

# North Central Little League

## Target skills and concepts

### T-Ball (ages 5-6)

Overall goals: introduction to the sport, positive association

	Skills - Technical	Baseball concepts - Tactical	PCA concepts
<b>Batting</b>	<ul style="list-style-type: none"> <li>How to hold a bat</li> <li>Athletic (batting) stance</li> <li>Basic (linear) swing mechanics</li> </ul>		<ul style="list-style-type: none"> <li>Be a good sport</li> <li>Have fun</li> </ul>
<b>Fielding (IF)</b>	<ul style="list-style-type: none"> <li>Ready position in the field: body &amp; glove</li> <li>Track the ball &amp; move to the ball</li> </ul>	<ul style="list-style-type: none"> <li>Names and locations (basic) of defensive positions</li> </ul>	<ul style="list-style-type: none"> <li>Try hard</li> <li>Follow directions</li> </ul>
<b>Catching &amp; Throwing</b>	<ul style="list-style-type: none"> <li>How to wear a glove</li> <li>Basic catching (with &amp; without glove) - soft hands</li> <li>Basic throwing mechanics (from T - shoulders aligned)</li> <li>Gripping the ball correctly (if hands are big enough)</li> </ul>	<ul style="list-style-type: none"> <li>Throw ball to base to which runner is advancing</li> </ul>	<ul style="list-style-type: none"> <li>Respect the other team</li> </ul>
<b>Base Running</b>	<ul style="list-style-type: none"> <li>When to drop the bat (no throwing)</li> <li>Where to run</li> <li>When to advance (when there is a hit) if already on base</li> </ul>	<ul style="list-style-type: none"> <li>Base running direction and timing</li> <li>Names of bases</li> </ul>	

**Tips and notes for this age group:** get cold easily, limited attention span, kids play all positions

**Rules and guiding principles:** advance one base at a time, all (or a prescribed # of players) bat, No outs

**Practice/Games:** One practice, one game

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## Target skills and concepts

78ers (ages 7-8)

Overall goals: Skill building, desire to return next year

	<b>Skills - Technical</b> <i>All previous skills + appropriate growth (L1 - L2)</i>	<b>Baseball concepts - Tactical</b> <i>All previous concepts + appropriate growth</i>	<b>PCA concepts</b> <i>All previous concepts + appropriate growth</i>
<b>Batting</b>	Timing of swing for pitched ball Use of hips/hands - trunk rotation (intro)	Balls and strikes	Goal setting Team work (fill others emotional tanks) Rebounding from mistakes Being prepared for practice - warming up as part of practice
<b>Fielding (IF, Intro OF)</b>	Glove catching - with 2 hands Catching in front Charge a ground ball, field in front Transfer from glove, throw (intro) Under hand toss Correct timing/sequencing of throw mechanics	Outs per inning Basic defensive movement (sis, 2nd base)	
<b>Base running</b>	Run through first base, stopping on 2nd & 3rd If on base, watching every "pitch" to be ready to run	Watching where the ball goes	

**Tips & notes for this age group:** chilled easily, limited attention span, broad range of skills and conceptual understanding of game, play all positions

**Rules/guiding principles:** TBD by managers and DC - suggested to consider: use tee after x pitches

**Practice/games:** one practice, one game

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## Target skills and concepts

89ers (ages 8-9)

