



Roseville PONY Baseball Key Developmental Indicators

MUSTANG Division - Key developmental Indicators

- * All items listed below should be coached and developed throughout each year at the Mustang division level.
- * All players should have a full understanding of the below listed items by the end of their Mustang 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) Pitchers

- a) Stretching routine and why prior to pitching
- b) Pre-game or pre-bull pen warm ups and importance of after stretching
- c) Fundamentals of pitching motion -- Wind up and stretch
- d) Stretch set position being open rather than closed to hold runners
- e) Holding runners, checking runners
- f) Pick offs to 1st and proper techniques, step off back of rubber as well as spin move to first.
- g) Taking signs from catchers as well as verbal recognition from coaches
- h) Pitches....all pitchers should know how to throw fastball and change ups at Mustang level. No junk allowed at this level.

2) Catchers

- a) Proper positioning behind the plate and square to pitcher
- b) Blocking balls and using gear to advantage
- c) Bounce up and throwing techniques -- short arm drills for accuracy and strength.
- d) Throwing to all bases.
- e) Field general communication and signs
- f) Dropped 3rd strike and importance of understanding pitch counts.
 - i) Where to go on dropped 3rd strike to make the throw to 1st (foul side or inside towards infield)

3) Fielding

- a) Infield - base coverage
 - i) Pitcher covering 1st on all balls to right side and peel off towards infield as needed.
 - ii) 1st base cover on hard balls hit to right field
 - iii) SS and 2nd base coverage depending on situation, batter, etc... Help players understand why?
 - iv) Backups on plays by which player and why?
 - v) Cut offs and positioning by SS (left field balls) and 2nd base (right field balls)
 - vi) Holding runners and positioning by fielder at 1st, 2nd, SS and 3rd.
 - (1) Receiving position with square position to pitcher
 - (2) Front of bag rather than on the bag to apply tags

**MUSTANG Division - Key developmental Indicators (cont.)**

- b) Outfield
 - i) Positioning based on hitters at plate and coaches
 - ii) Hitting cut offs to get ball back to infield quickly
 - iii) Fielding a fly ball
 - (1) get under ball and catch on glove side with 2 hands
 - (2) Crow hop after catch for strong throw to cut off

- 4) Base running
 - a) Running through 1st base hard
 - b) Rounding bases - proper technique and hitting front inside corner of bag
 - c) Round and hold / On the bag
 - d) Getting signs while on bag prior to pitch
 - e) Primary leads and focus on pitcher or "ball" at all times
 - f) Secondary leads after pitch is thrown
 - g) Picking up the ball while running bases and coaches for direction at half way to 3/4 point on base paths.
 - h) Picking up ball -- what to do on fly balls and line drives?

- 5) Bunting
 - a) Proper bunting technique
 - i) bat angle up, square around with bat out front
 - ii) player able to bunt down 1st and 3rd base sides

- 6) "Live ball at all times"
 - a) Players need to be on toes at all times unless umpire calls time.
 - b) recognition and reaction to game situations

- 7) Communication on the field
 - a) Talking among players on # of outs, where the play is to be made
 - b) Field generals -- SS or catcher