

## Be Positive – Stress Team, Team, Team

### Fundamentals

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1. Receive Ball – 2 hands.
2. Fielding
  - a. Ground balls – butt down
  - b. Come to the ball
  - c. Set feet before throwing
  - d. Proper throwing motion
  - e. Fly balls – feet placement
    - Drop step
    - Catch ball between shoulders
    - Knee down ground balls
    - Running through fly balls
    - Communication among outfielders and infielders
    - Cutoffs
3. Base Coverage
  - a. Foot work around first base
  - b. Receiving ball and covering bases
  - c. Introduce basic footwork around 2nd base
  - d. Run downs
4. Basic Bunt Coverage
5. Catchers
  - a. Proper stance
  - b. Throwing motion
  - c. Proper target
  - d. Begin blocking drills
  - e. Positioning for plays at plate
6. Pitchers
  - a. Mechanics, mechanics
  - b. Location and footwork
  - c. Fielding position
  - d. 1<sup>st</sup> pitch – 1<sup>st</sup> strike
7. Batting
  - a. Proper hands, feet, head
  - b. Swing and follow through
  - c. Bunting techniques
8. Base Running
  - a. Running through 1<sup>st</sup> base
  - b. Rounding bases
  - c. Listen to coaches
  - d. Tag up
  - e. Sliding
  - f. Taking a lead
  - g. Explain why they are doing what they are doing.
9. Bring parents along as to their role as team supporters!
10. Work to increase understanding of the game.
11. Encourage community ball participation.
12. Equipment care.