

## **Ashwaubenon Youth Baseball**

### **Single A Skills**

#### Skills to be Reviewed:

##### Fielding –

1. Ready Position
2. Ground Balls
3. Fly Balls

##### Making Outs –

1. Tagging the runner while not on base
2. Catching a fly ball
3. Touching a base when you have the ball before the runner

##### Throwing –

1. Gripping the Ball
2. Step and Throw
3. Arm Position

##### Hitting –

1. Proper starting position
2. Swing
3. Not throwing the bat

##### Base Running –

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

#### Skills to be Taught and Practiced:

##### Making outs -

1. Tagging the runner
  - A. Tag the runner with the ball in the glove with the throwing hand also holding on to the ball
2. Throwing the ball on a line
  - A. Do not throw the ball up into the air
  - B. One or two bounces faster
3. Cutoff/Relay men
  - A. Throw to the cutoff men to get the ball in a better position to make an out

##### Fielding –

1. Gliding/Shuffling to infield ground balls
  - A. 2 Steps or less
2. Ground balls in the outfield
  - A. Throwing arm knee down
3. Moving to the ball
  - A. Decide what hop to play the ball on

### Hitting –

1. Proper starting position
  - A. Bat extension over entire width of the plate
2. Swing
  - A. No stride hitting (squash the bug)

### Base Running -

1. Rounding the bases
  - A. Stepping on the corner of the base
  - B. Belling out to make the turn
2. Sliding (Start practicing on grass or a piece of carpeting)
  - A. Not too close to base
  - B. Tuck leg under
  - C. Slide on your butt

### 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. 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