skills: Doing Skills: Doing Skills

- Always wear helmet & only swing when in the batter's box or cage
- Hold the bat with hands together/knuckles aligned
- Square stance to the pitcher
- Hands at top of strike zone
- Knob of bat to opposite batter's box
- Hit off a tee and soft toss

#### Demonstrate Spartan Hitting Mechanics: Learning Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

### **Teamwork: Doing Skills**

#### Basic Skills

- Understand role of each position and basic interaction

### **Rules: Doing and Learning Skills**

- Understand how runs are scored: D
- Understand how outs are made: D
- Understand balls and strikes: L
- Understand how and when runners advance: L
- Understand force and tag out situations: L

## Coaches Pitch Baseball Skills & Expectations Age: 6-8

The following rules and expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Overall Summary

1. Dugout clean, uniforms neat
2. Arrive at practice/ games at requested times dressed & ready to play
3. Make time to teach a younger player
4. Set Season Improvement Goal and strive to achieve
5. Hustle--run on and off the field
6. Greet teammates after scoring / contributing
7. Respond positively to adversity--"One pitch at a time"
8. Look for opportunity to help teammate reach their goal

### Throwing

#### Basic Mechanics: Doing Skills

- Shoulder to target
- Throwing Elbow above target
- Step toward target and throw

#### Spartan Throwing Progression: Learning Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

## **Fielding**

### Basic Mechanics: Reassess / Emphasize

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing Skills: Learning Skills

- Set to double play depth with footwork from all infield positions
- Infield communication (plays, coverage, reading the batter)
- Pitcher covering 1st base
- Outfield (break to ball, square to target, glove foot lead, throw)
- Catchers (signals, framing, reliably throw to all bases)

## **Base Running**

### Basic Skills: Doing Skills

- Run past first base when appropriate (Toward 2nd or foul)
- Look at base coaches

### Intermediate Skills/ Strategy: Doing Skills

- Safety execute a bent leg slide
- Steals and delayed steals
- Show when and how to tag up
- 1st 3 steps out of batter's box

### Aggressive Baserunning: Learning Skills

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response

## **Hitting**

### Basic Skills: Reassess / Emphasize Skills

Always wear helmet & only swing when in the batter's box or cage

Hold the bat with hands together/knuckles aligned

Square stance to the pitcher

Hands at top of strike zone

Hit off a tee and soft toss

### Demonstrate Spartan Hitting Mechanics: Doing Skills

Proper Grip (Index Finger Test)

Stance: Feet wide, knees bent, hands at top of zone, knob to box

Stride: Small step, load hands/weight back at machine load/wind-up

Pivot: Rear leg "show the ump your cleats--belly button on plate"

Swing: Hips, arms, two hand follow through

## **Teamwork**

### Basic Skills: Doing and Learning Skills

- Understand role of each position and basic interaction: D
- Coverage and backup responsibilities (Everyone moves): D
- Fly ball priority positions and communication rules: D
- Hit cutoffs and relays: L
- Basic Bunt defenses: L
- 1st and 3rd defensive plays: L
- Run-down techniques with runners on base: L

### **Rules: Doing Skills**

- Understand how runs are scored
- Understand how outs are made
- Understand balls and strikes
- Understand how and when runners advance
- Understand force and tag out situations

## Minor League Baseball Skills & Expectations Age: 9-12

The following expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Overall Summary

1. Dugout clean, uniforms neat
2. Arrive at practice/ games at requested times dressed & ready to play
3. Set Season Improvement Goal and strive to achieve
4. Hustle--run on and off the field
5. Greet teammates after scoring / contributing
6. Respond positively to adversity--"One pitch at a time"
7. Look for opportunity to help teammate reach their goal

### Throwing

#### Basic Mechanics: Reassess / Emphasize Skills

- Shoulder to target
- Throwing Elbow above target
- Step toward target and throw

