

# Wasilla Youth Baseball

## Target Skills for Pinto

### Division (7-8yr 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

- Show support for teammates and enthusiasm to learn
- Listen to coach when coach is talking
- Arrive at practice on time and ready to play
- Set season improvement goal and
- Demonstrate 100% effort - have fun and try your best
- Teamwork on defense – when to move and where (SS / 2B covering second base)

#### Understand basic rules of the game

- Understand balls, strikes, innings
- Learn when runners can advance
- Understand force out and tag out situations

#### Basic throwing fundamentals

- Demonstrate four seam grip / entire hand
- Throwing elbow above shoulder
- Step toward target and throw

#### Basic fielding fundamentals

- Demonstrate 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

- Proper grip - knuckles aligned
- Square stance to pitcher's mound, knob of bat toward opposite batter's box
- Pivot – rear foot shows cleats to catcher
- Not swing at every pitch
- Batting drills (tee, soft toss, live pitching)

#### Base-running fundamentals

- Execute bent leg slide (especially on a force out to 2<sup>nd</sup>)
- Understand when to round 1<sup>st</sup> base / run past first base on a single (not stop on base)