

Ashwaubenon Youth Baseball **Pony & Babe Ruth League Skills**

Skills to be Reviewed:

Fielding –

1. Ready Position
2. Ground Balls
 - A. Sliding to infield ground balls
 - B. Blocking ground balls in the outfield
3. Fly Balls
 - A. Moving to fly balls
 - a. 1st step
 - b. Catch with 2 hands
4. Covering up Bunts
5. Backing up Bases
6. Starting Positioning for situations
 - A. Men on base
 - a. Covering bunts
 - b. Covering the base on steals

Throwing –

1. Throwing the ball on a line
2. Cutoff/Relay men

Pitching –

1. Gripping the ball
2. Starting position on the rubber
3. Leg Movement
4. Arm Position
5. Pushing off the rubber
6. Fielding position
7. Movement of the ball in the strike zone

Hitting –

1. Proper starting position
2. Swing
 - A. No stride hitting (squash the bug)
3. Bunting
 - A. Hand position on the bat
 - B. Body and feet position in the batters box
 - C. When to show that you are bunting
4. Hitting breaking pitches
5. Position in batters box for certain pitches
 - A. Fastball
 - B. Breaking pitches

Base Running –

1. Watching and listening to the base coaches
2. Rounding the bases
3. Sliding

Mental Awareness –

1. Throwing to the proper bases in situations
 - A. Infield
 - B. Outfield
2. Knowing where you are going to throw the ball before the play begins
3. Signs
 - A. Watching the coach before entering the batters box
 - B. Indicators and signs
 - C. Wiping off signs
4. Watching opponents fielding positioning and abilities
5. Watching opponents pitching strategies

Skills to be Taught and Practiced:

Pitching -

1. How to throw breaking pitches
 - A. Curve ball
 - B. Slider
2. Covering 1st base
3. Pick off play
4. Pitching from the stretch
5. Holding runners on base
6. Backing up bases

Fielding –

1. Special infield plays
 - A. Pick off play at 2nd base
 - B. Pitch out

Hitting –

1. Hitting to opposite field
2. Bunting to get on base

Mental Awareness -

1. Watching opponents fielding positioning and abilities
2. Watching opponents pitching strategies
3. Good Sportsmanship
 - A. Cheer on your own team – do not be negative towards your opponent
 - B. No taunting your opponent when you make a good play
 - C. No player will have a disagreement with an Umpire
 - D. How to handle negative comments about your play from fans or opposing players
 - E. Supporting your team mates when they play poorly