



# San Ramon Valley Little League

## **Learning Objectives - AAA**

- Arm strengthening through practice
  - Throwing routines
  - Long toss - use the body and back leg for power, protect the arm
- Reinforcement of fielding skills
  - Moving your feet through the throw
  - Know the situation - anticipating the play
  - Preventing the advancement of runners while scoring the out
- Development of hitting skills
  - Pitch recognition
  - Waiting on slower pitches
  - Developing power while maintaining control
- Develop aggressive base running skills for situational plays
  - Effective secondary leads
  - Watching for base coach directions
  - Steals and signs
- Development of pitching mechanics
  - Awareness of injury prevention, arm-care routines
  - Pitch selection (speed, location)
  - Pitches based on counts
- Continued focus on good sportsmanship and team play!