



Goals by Age

East Troy Youth Baseball and Softball

Author: Milt Dallas 03-15-09

Ages 5-6

1) Learning the basic rules –

- the right direction to run when the ball is hit
- runners must touch bases
- how to record outs (catch the ball in the air, throw to first, or tag the runners)
- running past first base
- scoring a run
- three outs constitute an inning

2) Throwing mechanics -

- Turn the body so the front shoulder points toward the target
- Keep the elbow above the shoulder
- Step toward the target with the non-throwing foot and release the ball

3) Tracking -

- Follow the ball with the eyes into the glove, whether on the ground or in the air (use softer balls)
- Use two hands to catch and field
- Try to catch the ball out in front of the body

4) Hitting -

- How to hold and swing the bat
- Batting safety (when not to swing bats, wearing batting helmets)
- Hitting off a tee
- Hitting softly tossed pitches

5) Learning position play -

- If the ball is hit to your buddy, let him or her field it (note to coach: try not to put 10 or more players in the field)

Ages 7-10

1) Learning the basic rules -

- Force outs
- Tagging up
- Base running (when you have to run; not running into or past teammates on the base paths)
- Balls and strikes

2) Throwing Mechanics -

- Introduce the four seam grip
- Point the front shoulder, step, and throw
- Introduce the concepts of generating momentum toward the target and following the throw



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3) Catching and fielding -

- Thrown and hit balls
- Fingers up versus fingers down
- See the glove and ball
- Use (2) hands
- Forehand and backhands
- Introduce the underhand flip
- First base fundamentals
- Crossover and drop steps

4) Hitting -

- Choosing the right bat
- Proper grip
- Hitting pitched balls
- Introduce drill work (tee, soft toss, short toss)

5) Learning position play -

- Learn the positions and the areas each player should cover
- Cover the nearest base when the ball is not hit to you
- Basics of cutoffs and relays

Ages 11-12

1) Learning the basic rules -

- Infield fly rules
- Balks

2) Base running -

- Leads
- Steals
- Extra-base hits

3) Pitching and throwing mechanics -

- Wind up versus stretch
- Four seam grip
- Shuffle, throw, follow
- Pitcher covering first base

4) Hitting -

- Repetitions
- Drill work (tee, soft toss, short toss, stick ball, lob toss, one-arm drill)
- Bunting



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5) Learning Team Fundamentals -

- Cutoffs and relays
- Basic bunt defenses
- Basic first and third situations
- Underhand flip (box drill) and double plays
- Defending the steal
- Infield and outfield communications and priorities

Ages 13-14

1) Throwing mechanics and pitching -

- Emphasis on generating momentum toward the target and following the throw
- Breaking ball, change ups
- Pitching mechanics and using the body effectively (longer distances)
- Pickoff mechanics
- Flatwork (drills)
- Introduction to long toss

2) Hitting -

- Introduce situational hitting (inside-out swing; hitting behind runners; hi and run
- Productive outs)
- Sacrifice bunting versus bunting for a hit
- Understanding the count

3) Base running -

- First and third situations
- Steal breaks
- Delayed steals
- Reading situations and reacting to them

4) Fielding -

- Generating momentum back toward the target on throws when necessary
- Crossover and drop steps
- Backhands and when to use them
- Double play depth
- Pitcher covering first
- Infield communication

5) Learning team fundamentals -

- Pickoff plays
- Full bunt defenses
- Full first and third defenses
- Pop-up and fly ball priorities
- Double plays and underhand flips



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Ages 15+

1) Throwing mechanics and pitching -

- Long toss
- Flatwork (drills)
- Continue mastering breaking and off-speed pitches
- Throwing for accuracy
- Generating momentum toward the target and following the throw
- Pickoff mechanics

2) Hitting -

- Mental aspects (hitters count versus pitchers count)
- Two-strike hitting
- Aggressive versus defensive swings
- Situational hitting
- Productive outs
- Advance game situations and defenses

3) Base running -

- One-way leads
- Going on the first move
- Reacting to batted balls
- Tag-up situations
- Third base rules
- No-out; one out and two-out rules

4) Fielding -

- Understanding and adapting to playing conditions (grass versus dirt, sun, bad fields)
- Fence drills (outfield)
- Crossover and drop steps
- Do-or-die plays at the plate
- Preventing runners from taking extra bases
- Communicating between pitches

5) Learning team fundamentals -

- Cutoffs and relays (introduce trailer concepts)
- Advanced pick off plays (daylight play; plays put on by fielders) and when to use them
- Double plays
- Advance game situations and defenses