

CHELAN YOUTH BASEBALL
TARGET SKILLS BY AGE - MAJORS (11-12 year olds)

Improve On the Chelan Throwing Progression and Chelan Pitching Progression:

Perform Chelan Throwing Progression on their own with purpose and intensity (work out, not a warmup)
Demonstrate follow through on all of your throws – follow with your feet
Demonstrate four-seam grip, two-seam grip, fastball and change up
Demonstrate skill in the Chelan Pitching Progression
Demonstrate wind up and stretch
Demonstrate 1st strike in first two pitches reliably (control trumps velocity)
Create a downward plane for the ball

Demonstrate fielding techniques:

Demonstrate double play depth and footwork from all infield positions
Demonstrate infield communications (plays, coverages, reading the batter, etc.)
Demonstrate pitcher covering 1st base
Demonstrate outfield readiness, break to the ball, square to target, footwork, backup responsibilities
Catchers demonstrate basic signal calling, framing pitches and reliably throwing to all bases

Demonstrate base running techniques:

Understand 1st and 3rd situations
Demonstrate techniques for straight steals and delayed steals
Demonstrate coach communication/signal pick-up
Begin to demonstrate self-thinking/decision making on base paths

Demonstrate hitting techniques:

Demonstrate strong Chelan Hitting Mechanics
Demonstrate line drives and hard ground balls (no fly balls)
Demonstrate skilled tee work while intently working on own or with partner
Accustomed to selecting pitches based on count and coaches signs
Begin to develop hitting strategy and/or recognize pitches from repeat pitchers
Begin to practice situational hitting (hit & run, sacrifice bunts, bunt for hit, etc.)

Team work:

Begin to demonstrate ability to read pitchers for teammates (talk about what you saw in the dugout)
Demonstrate coverage and backup responsibilities on every hit – everyone moves
Demonstrate bunt defenses (Cover 1, Cover 3)
Demonstrate 1st and 3rd plays
Demonstrate run-down techniques with runners on base

Respect for the game:

Demonstrate 100% effort on and off the field – we run between the lines
Improve ability to play “one pitch at a time” – don’t get down on yourself as it drags team down too
Look for opportunities to help your teammates reach their goals – throwing progression, tee work, etc.
Begin to set team goals for games & season (quality at bats, playing every pitch, etc.)