

Junior Boys/Girls

Offense

Batting

- Receiving Signals- take, bunt, and steal. Indicator and wipe off
- Mechanics- stance, load, stride, follow through
- Bunting- stance

Base running

- Stealing bases- delay steal
- Situational- taking leads, rounding bag, running through 1st and home
- Tagging up
- Sliding
- Watching base coaches

Defense

Throwing

- Preparing the throw
- Mechanics- grip, elbows, pivot, release, follow through

Fielding Ground Balls

- Set position
- Ground ball mechanics for both glove side and hand side
- Spin move

Fielding Pop Flys

- Mechanics
- Receiving the ball
- Tracking

Fielding Concepts

- How to get batters and runners out
- Covering bases- situational
- Backing up other positions
- Catcher- knows stance, signals, blocking, back up

Pitching

- Mechanics of the windup
- 2 and 4 seam fastballs
- Covering 1st