Hayden Little League – Skill Objectives

Providing a Positive Baseball Experience for Our Kids

Tee-Ball Division

- The player will be able to (tpwbat): know where positions, bases, and fair and foul territory are located.
- TPWBAT know why they must wear protective equipment; i.e. helmet, catchers gear, protective cup.
- TPWBAT show how to get into ready or **athletic position**; feet shoulder width apart; feet pointing forward; bend at the knees; back straight; knees, hips, shoulders parallel; arms hanging in front of the body; no hands on knees or elbows on knees
- TPWBAT show how to grip a ball properly: i.e. 4 seams, fingers pointing up and thumb under the ball
- TPWBAT show how to throw a ball to a target; i.e. player or base.
- TPWBAT attempt to catch a thrown ball with two hands.
- TPWBAT show how to stop a ground ball.
- TPWBAT show how to take a proper **stance** when batting; i.e. feet shoulder-width apart; feet parallel to the plate; toes pointing toward the plate; bend at the knees; back should be straight; knees, hips and shoulders should be parallel; shoulders perpendicular to the pitcher; elbows should point downward; grip the bat with knocking knuckles lined up; hands should be perpendicular to the back shoulder; hands should be 4-6 inches from the back shoulder; eyes equal distance to the pitcher.
- TPWBAT show how to take a level swing
- TPWBAT run out a single, double, triple, and home run: make sure to touch each base

A and AA Divisions

- TPWBAT know how many outs in an inning, strikes for an out and balls for a walk
- TPWBAT know basic rules; i.e. out and safe, tag out and force out, fair ball and foul ball.
- TPWBAT position themselves on the playing field without any aid from the coach. Know where all nine positions are located.
- TPWBAT backup all plays on the field
- TPWBAT throw the ball properly(follow **throwing progression**); i.e. field goal position with arms and ball away from target, grab target with glove and pull target to chest, throwing elbow same or higher than throwing shoulder, release ball from the fingertips creating backspin; follow through; feet should finish parallel to target; body should finish in athletic position.
- TPWBAT catch the ball with 2 hands; receive the ball in **athletic position**; hands should create a target for thrower; attempt to move to errant throws.
- TPWBAT step inside before throwing progression
- TPWBAT know basic baseball situations and show where to throw the ball; i.e. throw the ball to get a force out and throw the ball a base ahead.
- TPWBAT field a groundball properly (**fielding ground ball progression**); i.e. feet shoulder-width apart; bending at the knees and not with the hips; catch the ball in front of the body with two hands on the left side of middle and push hands towards the target.
- TPWBAT to catch a pop fly with two hands; call for the ball.
- TPWBAT attempt to swing properly (**swing progression**); i.e. proper stance; hitting position and stride; contact point; follow through and hold finish.
- TPWBAT bunt properly and bunt strikes (**bunt progression**); back foot steps slightly towards home plate, do not square all the around; top hand slides half way up the bat; first finger and thumb pinch the bat; lower hand stays near the knob; arms extend towards the plate; bat is parallel to the ground; catch ball with barrel of bat; bunt the ball down.
- TPWBAT over run first base and know the rules about turning away from second base.
- TPWBAT step properly into the base; foot should hit middle front edge of the base; never on the side or directly on top.

- TPWBAT round the bases hitting the inside corner of each base; the player should hit the base with their right foot.
- TPWBAT to slide safely into a base (**slide progression**); slide on butt, not hamstrings and knees; front foot point up; back foot tucked under front knee; torso should be leaning back; hands should make a fist and off the ground; front heel should contact the base; front knee will bend to absorb the blow.
- Pitcher wbat show proper **pitching mechanics**; start in a stretch position; 1)should be in athletic position; 2)front knee will left straight up and hands will separate; balance on back leg and front knee waist high; arms will be in field goal position; 3)back leg will drive and front foot will step towards target; 4)follow throwing progression.
- Catcher wbat show proper **catcher stance**; in squatting position the feet should be wider than shoulder width apart ; feet pointed outward and flat on the ground; back straight; glove elbow outside knee; throwing hand protected behind leg; glove centered in body and below the nose.
- Catcher will attempt to block low balls with **proper blocking technique**; glove and ball hand will go between knees and to the ground; knees will move backward and replace the feet; torso will lean forward; shoulders will roll in; body should be relaxed so it can absorb the ball; catcher will hop to feet and pick up ball with bare hand, not glove hand.

AAA and Majors Divisions

- TPWBAT to call for a pop up; fielder calls “ball, ball, ball”; other fielders call “take it, take it, take it”.
- TPWBAT field a ground ball follow the progression; step inside & throw the ball; follow to the target.
- TPWBAT field ground balls to their right and left; field backhands with proper technique.
- TPWBAT turn double plays; middle infielders should be able to use proper foot work.
- First baseman wbat use the proper footwork around 1st base.
- TPWBAT field slow rollers and bunts.
- TPWBAT know where to go on bunt defense.
- TPWBAT know where to go on 1st and 3rd defense.
- TPWBAT know where to go for relay throws; should be able to communicate relay throws. Infielders need to use proper footwork for relay throws.
- TPWBAT back up all plays and in most situations know where they should be.
- Outfielders wbat catch a fly ball with 2 hands; step inside & throw to the cutoff man or proper base.
- Outfielders wbat open step to the proper side and catch the ball while running.
- Catchers wbat use proper footwork to throw out base runners.
- Catchers wbat communicate situations for the defense.
- Catchers wbat block low balls.
- Pitchers wbat improve their pitching techniques.
- Pitchers wbat throw a change-up. No curveballs or sliders.
- TPWBAT bunt down 1st baseline and 3rd baseline.
- TPWBAT bunt for a base hit or drag bunt.
- TPWBAT improve their hitting techniques.
- TPWBAT hit the ball where it is pitched.
- TPWBAT steal bases following LL rules.
- TPWBAT round bases properly.
- TPWBAT slide properly; do a pop-up slide; do a slide and reach.