



## Roseville PONY Baseball Key Developmental Indicators

### **PINTO Division - Key developmental Indicators**

- \* All items listed below should be coached and developed throughout each year at the Pinto division level.
- \* All players should have a full understanding of the below listed items by the end of their Pinto years prior to going to the next division.
- \* Managers and coaches will be evaluated based upon these indicators and other evaluation criteria yearly.

#### **Key Development Indicators**

- 1) Proper Hitting techniques and batter's box positioning
  - a) Why do we stand forward or back in the batter's box?
  - b) Why do we stand up towards the plate in order to get proper coverage with the bat?
    - i) Show and teach coverage of plate and positioning in the box.
  - c) Hitting
    - i) Down angle from back shoulder to the ball -- no upper cuts.
    - ii) High hands, around shoulder height to help promote down angle to ball.
    - iii) Proper grip -- "knocking knuckles" lined up on bat and bat in fingers, not palms.
    - iv) Stride towards the pitcher --- no stepping out or diving into the ball.
    - v) Keep hands inside the ball for power -- stay away from "casting"
- 2) Base Running
  - a) Running through 1st base hard on hit ball.
    - i) Hitting outside front corner of bag when running through bag.
    - ii) How do we run down the line? Inside the chalk or outside?
      - (1) Outside is the best teaching at this point...just off the line in foul territory.
  - b) How to round a base?
    - i) Hit front left corner and teach to pick up the ball as well as rounding out prior to the base in order to advance.
  - c) Proper sliding technique
    - i) On one side of thigh and butt and go in hard to base.
    - ii) No head first and no sliding into 1st base.
    - iii) All bases should be slid into on any play with only exception being 1st base. Slide rule in effect.
  - d) Picking up coaches prior to rounding a bag for direction.
    - i) All runners should be looking for the ball on initial rounding of bag and then pick up coaches at 1/2 or 3/4 point to next bag.
  - e) Base runner signs (2nd half of Pinto due to stealing)
    - i) Incorporate in 1st half practices to get ready.
- 3) Pitcher Development (all year)
  - a) Wind up vs. Stretch



- i) Pitcher should know both the windup and stretch and why they would use for each game situation.
- ii) Coming to a set position in stretch and checking runners

### **PINTO Division - Key developmental Indicators (cont.)**

- 4) Catcher Development (all year) 2nd half stealing and throw downs come into play.
  - a) Positioning behind the plate and why
    - i) Inside, outside positioning
    - ii) Square to pitcher so in position to block or throw
  - b) Throw backs to pitcher and importance of accuracy to the flow of the game.
  - c) Blocking of balls
    - i) Use tennis balls to throw in dirt and have catchers block using pads rather than gloving everything.
  - d) Throw downs to 2nd and 3rd
    - i) proper bounce out of position and throwing position
    - ii) accurate and strong throws with short arm technique
- 5) Positional Awareness
  - a) Infield
    - i) Cut offs and positioning of SS (left field balls) and 2nd baseman (right field balls).
    - ii) Depth and positioning of lining up between outfielder and bag....talk/communication by SS or 2nd to help line up the cutoff man.
  - b) Outfield
    - i) Cut offs -- Hitting the cut off person quickly to get the ball back into the infield quickly.
  - c) Position names and corresponding field #....example of Shortstop = 6, center field = 8, etc...
- 6) Game Awareness
  - a) Teach infield and outfield where to go with ball and why around situations. Ex. Man on 1st and 2nd, Man on 2nd, etc...
  - b) Understanding of force outs compared to tag outs and why in situations.
- 7) Communication on field by players during the game....enhance and develop through teaching.
  - a) How many outs and where the play is between pitches.
  - b) Help kids understand why they need to know this and the importance of team communications.