

Peanut Boys/Girls

Offense

Batting

- Mechanics- stance, load, stride, follow through

Base running

- Situational- rounding bag, running through 1st and home
- Watching base coaches
- Tagging up

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

Fielding Pop Flys

- Mechanics
- Tracking

Fielding Concepts

- How to get batters and runners out
- How to stop the play
- Names of the fielding positions
- Covering bases- situational
- Backing up other positions