

<u>SKILL</u>	<u>AGE 5-6</u>	<u>AGE 7-8</u>	<u>AGE 9-10</u>	<u>AGE 11-12</u>	<u>AGE 13-16</u>
GLOVE SKILL (catching)	catching distance 10 feet Use glove only - high and low off to side	catching distance 10-20 feet	catching distance 20-30 feet teach two hands, chest target	catching distance 30-50 feet grounder and flies	catching distance 30-50-70 feet catching techniques
THROWING	<u>sideways start</u> Emphasize reach back, teach follow thru	<u>sideways start</u>	<u>front start</u> , turn, reach back, follow thru teach infield/outfield/catcher throws		forget mechanics focus on repetition and accuracy
HITTING	Tee and front toss 20ft. not too close!	Tee and Front Toss 30 ft. Start using pitch machines And coach-pitch	side toss ok. Continue tee work for swing mechanics/balance>>>> 35 ft Lots of pitching machine for batting practice repetition. Coach pitch is good too. Teach Bunting.	40 ft. Multiple stations, lots of swinging! Teach advanced bunting >>>>>>>>	40ft.
PITCHING	Spend your time On overhand Throwing !	Teach basic windup	Focus on wrist snap, upright stance, add some hip action.	Teach a change-up. Teach beginners 9/10 <<9/10 stuff	No Beginners Should have spot control & Ch/up
CATCHERS	no catchers Coaches keep the Game moving.	Dress em up just catch the ball Keep throwing hand in a fist.	Start throws to bases Learn to block balls in dirt	Teach pick offs Teach calling pitches	No more crybabies Pick toughest one.!
SLIDING	Just do it. Sit down and slide! No problem when you're 6" off the ground !		Teach sliding technique (on cardboard laid on grass is best)	TOO LATE>>>>>>>>	

STRATEGIES, COVERAGES, GAME RULES

AGE 5/6: throw only to 1B and catch flies for outs. Run one base at a time. Bat whole order each inning. No 3-outs.

AGE 7/8: make outs at all bases, must get ball to infield to stop runners, 3outs – change sides.
Teach Pitching, catchers catch only. Teach sliding.

AGE 9/10: Stealing(one base only), teach catchers to throw to bases, ball is live on hits, teach backups, batters can get walks.
Teach bunting, final chance to teach sliding!

AGE 11/12 and 13-16: Regular game rules, Teach more signals. Teach hit and run, squeeze bunt, slap but, delayed steal.