

Big Lake Baseball Association
Skill Progressions

I: Introduce
K: Keep Working On
M: Master

End of Level Accomplishment

	RC	WM	PWR	SK	MM
	<u>Grades K-2</u>	<u>Grades 3-4</u>	<u>Grades 5-6</u>	<u>Grades 7-8</u>	<u>Grades 9-10</u>
Teamwork					
<u>Basic Skills</u>					
Understand role of each position and basic interaction	I	K	K	K	M
Basic coverage and backup responsibilities (Everyone moves)		I	K	K	K
Fly ball priority positions and communication rules		I	K	K	K
Hit cutoffs and relays			I	K	K
Basic Bunt defenses			I	K	K
1st and 3rd defensive plays				I	K
Run-down techniques with runners on base				I	K
Advanced pickoff plays				I	K
Full bunt defenses				I	K
Rules					
Understand how runs are scored	I	K	K	M	M
Understand how outs are made	I	K	K	M	M
Understand balls and strikes	I	K	K	M	M
Understand how and when runners advance		I	K	K	M
Understand force and tag out situations		I	K	K	M
Understand balks (when learning mechanics)			I	K	K
Know rules of my league		I	K	K	M
Fielding					
<u>Basic Mechanics</u>					
-Ready Position (Wide stance--feet moving, knees bent, palms up)	I	K	K	K	M
-Glove under hat to field ground ball (Down-Out-Up-In)	I	K	K	K	M
-Catch ball fingers up (fly) and fingers down (grounder)	I	K	K	K	M
-Catch ball in front of body	I	K	K	K	M
-Cover ball with bare hand	I	K	K	K	M
<u>Intermediate Skills / Strategy</u>					
-Understand how to get an out (1st, tag, fly ball)	I	K	K	M	M
-Fly ball above nose and eye level, two hands, glove foot in front	I	K	K	K	M
-Force outs, basic double play mechanics		I	K	K	K
-1st base mechanics (straddle, see throw, stretch)		I	K	K	K
-Position location knowledge (Where do I stand?)	I	K	K	K	K
-Basic throwing relays / cutoffs		I	K	K	K
-Catchers (3 stances, throw to 2nd (Process/Footwork)			I	K	K
<u>Team Defense</u>					
-Set to double play depth with footwork from all infield positions		I	K	K	K
-Infield communication (plays, coverage, reading the batter)			I	K	K
-Pitcher covering 1st base			I	K	K
-Outfield (break to ball, square to target, glove foot lead, throw)		I	K	K	K
-Catchers (signals, framing, reliably throw to all bases)			I	K	K
-Proper angle to ground ball / footwork		I	K	K	K
-Outfield (Do or Die Ground balls to base)		I	K	K	K
-Outfield Fence Drills		I	K	K	K
-Catchers provide positive field leadership		I	K	K	M

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Baserunning					
<u>Basic Skills</u>					
Run to the proper base when ball is hit	I	K	M	M	M
Run past first base when appropriate (Toward 2nd or foul)	I	K	K	M	M
Look at base coaches		I	K	K	M
<u>Intermediate Skills/ Strategy</u>					
Safety execute a bent leg slide		I	K	K	K
Steals and delayed steals			I	K	K
Show when and how to tag up			I	K	K
1st 3 steps out of batter's box		I	K	K	K
<u>Aggressive Baserunning</u>					
Basic 1st and 3rd situations--when to run			I	K	K
Effective coach communication--sign pick up and response			I	K	K
Begin to demonstrate self-thinking / decision making on base paths			I	K	K
One Way Lead off 1st			I	K	K
Proper lead of all bases			I	K	K
Proper stealing footwork			I	K	K
Break on the pitcher's first move			I	K	K
Advanced 1st and 3rd situations--when to run			I	K	K
No one out, one out, two out baserunning rules			I	K	K
Self thinking on base paths			I	K	K
Observe and communicate pitcher's patterns			I	K	K
Hitting					
<u>Basic Skills</u>					
Always wear helmet & only swing when in the batter's box or cage	I	M	M	M	M
Hold the bat with hands together/knuckles aligned	I	K	M	M	M
Square stance to the pitcher	I	K	K	M	M
Hands at top of strike zone		I	K	K	M
Hit off a tee and soft toss	I	K	K	M	M
<u>Demonstrate Hitting Mechanics:</u>					
Stance: Feet wide, knees bent, hands at top of zone			I	K	K
Stride: Small step, load hands/weight back at machine load/wind-up			I	K	K
Pivot: Rear leg "show the ump your cleats--belly button on plate"				I	K
Swing: Hips, arms, two hand follow through		I	K	K	K
Demonstrate pitch selection and bunt fundamentals reliably			I	K	K
Batting drills (tee, soft toss, batting cage live toss, bunting)		I	K	K	K
<u>Team Offense:</u>					
Hit line drives & hard ground balls (No bad hops for fly balls)			I	K	K
Selecting pitches based on count and coach signs			I	K	K
Develop hitting strategy vs. specific pitchers				I	K
Practice situational hitting (hit & run, sacrifice bunts, bunt for hit, etc)		I	K	K	K
Master situational bunting (Short Game)				I	K
Aggressive versus defensive swings				I	K
No stride hitting		I	K	K	M

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Throwing					
<u>Basic Mechanics</u>					
-Shoulder to target		I	K	K	M
-Throwing Elbow above target		I	K	K	M
-Step toward target and throw	I	K	K	M	M
<u>Hornet Pitching Progression</u>					
-Grip (4 seam)				I	K
-Snaps (Elbow high, square to target, wrist snap, rotation)				I	K
-Glove knee down (shoulder, weight shift , follow thru)				I	K
-Stride out (add feet, lead shoulder, weight, "Nose to Leather")				I	K
-Hops (three hops, momentum and follow thru with feet)				I	K
-Long Toss (Form not velocity, Accuracy critical)				I	K
<u>Pitching Progression (6-Step)</u>					
-Stance				I	K
-Rocker Step				I	K
-Pivot				I	K
-Balance				I	K
-Separation / Approach				I	K
-Release and Follow through				I	K
-Two seam grip, fastball, change-up				I	K
-Wind up and stretch delivery				I	K
-1st strike of first two pitches				I	K
-Downward plane for the ball				I	K
-Proper follow thru with all throws (Nose to Leather--Feet follow)				I	K
-Pitch control (low strikes reliably, boxing and tilting)				I	K
-Deliver strike to win 1 ball - 1 strike battle				I	K
-Demonstrate effective Hold and Pickoff moves				I	K