#### Spartan Throwing Progression: Doing Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

### Pitching Progression (6-Step): Doing Skills

- Stance
- Rocker Step
- Pivot
- Balance
- Separation / Approach
- Release and Follow through

## **Fielding**

### Basic Mechanics: Reassess / Emphasize Skills

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Fielding Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing and Learning Skills

- Set to double play depth with footwork from all infield positions: D
- Infield communication (plays, coverage, reading the batter): D
- Pitcher covering 1st base: D
- Outfield (break to ball, square to target, glove foot lead, throw): D
- Catchers (signals, framing, reliably throw to all bases): D
- Proper angle to ground ball / footwork: L
- Outfield (Do or Die Ground balls to base): L
- Outfield Fence Drills: L
- Catchers provide positive field leadership: L



## **Base Running**

### Basic Skills: Doing Skills

- Run past first base when appropriate (Toward 2nd or foul)
- Look at base coaches

### Intermediate Skills/ Strategy: Reassess / Emphasize Skills

- Safety execute a bent leg slide
- Steals and delayed steals
- Show when and how to tag up
- 1st 3 steps out of batter's box

### Aggressive Base running

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response
- Begin to demonstrate self-thinking / decision making on base paths

## **Hitting**

### Basic Skills: Doing Skills: Reassess / Emphasize Skills

Always wear helmet & only swing when in the batter's box or cage

Hold the bat with hands together/knuckles aligned

Square stance to the pitcher

Hands at top of strike zone

Hit off a tee and soft toss

### Demonstrate Spartan Hitting Mechanics: Reassess / Emphasize Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

#### Team Offense:

- Hit line drives & hard ground balls (No bad hops for fly balls): D
- Selecting pitches based on count and coach signs: D
- Develop hitting strategy vs. specific pitchers: D
- Practice situational hitting (hit & run, sacrifice bunts, bunt for hit): D
- Master situational bunting (Short Game): L
- Aggressive versus defensive swings: L
- No stride hitting: L
- Observe and communicate pitcher's patterns: L

### **Teamwork: Doing Skills**

#### Basic Skills

- Understand role of each position and basic interaction
- Basic coverage and backup responsibilities (Everyone moves)
- Fly ball priority positions and communication rules
- Hit cutoffs and relays
- Basic Bunt defenses
- 1st and 3rd defensive plays
- Run-down techniques with runners on base
- Full bunt defenses
- Advanced pickoff plays

### **Rules: Reassess and Doing Skills**

- Understand balls and strikes
- Understand how and when runners advance
- Understand force and tag out situations
- Know rules of league

## **Youth League Baseball Skills & Expectations**

**Age: 11-12**

The following rules and expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Overall Summary

- Dugout clean, uniforms neat
- Arrive at practice/ games at requested times dressed & ready to play
- Set Season Improvement Goal and strive to achieve
- Hustle--run on and off the field
- Greet teammates after scoring / contributing
- Respond positively to adversity--"One pitch at a time"
- Look for opportunity to help teammate reach their goal

### **Throwing**

#### Spartan Throwing Progression: Doing Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

#### Pitching Progression (6-Step): Doing Skills

- Stance
- Rocker Step
- Pivot
- Balance
- Separation / Approach
- Release and Follow through
- Two seam grip, fastball, change-up
- Wind up and stretch delivery
- 1st strike of first two pitches
- Downward plane for the ball
- Proper follow thru with all throws (Nose to Leather--Feet follow)

- Pitch control (low strikes reliably, boxing and tilting)
- Deliver strike to win 1 ball - 1 strike battle
- Demonstrate effective Hold and Pickoff moves

## **Fielding**

### Basic Mechanics: Reassess / Emphasize Skills

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grunder)
- Catch ball in front of body
- Cover ball with bare hand

