

Wasilla Youth Baseball

Target Skills for Mustang

Division (9-10yr olds)

Age Appropriate Skills

- The desired skill progression for youth baseball players is listed below.
- Coaches should bear in mind that kids develop at different rates, both physically and mentally.
- Given the above, coaches should focus on coaching every kid to get better
- Regardless of how hard they throw, hit or run, players should demonstrate proper technique to ensure future development.

General

- Set season improvement goal
- Demonstrate 100% effort - have fun and try your best
- Master playing "one pitch at a time" and rebound quickly from setbacks
- Look for opportunities to help teammates reach their goals and teach younger players

Pitching fundamentals

- Demonstrate fastball and change up
- Demonstrate proper form
- Throwing elbow above shoulder
- Step toward target and throw

Basic fielding fundamentals

- Master grounders in the middle, forehand, and backhand
- Catch fly balls above eye level, two hands
- Demonstration position location knowledge (where do I stand)

Hitting fundamentals

- Master Spartan Hitting Mechanics
- Select pitches based on count and coach signs
- Situational hitting (hit and run, sac bunt, etc.)

Base-running fundamentals

- Begin to demonstrate good decision making on the base paths
- Understand 1st and 3rd situations
- Pick up coach signals

Defense fundamentals

- Coverage and backup (everyone moves)
- Run-down techniques
- Understand when to round 1st base / run past first base on a single (not stop on base)
- Pitcher covering first base
- Basic double plays