

## **T-Ball and Rookie (4 years to 6 years old)**

These are general guidelines for this age group. Keep in mind every player is different both mentally and physically. No matter how fast they run or how far they throw they should be able to demonstrate proper techniques. Players need to demonstrate T-ball skills prior to moving to Rookie. Additional Rookie skills are noted. T-Ball and Rookie skills are needed prior to moving to PeeWee.

### **Understand the Basic Rules of Baseball**

- Run to the proper place when the ball is hit
- Learn how runs can be scored
- Rookie** – Run past first base (when appropriate) Round to second (when appropriate)

### **Demonstrate the Throwing Basics**

- Front shoulder points at the target
- Step towards target and throw
- Rookie** -able to throw 36 feet

### **Demonstrate Fielding Basics**

- Ready Position (feet wide/moving, knees bent, butt down, palms up: knees to waist)
- Catch the ball (grounders and fly)
- Cover the ball in the glove with bare hand
- Rookie**- Understand how get an out (tag runner, caught fly ball)

### **Demonstrate Hitting Basics**

- Always wear a helmet and only swing in the batters box
- Hold the bat with hands together and knuckles aligned
- Square stance to pitcher
- Hit off a tee
- Hit off a soft toss
- Rookie** hit off the pitching machine
- Stay in the batters box when batting except to allow a runner to come home

### **General**

- Show support to teammates and enthusiasm to learn
- Listen to coach when coach is talking
- Field only balls that come to you (or in your designated area)
- Stay in the dugout unless coach gives permission to leave
- Wear uniform properly: shoes tied, shirt tucked in and hat worn forward

### **Parent Education**

- These are non scoring divisions
- Do not go onto the field or dug out during a game
- Dugout needs to be cleaned out at the end of each game
- Only coach's talk to the Umpires (if you have an umpire)
- Players are to stay in the dug out during games
- NO** smoking or vaping in or around the ball park
- NO** scooters, skateboards, heeleys, roller blades, roller skates, bikes or other rolling type toys allowed in the ball park
- Umpires, and any board member has the right to remove any person from the park due to abusive, or violent behavior.

## **Pee Wee (7 years old to 8 years old)**

These are general guidelines for this age group. Keep in mind every player is different both mentally and physically. No matter how fast they run or how far they throw they should be able to demonstrate proper techniques. Players need to demonstrate all Rookie skills and select Pee Wee skills prior to moving to Pee Wee. (Skills needed to move from Rookie to Pee Wee are designated by an \*)

### **Understand the Rules of the Game**

- Understand Balls, Strikes and Innings
- Understand when runners can advance\*
- Understand force out and tag out situations

### **Throwing Technique**

- Basic Execution: Elbow at shoulder, square to target, wrist snap, rotation
- Weight shift and follow through with eyes and body
- Ability to control throws to a designated area (IE: Catcher to First Base)\*
- MUST BE ABLE TO THROW A MINIMUM OF 46 FEET \***

### **Demonstrate Fielding Basics**

- Demonstrate fielding ground ball, both forehand and backhand\*
- Demonstrate fly balls: catch above the nose and eye level, 2 hands and glove foot in front
- Demonstrate forced outs and basic double play mechanics/footwork
- Demonstrate position location knowledge (where do I stand)
- Demonstrate basic relay throws\*
- Understands and demonstrates coverage and back up responsibilities (everyone moves)
- Catchers throw to second base
- Learn "Crow Hop"

### **Demonstrate Base Running Techniques**

- Safely execute a bent knee slide\*
- Demonstrate steals and understand how to execute a delayed steal
- Understand how and when to run through first or round towards second base
- Can follow basic coach signals which may include run home, steal or wait.

### **Demonstrate Hitting Techniques**

- Swing: hips, arm's and 2 hand follow through\*
- Able to stay in the Batters Box during wind up and pitch\*

### **General\***

- Respects the uniform and wears it properly: shoes tied, clean, shirt tucked in, hat forward.\*
- Shows respect for coach's, parents, umpires and teammates \*
- Demonstrates listening skills and enthusiasm for the game \*
- Arrives for practices and games at time requested, dressed and ready to play \*
- Keep dugout clean, organized and removes all trash and items from it quickly after game \*

### **Parent Education\***

- No one talks to the umpires except coach's and score keepers
- Home team keeps score via Game Changer. Parents keep score not coach's. (No score keeper can equal a forfeit.)
- Players stay in the dugout and parents stay out of the dugout. (Coach's and Asst. Coach's are the exception)
- Umpires, and any board member has the right to remove any person from the park due to abusive, or violent behavior.
- Home team sets up field. Away team takes down field (If the last game of the day played on the field for the day)
- NO** smoking or vaping in or around the ball park
- NO** scooters, skateboards, heeled shoes, roller blades, roller skates, bikes or other rolling type toys in the ball park

## **Minors (9 years-10 years old)**

These are general guidelines for this age group. Keep in mind every player is different both mentally and physically. No matter how fast they run or how far they throw they should be able to demonstrate proper techniques. Players need to demonstrate all Pee Wee skills and select Minors skills prior to moving to Minors. (Skills needed to move from Pee Wee to Minor are designated by an \*)