### Fielding Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing and Learning Skills

- Set to double play depth with footwork from all infield positions: D
- Infield communication (plays, coverage, reading the batter): D
- Pitcher covering 1st base: D
- Outfield (break to ball, square to target, glove foot lead, throw): D
- Catchers (signals, framing, reliably throw to all bases): D
- Proper angle to ground ball / footwork: L
- Outfield (Do or Die Ground balls to base): L
- Outfield Fence Drills: L
- Catchers provide positive field leadership: L

## **Base Running**

### Aggressive Base running

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response
- Begin to demonstrate self-thinking / decision making on base paths
- One Way Lead off 1st
- Proper lead of all bases
- Proper stealing footwork
- Break on the pitcher's first move
- Advanced 1st and 3rd situations--when to run
- No one out, one out, two out base running rules
- Self thinking on base paths
- Observe and communicate pitcher's patterns

## **Hitting**

### Demonstrate Spartan Hitting Mechanics: Reassess / Emphasize Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

### Team Offense: Reassess / Emphasize & Doing Skills

- Hit line drives & hard ground balls (No bad hops for fly balls): R
- Selecting pitches based on count and coach signs: R
- Develop hitting strategy vs. specific pitchers: R
- Practice situational hitting (hit & run, sacrifice bunts, bunt for hit): R
- Master situational bunting (Short Game): D
- Aggressive versus defensive swings: D
- No stride hitting: D
- Observe and communicate pitcher's patterns: D

## **Teamwork: Doing Skills**

### Basic Skills: Reassess / Emphasize and Doing Skills

- Hit cutoffs and relays: R
- Basic Bunt defenses: R
- 1st and 3rd defensive plays: R
- Run-down techniques with runners on base: R
- Full bunt defenses: D
- Advanced pickoff plays: D

## **Rules: Reassess and Doing Skills**

- Understand balks
- Know rules of league

## **Machine Pitch Softball Skills & Expectations**

**Age: 6-8**

The following rules and expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Overall Summary

1. Dugout clean, uniforms neat
2. Arrive at practice/ games at requested times dressed & ready to play
3. Make time to teach a younger player
4. Set Season Improvement Goal and strive to achieve
5. Hustle--run on and off the field
6. Greet teammates after scoring / contributing
7. Respond positively to adversity--"One pitch at a time"
8. Look for opportunity to help teammate reach their goal

### Throwing

#### Basic Mechanics: Doing Skills

- Shoulder to target
- Throwing Elbow above target
- Step toward target and throw

#### Spartan Throwing Progression: Learning Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

## **Fielding**

### Basic Mechanics: Reassess / Emphasize

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing Skills: Learning Skills

- Set to double play depth with footwork from all infield positions
- Infield communication (plays, coverage, reading the batter)
- Pitcher covering 1st base
- Outfield (break to ball, square to target, glove foot lead, throw)
- Catchers (signals, framing, reliably throw to all bases)

## **Base Running**

### Basic Skills: Doing Skills

- Run past first base when appropriate (Toward 2nd or foul)
- Look at base coaches

### Intermediate Skills/ Strategy: Doing Skills

- Safety execute a bent leg slide
- Steals and delayed steals
- Show when and how to tag up
- 1st 3 steps out of batter's box



### Aggressive Baserunning: Learning Skills

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response

## **Hitting**

### Basic Skills: Reassess / Emphasize Skills

- Always wear helmet & only swing when in the batter's box or cage
- Hold the bat with hands together/knuckles aligned
- Square stance to the pitcher
- Hands at top of strike zone
- Hit off a tee and soft toss

### Demonstrate Spartan Hitting Mechanics: Doing Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

## **Teamwork**

### Basic Skills: Doing and Learning Skills

- Understand role of each position and basic interaction: D
- Coverage and backup responsibilities (Everyone moves): D
- Fly ball priority positions and communication rules: D
- Hit cutoffs and relays: L
- Basic Bunt defenses: L
- 1st and 3rd defensive plays: L
- Run-down techniques with runners on base: L

## **Rules: Doing Skills**

- Understand how runs are scored
- Understand how outs are made
- Understand balls and strikes
- Understand how and when runners advance
- Understand force and tag out situations

## Minor Softball Skills & Expectations Age 9-12

The following rules and expectations are below for each player and coach to follow as long as a competitive season is occurring.

