

Position	Skill/Grade	9U	10U	11U	12/13U	14U	Links
All Positions	Active Warmup						Link Link Link
	Throwing Progression						Link

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All Infielders	Playing infield in and understanding the situation						Link
	Playing double play depth						Link
	Execute a run down						Link
	Understanding infield fly rule and what to do						Link Link Link
	Ground ball fielding mechanics						Link Link Link
	Ready position						Link
	First and third defense for steals						Link
	Receiving a cutoff or relay throw						Link Link
	Scooping / Picking a ball						Link
	Tagging a runner						Link
	Bunt Coverage						Link Link Link Link Link

Position	Skill/Grade	9U	10U	11U	12/13U	14U	Links
Pitcher	Pitching mechanics and arm angle						Link Link
	Pitching Strategies						Link
	Pitch from the stretch						Link Link
	Pick off move to each base						Link Link Link Link
	Backup proper base						Link Link
	Throw a changeup						Link Link
	Throw a breaking ball						Link Link
	Pitch from a windup						Link
	Cover first						Link
	Understand balk rules						Link Link
	Cover home on a passed ball						Link

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Catcher	Field a bunt and throw to first						Link
	Blocking balls in the dirt						Link Link
	Throw to second and third base on a steal						Link Link
	Back pick to first base						Link
	Line up and communicate with cut off men						Link
	Catch a foul pop up						Link
	Dropped third strike and throwing to first						Link
	Backup first base						Link
	First and third defense for steals						Link
	Throw to home on a passed ball						Link
	Receiving						Link Link Link
	Signal, Primary, Secondary Stances						Link
	One Knee Stance						Link Link
	Mobility						Link Link
	Tag Plays						Link

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1 st Base	Throw to pitcher covering first base						Link
	Pick a one hop throw to first						Link
	Line up in cut off position and throw to 2nd, 3rd, or home						Link
	Cover a bunt						Link
	Hold a runner on and receive a pickoff throw						Link Link
	Start a double play						Link
	Receiving the throw						Link
	Receiving a throw from a catcher						Link

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2 nd Base	Receive a throw on a steal						Link Link
	Line up for a relay throw						Link Link
	Execute a double play						Link
	Hold a runner on and receive a pickoff throw						Link
	Deciding who covers second						Link
	Underhand flip						Link

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Shortstop	Receive a throw on a steal						Link Link
	Line up for a relay throw						Link Link
	Execute a double play						Link
	Line up in cut off position and throw to 2nd, 3rd or home						Link
	Throwing across the infield – shuffle, shuffle, throw, follow						Link
	Hold a runner on and receive a pickoff throw						Link
	Deciding who covers second						Link
	Underhand flip						Link

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3 rd Base	Receive a throw on a steal						Link Link
	Line up in cut off position and throw to 2nd, 3rd, or home						Link
	Throwing across the infield – shuffle, shuffle, throw, follow						Link

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Outfielder	Backup throws to a base on a steal or a pickoff						Link
	Backup/communicate on balls hit in the gap or to another outfielder						Link
	Backup infielders on balls hit in the infield						Link Link
	Backup infielders on balls thrown to the infield						Link Link
	Throw to a relay/cutoff man						Link
	Communication on fly balls						Link
	Gaining Momentum to Throw						Link Link Link
	Fielding a ground ball						Link
	Tracking a flyball						Link
	Catching a flyball by staying in back of it						Link

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Hitter	Bunting						Link Link Link
	Hit to the opposite field						Link
	Hitting mechanics – proper stride, hands inside, lifting back heel, turning hips						Link Link Link Link Link
	Hitting strategies						Link Link
	Taking Signals from a Coach						Link
	Hitting off a tee - pitch location and contact depth						Link
	Avoiding Common Hitting Mistakes						Link

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Runners	Proper jump on a steal, no lead off						
	Proper jump on a steal, with a lead off, with right and left handed pitchers						Link
	Running when not forced						Link
	Leading off 1st, 2nd, and 3rd base						Link Link Link
	Sliding						Link
	Suicide and safety squeeze						Link
	Understanding infield fly rule and what to do						Link Link
	Taking a secondary lead						Link
	Tagging up						Link Link
	Running to first base						Link Link
	Taking Signals from a Coach						Link
	Using the first base running lane						Link
	Full count and Two Outs						

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Situations	Infield Ground Ball - No One On						Link
	Infield Ground Ball - Runners On						Link
	Single to the Outfield - No One On						Link
	Single to the Outfield - Runner on 1B						Link
	Single to the Outfield - Runner on 2B						Link
	Single to the Outfield - Runner on 1B and 2B						Link
	Hit Down the Line						Link
	Hit in the Gap						Link
	Bunt Defense						Link
	Ground Ball to 3B with Bases Loaded						Link
	Pass Ball Defense						Link
	Stealing Defense						Link