



San Ramon Valley Little League

Learning Objectives - MAJORS

- Reinforcing fast and accurate throws in the infield
 - Moving in the direction of the throw
 - Throw with speed, accuracy and control
- Reinforce effective fielding of ground balls and catching fly balls
 - Developing strong athletic movement to the ball
 - Fast paced infield practice repetitions
 - Long hits to the outfield, tracking the ball
- Developing strong and accurate throws from outfield to the proper cutoff
 - Fielding on the run
 - “Do-or-Die” throws to the infield
- Anticipating the play, knowing where to be positioned, where to throw the ball based on strategies outlined by the Head Coach
- Implementing different batting mechanics based on pitch placement and recognition
 - Early on the inside, late on the outside
 - Placement to Right, Left, Center
- Continued development of good pitching mechanics with more emphasis on accuracy and speed.
 - Developing whole body power, not just the arm
 - Arm comes over, follow through
 - Mental resilience on the mound
- Development of catcher skills
 - Pitch calling
 - Throw downs and pickoffs
 - Effective blocking
- Maintaining a love for teamwork and good sportsmanship!