### Overall Summary

1. Dugout clean, uniforms neat
2. Arrive at practice/ games at requested times dressed & ready to play
3. Set Season Improvement Goal and strive to achieve
4. Hustle--run on and off the field
5. Greet teammates after scoring / contributing
6. Respond positively to adversity--"One pitch at a time"
7. Look for opportunity to help teammate reach their goal

### Throwing

#### Basic Mechanics: Reassess / Emphasize Skills

- Shoulder to target
- Throwing Elbow above target
- Step toward target and throw

#### Spartan Throwing Progression: Doing Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

### Pitching Progression (6-Step): Doing Skills

- Stance
- Rocker Step
- Pivot
- Balance
- Separation / Approach
- Release and Follow through

## **Fielding**

### Basic Mechanics: Reassess / Emphasize Skills

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Fielding Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing and Learning Skills

- Set to double play depth with footwork from all infield positions: D
- Infield communication (plays, coverage, reading the batter): D
- Pitcher covering 1st base: D
- Outfield (break to ball, square to target, glove foot lead, throw): D
- Catchers (signals, framing, reliably throw to all bases): D
- Proper angle to ground ball / footwork: L
- Outfield (Do or Die Ground balls to base): L
- Outfield Fence Drills: L
- Catchers provide positive field leadership: L

## **Base Running**

### Basic Skills: Doing Skills

- Run past first base when appropriate (Toward 2nd or foul)
- Look at base coaches

### Intermediate Skills/ Strategy: Reassess / Emphasize Skills

- Safety execute a bent leg slide
- Steals and delayed steals
- Show when and how to tag up
- 1st 3 steps out of batter's box

### Aggressive Base running

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response
- Begin to demonstrate self-thinking / decision making on base paths

## **Hitting**

### Basic Skills: Doing Skills: Reassess / Emphasize Skills

Always wear helmet & only swing when in the batter's box or cage

Hold the bat with hands together/knuckles aligned

Square stance to the pitcher

Hands at top of strike zone

Hit off a tee and soft toss

### Demonstrate Spartan Hitting Mechanics: Reassess / Emphasize Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

### Team Offense:

- Hit line drives & hard ground balls (No bad hops for fly balls): D
- Selecting pitches based on count and coach signs: D
- Develop hitting strategy vs. specific pitchers: D
- Practice situational hitting (hit & run, sacrifice bunts, bunt for hit): D
- Master situational bunting (Short Game): L
- Aggressive versus defensive swings: L
- No stride hitting: L
- Observe and communicate pitcher's patterns: L

### **Teamwork: Doing Skills**

#### Basic Skills

- Understand role of each position and basic interaction
- Basic coverage and backup responsibilities (Everyone moves)
- Fly ball priority positions and communication rules
- Hit cutoffs and relays
- Basic Bunt defenses
- 1st and 3rd defensive plays
- Run-down techniques with runners on base
- Full bunt defenses
- Advanced pickoff plays

### **Rules: Reassess and Doing Skills**

- Understand balls and strikes
- Understand how and when runners advance
- Understand force and tag out situations

## Major Softball Skills & Expectations

### **Age: 13-14**

The following rules and expectations are below for each player and coach to follow as long as a competitive season is occurring.

