

CHELAN YOUTH BASEBALL
TARGET SKILLS BY AGE – MINORS (9-10 year olds)

Understand rules of the game:

Understand balls, strikes and innings
Understand when runners can advance
Understand force out and tag out situations

Demonstrate Chelan Throwing Progression and Start the Chelan Pitching Progression:

Demonstrate four seam grip

Basic throwing progression execution:

Knees – Square – Skateboard - Step-to-throw - Long toss (Crow's hop) - Quick feet

Keys: elbow above shoulder, step toward target, follow through to target

Demonstrate Chelan Pitching Progression:

- | | |
|----------------|-----------------------------|
| 1. Stance | 4. Separation |
| 2. Rocker step | 5. Power stride (downhill) |
| 3. Balance | 6. Release & follow through |

Demonstrate fielding basics:

Demonstrate fielding ground balls to both forehand (down/out/up/in) and backhand
Demonstrate catching fly balls – first step back, catch at nose level, two hand, glove foot in front
Demonstrate force outs and basic double play mechanics/footwork
Demonstrate first base mechanics – fielding position, throwing foot on base, stretch to shorten distance
Demonstrate position knowledge – where does each player stand, who is the cut off?
Demonstrate basic relay throws
Catchers demonstrate 3 stances and throw to 2nd the Chelan Way (3 step footwork)

Demonstrate base running techniques:

Demonstrate running through or rounding 1st base
Demonstrate a safe bent-leg slide
Demonstrate how and when to tag up

Demonstrate Chelan Hitting Mechanics:

Use proper grip and position in batter's box
Stance: feet shoulder width apart, knees bent, hands at top of the zone, knob to opposite box
Stride: small step, load hands, weight back as pitcher begins wind up
Trigger: pivot back foot, show the catcher your cleats
Explode: hips before hands, bat head above the hands through strike zone, both on bat during follow through
Show competence with batting drills, - tee, soft toss, batting cage

Teamwork:

Understand and demonstrate backup responsibilities (everyone moves)
Demonstrate fly ball priority positions and communications

Respect for the game:

Arrive at practice and games at time requested, dressed and ready to play
Show respect by listening, keeping dugout clean, taking care of equipment & wearing uniform correctly
Set individual game and season long goals
Hustle on and off field
Begin to learn to play "one pitch at a time" rebounding quickly from mistakes ("flush it")