

Ashwaubenon Youth Baseball

Triple 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
 - A. Moving to fly balls
 - a. 1st step
 - b. Catch with 2 hands
4. Covering up Bunts
5. Backing up Bases

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

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

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

Skills to be Taught and Practiced:

Pitching -

1. Movement of the ball in the strike zone
2. Changing speeds

Fielding –

1. Starting positioning for situations
 - A. Men on base
 - a. Covering bunts
 - b. Covering the base on steals
2. Catching
 - A. Stance
 - B. Throwing out runners
 - C. Receiving the ball
 - D. Blocking a ball in the dirt
 - E. Retrieving the ball on pass balls
 - a. Throwing back to the pitcher
 - F. Blocking the plate from runners

Hitting –

1. Hitting breaking pitches
2. Position in batters box for certain pitches
 - A. Fastball
 - B. Off speed pitches
 - C. Hitting the ball where it is pitched

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