

Skills Checklist

Hitting: The stance, swing, & follow through

- Tee should be even with hitter's waist
- Face tee with feet shoulder width apart with knees bent in slight crouch
- Weight on balls of feet
- Grip-hands together above knob, grip firmly but do not squeeze
- Bring bat up and away from body
- Keep shoulders level; bat and head steady
- Eyes on the ball- watch bat hit the ball, keep head down
- Short step with the front foot at start of swing towards pitcher
- Swing level and bring the bat through the center of the ball
- Weight shifts to front foot; back foot stays on the ground
- Extend arms and follow through
- Drop the bat; do not throw it

Fielding: Grounder & Fly Ball

- Eyes on the ball
 - Watch ball all the way into the glove-Coach should see button on top of fielder's hat
- "Alligator" Eat it up!
 - 2 hands-trap ball with other hand
 - Field ball in front of body, not to the side
- Ready position
- Knees bent, legs apart shoulder width or wider, get low, lean forward on balls of feet
- Fly ball
 - Call for the ball
 - Watch ball into the glove and cover with free hand

Throwing: Grip and motion

- Thumb under the ball, 2-3 fingers on top (Don't worry about the seams)
- Eyes on target- point glove towards target and step towards target with glove side foot

Base running:

- Run outside foul lines
- Run "through" 1st base (don't jump or slow down)
- When on base, keep one foot on base until contact is made with the ball
- Know where the ball is and listen for base coaches

