

## **Ashwaubenon Youth Baseball**

### **Double A 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

##### Making Outs –

1. Tagging the runner

##### Throwing –

1. Gripping the Ball
2. Step and Throw
3. Arm Position
4. Throwing the ball on a line
5. Cutoff/Relay men

##### Hitting –

1. Proper starting position
2. Swing
  - A. No stride hitting (squash the bug)
3. Not throwing the bat

##### Base Running –

1. Running through 1<sup>st</sup> base on a ground ball
2. Watching and listening to the base coaches
3. Stay on the base when the ball is hit in the air
4. Rounding the bases
5. 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

#### Skills to be Taught and Practiced:

##### 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

## Fielding –

1. Moving to fly balls
  - A. 1<sup>st</sup> step
  - B. Catch with 2 hands
2. Covering bunts
  - A. 1<sup>st</sup> and 3<sup>rd</sup> basemen up
  - B. 2<sup>nd</sup> basemen covers 1<sup>st</sup>
3. Backing up bases
  - A. Infielders
  - B. Catcher
  - C. Pitcher
  - D. Outfielders
4. Double play
  - A. Lead runner 1<sup>st</sup>

## Hitting –

1. Bunting
  - A. Hand position on the bat
  - B. Body and feet position in the batters box
  - C. 2 Step square around
  - D. When to show that you are bunting
2. Swing
  - A. Throwing the ball up to hit
    - a. Hand position
    - b. Proper way to throw the ball up
    - c. Height to throw the ball

## Mental Awareness -

1. Signs
  - A. Watching the coach before entering the batters box
  - B. Indicators and signs
  - C. Wiping off signs
2. 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