

Senior Boys/Girls

Offense

Batting

- Receiving Signals- take, bunt, and steal. Indicator and wipe off.
- Reading the infield.
- Mechanics- stance, load, stride, follow through.
- Situational hitting- 2 strike swing, taking pitches, force outs.
- Bunting- stance, push, drag, fake, and suicide.

Base running

- Stealing bases- delay steal
- Situational- taking leads, rounding bag, running through 1st and home.
- Tagging up
- Sliding- hook slide, pop up slide.
- Watching base coaches

Defense

Throwing

- Preparing the throw
- Mechanics- grip, elbows, pivot, release, follow through

Fielding Ground Balls

- Set position
- Ground ball mechanics for both glove side and hand side
- Spin move

Fielding Pop Flys

- Mechanics
- Receiving the ball
- Tracking

Fielding Concepts

- How to get batters and runners out
- Covering bases- situational
- Backing up other positions
- Double plays, relays, and run downs
- Catcher- knows stance, signals, blocking, back up

Pitching

- Mechanics of the windup
- 2 and 4 seam fastballs
- Covering 1st and home