Overall goals: Skill building, desire to return next year

	<b>Skills - Technical</b> <i>All previous skills</i>	<b>Baseball concepts - Tactical</b> <i>All previous concepts</i>	<b>PCA concepts</b> <i>All previous concepts</i>	<b>Rules/guiding principles</b>	<b>Practices/games</b>
<b>Batting</b>	Weight transfer (load) Correct timing of mechanics Increased power and consistency	Adjust approach to pitch count	Honoring the game Perseverance (DIMMITT) Teachable spirit	Stealing second half of season One base on overthrow 4 walks = coach pitcher	2 practices, 1 game
<b>Fielding (OF)</b>	Outfield foot work (drop step); run a route to the ball Transfer and throw (quickly) to target Relay Adjust/respond to ball off bat	Where/how to make play (force/non) Communicating			
<b>Fielding (IF)</b>	Run down (pickle) Creeping - improved readiness Charging ball Increased consistency and accuracy of transfer & throw	Backing up (ball, base, back up) Communicating Where/how to make play (force/non)			
<b>Base running</b>	Always watch base coaches - Looking to turn or run through 1st base - Looking at 3rd base coach on way to 2nd Basic sliding technique Stealing, watching base runners in front of you	Keeping alert to advance whenever possible Knowing when to steal Knowing count and how many outs there are at all times			
<b>Pitching</b>	Intro to pitching mechanics: stance, delivery, follow through Fielding responsibilities (intro)	Consistency Throw strikes, not strike outs	Accept mistakes and move on Don't think too much! (leave brain on the bench)		
<b>Catching</b>	Basic stance/set up Using equipment Proper execution of catch and throw to pitcher	Positional role			

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## Target skills and concepts

Minors (ages 10-11)

Overall goals: Adding more advanced skills, introduction to strategy

	<b>Skills - Technical</b> <i>All previous skills</i>	<b>Baseball concepts - Tactical</b> <i>All previous concepts</i>	<b>PCA concepts</b> <i>All previous concepts</i>
<b>Batting</b>	Bunting Sacrifice hitting Executing based on situation	Respond to situational hitting (coach signals)	Mastery (competing with oneself) Accountability Understand rules of the game more deeply Taking care of self (staying warm, stretching) Advocating for self (injuries, concerns)
<b>Fielding (OF)</b>	OF route to ball OF hit cut off		
<b>Fielding (IF)</b>	Appropriate foot work/lateral motion		
<b>Base running</b>	Eyes on coaches from batters box to dug out Knowing what to do depends on where ball goes (air, ground) Being ready to explode running on every swing Steal signs	Baseball is a game of constant movement Tagging up on balls hit in air  Drop 3rd strike steal of 1st if empty	
<b>Pitching</b>	Reinforce pitching mechanics Introduction of different pitches	Bunt coverage Bermuda triangle responsibilities and communication Passed ball/wild pitch coverage Cut-off responsibilities Backing up bases	Accept bad calls
<b>Catching</b>	Body movements - reactions (Blocking ball, tracking pop ups) Execute throw downs (all bases) Glove position Framing	Communication Bunt coverage When to throw down	Team leadership

**Tips and notes for this age group:** addition of playoffs = increased need for double goal coaching, need to communicate philosophy around positions

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## Target skills and concepts

Majors (ages 11-12)

Overall goals: Skills with confidence, understanding of strategy

	<b>Skills - Technical</b> <i>All previous skills</i>	<b>Baseball concepts - Tactical</b> <i>All previous concepts</i>	<b>PCA concepts</b> <i>All previous concepts</i>
<b>Batting</b>	React to different pitches Adjust bat to plane/path of ball	Recognize different pitches	Opponent as gift/opportunity Playing a full season - consistency/showing up
<b>Fielding (OF)</b>	Extend tracking distance & ability extend throwing distance Execute accuracy with "hop"		
<b>Fielding (IF)</b>	Double Play execution		
<b>Base running</b>	Knowing batters signs from coach Stealing home Watching for overthrows on other runners	Aggressive running can force errors Play is never dead until time is called or pitcher is on rubber	
<b>Pitching</b>	Refinement of mechanics Mastery of different pitches Pitch location	Adjustment to different batters Pitch choice	Stability in the face of adversity
<b>Catching</b>		Decoy communication (w/runners at 1st and 3rd) Pitch calling Cut-off communication Dropped 3rd strike	Support of pitcher (e.g. calling "time" to calm pitcher)

**Tips and notes for this age group:** addition of playoffs = increased need for double goal coaching, need to communicate philosophy around positions, observe social dynamics

**Rules and guiding principles:** little league rules