### **Pitchers**

- Pitchers Demonstrate 4 seam grip, 2 seam grip, fastball and change up
- Demonstrate proper follow through on all throws, follow with your feet\*
- Create a downward plane for the ball
- Demonstrate 1<sup>st</sup> strike within 2 pitches reliably (control trumps velocity)
- 6 step pitching progression
  - Stance
  - Rocker Step
  - Pivot
  - Balance
  - Separation/Approach
  - Release

### **Demonstrate Fielding Basics**

- Demonstrate Double Play depth and footwork for all infield positions
- Demonstrate Infield communication (plays, coverage, reading the batter etc..)
- Demonstrate outfield readiness, square to target, footwork, throw
- Catchers** demonstrate signal calling, framing, and reliably throw to all bases
- Understand "Crow hop" and able to demonstrate the technique
- MUST BE ABLE TO THROW A MINIMUM OF 60 FEET \***

### **Demonstrate Base Running Techniques**

- Demonstrate "first 3 steps" out of the batters box
- Understands 1<sup>st</sup> and 3<sup>rd</sup> base situations
- Demonstrates techniques for straight steals and delayed steals
- Understands coach communication/signal pick up
- Begins to demonstrate self thinking/decision making on base paths

### **Demonstrate Hitting Techniques**

- Demonstrates line drives, hard ground balls, and bunts.
- Begin to develop hitting strategy vs. specific pitchers
- Begin to understand and practice situational hitting (sacrifice bunts, hit and run, bunts for hits)
- Accustomed to drill work (tee, soft toss, front toss etc...)

### **General**

- Begin to demonstrate ability to read pitchers for self and teammates.
- Demonstrate coverage and back up responsibilities on every hit (everyone moves).
- Gives 100% on and off the field.\*
- Looks for opportunity to help teammates reach their goals.
- Master "one pitch at a time" and rebound quickly from set backs.
- Uses positive language about self, coaches and players.\*
- Demonstrates teamwork and good sportsmanship.\*

### **Parent Education\***

- No one talks to the umpires except coach's and score keepers
- Home team keeps score via Game Changer. Parents keep score not coach's. (No score keeper can equal a forfeit.)
- Umpires, and any board member has the right to remove any person from the park due to abusive, or violent behavior.

## **Majors (11 years-12 years old)**

These are general guidelines for this age group. Keep in mind every player is different both mentally and physically. No matter how fast they run or how far they throw they should be able to demonstrate proper techniques. Players need to demonstrate all Minors skills and select Majors skills prior to moving to Majors. (Skills needed to move from Minor to Majors are designated by an \*)

### **Throwing and Pitching**

- Demonstrate through throwing for accuracy -all distances including long toss.
- Demonstrate 4 seam grip, 2 seam grip and change up.
- Demonstrate hold and pick off basics.
- Reliably demonstrate 1<sup>st</sup> strike within 2 pitches.

**\*Able to throw a minimum of 75 feet (minimum 90 feet for Babe Ruth.)\***

### **Demonstrate Fielding Basics**

- Demonstrate Double Play depth and footwork for all infield positions
- Demonstrate Infield communication (plays, coverage, reading the batter etc..)
- Demonstrate outfield ground balls to target.
- Demonstrates cut offs and relays
- Demonstrate advanced pick off plays
- Demonstrate coverage and back up responsibilities
- Masters fielding mechanics (Ready position, Fielding, Throw, Footwork, Follow Through)
- Masters "Crow Hop"
- Catchers** master 3 stances, framing, blocking, reliably throw to all bases, and provide positive field leadership.

### **Demonstrate Base Running Techniques**

- Demonstrate proper lead offs on all bases.
- Understands proper stealing footwork.
- Understands tag up situations
- Understands 3<sup>rd</sup> base rules
- Understands no-out, one-out and two-out rules
- Demonstrate self thinking/decision making on base paths

### **Demonstrate Hitting Techniques**

- Demonstrates line drives, hard ground balls
- Develop hitting strategy vs. specific pitchers
- Understand and demonstrate situational hitting (sacrifice bunts, hit and run, bunts for hits)
- Accustomed to drill work (tee, soft toss, front toss etc...)
- Master Hitting Mechanics
- Master situational bunting
- Demonstrate ability to read pitchers for self and teammates

### **General**

- Sets personal seasonal goals and gives 100% to reach them
- Looks for opportunity to help teammates reach their goals.
- Master positive outlook and rebound quickly from set backs.
- Uses positive language about self, coaches and players.\*
- Demonstrates teamwork and good sportsmanship.\*

### **Parent Education\***

- This division has some additional rules that differ from younger divisions
- Home team keeps score via Game Changer. Parents keep score not coach's. (No score keeper can equal a forfeit.)
- Umpires, and any board member has the right to remove any person from the park due to abusive, or violent behavior.
- NO** smoking or vaping in or around the ball park
- NO** scooters, skateboards, heeleys, roller blades, roller skates, bikes or other rolling type toys in the ball park