#### Overall Summary

- Dugout clean, uniforms neat
- Arrive at practice/ games at requested times dressed & ready to play
- Set Season Improvement Goal and strive to achieve
- Hustle--run on and off the field
- Greet teammates after scoring / contributing
- Respond positively to adversity--"One pitch at a time"
- Look for opportunity to help teammate reach their goal

#### **Throwing**

##### Spartan Throwing Progression: Doing Skills

- Grip (4 seam)
- Snaps (Elbow high, square to target, wrist snap, rotation)
- Skateboard/Glove knee down (shoulder, weight shift , follow thru)
- Stride out (add feet, lead shoulder, weight, "Nose to Leather")
- Hops (three hops, momentum and follow thru with feet)
- Long Toss (Form not velocity, Accuracy critical)

##### Pitching Progression (6-Step): Doing Skills

- Stance
- Rocker Step
- Pivot
- Balance
- Separation / Approach
- Release and Follow through
- Two seam grip, fastball, change-up
- Wind up and stretch delivery
- 1st strike of first two pitches
- Downward plane for the ball
- Proper follow thru with all throws (Nose to Leather--Feet follow)
- Pitch control (low strikes reliably, boxing and tilting)
- Deliver strike to win 1 ball - 1 strike battle
- Demonstrate effective Hold and Pickoff moves

## **Fielding**

### Basic Mechanics: Reassess / Emphasize Skills

- Ready Position (Wide stance--feet moving, knees bent, palms up)
- Glove under hat to field ground ball (Down-Out-Up-In)
- Catch ball fingers up (fly) and fingers down (grounder)
- Catch ball in front of body
- Cover ball with bare hand

### Fielding Intermediate Skills / Strategy: Doing Skills

- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- Understand how to get an out (1st, tag, fly ball)
- Fly ball above nose and eye level, two hands, glove foot in front
- Force outs, basic double play mechanics
- 1st base mechanics (straddle, see throw, stretch)
- Position location knowledge (Where do I stand?)
- Basic throwing relays / cutoffs
- Catchers (3 stances, throw to 2nd Spartan Way (Process/Footwork))

### Team Defense: Doing and Learning Skills

- Set to double play depth with footwork from all infield positions: D
- Infield communication (plays, coverage, reading the batter): D
- Pitcher covering 1st base: D
- Outfield (break to ball, square to target, glove foot lead, throw): D
- Catchers (signals, framing, reliably throw to all bases): D
- Proper angle to ground ball / footwork: L
- Outfield (Do or Die Ground balls to base): L
- Outfield Fence Drills: L
- Catchers provide positive field leadership: L

## **Base Running**

### Aggressive Base running

- Basic 1st and 3rd situations--when to run
- Effective coach communication--sign pick up and response
- Begin to demonstrate self-thinking / decision making on base paths
- One Way Lead off 1<sup>st</sup>
- Proper lead of all bases
- Proper stealing footwork
- Break on the pitcher's first move
- Advanced 1st and 3rd situations--when to run
- No one out, one out, two out base running rules
- Self thinking on base paths
- Observe and communicate pitcher's patterns

## **Hitting**

### Demonstrate Spartan Hitting Mechanics: Reassess / Emphasize Skills

- Proper Grip (Index Finger Test)
- Stance: Feet wide, knees bent, hands at top of zone, knob to box
- Stride: Small step, load hands/weight back at machine load/wind-up
- Pivot: Rear leg "show the ump your cleats--belly button on plate"
- Swing: Hips, arms, two hand follow through

### Team Offense: Reassess / Emphasize & Doing Skills

- Hit line drives & hard ground balls (No bad hops for fly balls): R
- Selecting pitches based on count and coach signs: R
- Develop hitting strategy vs. specific pitchers: R
- Practice situational hitting (hit & run, sacrifice bunts, bunt for hit): R
- Master situational bunting (Short Game): D
- Aggressive versus defensive swings: D
- No stride hitting: D
- Observe and communicate pitcher's patterns: D



## **Teamwork: Doing Skills**

### Basic Skills: Reassess / Emphasize and Doing Skills

- Hit cutoffs and relays: R
- Basic Bunt defenses: R
- 1st and 3rd defensive plays: R
- Run-down techniques with runners on base: R
- Full bunt defenses: D
- Advanced pickoff plays: D

## **Rules: Reassess and Doing Skills**

- Understand balks
- Know rules of league