



San Ramon Valley Little League

Division Learning Objectives - All Divisions

TEE BALL

- Introduction to basic throwing skills
 - Big motions are ok
 - Point the glove, throwing hand from the back to all the way in front
- Introduction to positions (bases, infield, outfield)
 - Naming the positions on a field
- Introduction to hitting with a bat (safety)
 - Wearing helmets
 - Awareness of surroundings
 - Basic swing motion - making contact
- Introduction to base running
 - Direction, and when to run
 - Don't get tagged!
- Introduction to team sports and getting along with others
- Having fun with physical activity!

FARM

- Learn the fundamentals of how to hold, aim and throw a ball
 - 4 Seam Grip
 - Glove to the target
 - Shoulders in-line with the target
 - Throwing elbow up
 - Follow through!
- Learn the fundamentals of fielding ground balls with emphasis on proper stance and glove position
 - Athletic stance, getting low with posterior back
 - Triangle position
 - Glove out
- Learn the fundamentals of catching fly balls with emphasis on moving to the ball location and proper glove and hand position
 - Holds glove out in front, hands make an “L”, fingers to the sky
 - No basket catches
- Learn the fundamentals of hitting stance and swing
 - Athletic stance, keep the weight back
 - Eyes on the ball
 - Swing using the trunk, not just hands
- Learn the fundamentals of base running
 - Stopping at the base vs all the way through (1B/Home, 2B/3B)
 - Eyes on the play - learn when to hold

A

- Develop throwing skills with more accuracy and distance
 - Shoulders lined up with the target
 - Proper arm action - don't drop the elbow, follow through
 - Footwork - step and throw
- Develop fielding skills
 - Ensure proper catching habits - glove out in front, fingers to the sky
 - Ensure proper athletic stance for ground balls
 - Learn forehand and backhand techniques
 - Shuffle steps to position
- Develop tracking skills for catching fly balls
 - Catching balls overhead
 - Learning to catch on the run from different angles
- Develop batting skills through proper stance and swing
 - Athletic stance - power from the hips and back leg
 - Hands close to the body through the swing
 - Hand-eye coordination - tee work, soft toss
- Develop baserunning ability
 - When to run, when to tag-up
 - Listening to the 1st and 3rd base coaches
- Develop an understanding of team dynamics and roles
 - Infield and outfield positions, and backing up the play
 - Making the play at the correct base

AA

- Reinforce good throwing mechanics
 - Throwing routines
 - Introduce shuffle steps “crow hop”
- Reinforce defensive fielding skills and knowledge
 - Athletic body position for fielding
 - Develop footwork - timing to the ball, follow through for the throw
 - Develop glovework (backhand, forehand)
 - Backing up plays
 - Covering bases, infield positions
- Reinforce batting skills and develop pitch recognition
 - Staying balanced, no lunging forward
 - Waiting on the slower pitch
 - How to bunt
- Reinforce baserunning fundamentals
 - Introduction to proper sliding technique
- Introduction to basic pitching mechanics
 1. Come Set
 2. Leg lift and Balance
 3. Separate and Extend the Leg
 4. Release and Follow-Through
- Introduction to catching
 - “Big 3” (receiving, blocking, throwing)
- Develop good sportsmanship and respect for umpires
- Learn to love specific positions and aspects of Baseball

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!

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!