

TEE BALL (4-6)

Primary Focus: Introduction to baseball basics in a fun, engaging way.

- **Throwing and Catching:** Basic throwing motion, working on aim and coordination. Learning to catch with two hands and using a glove properly.
 - **Hitting:** Hitting off a tee to develop swing mechanics; focusing on hand-eye coordination and balanced stance.
 - **Base Running:** Understanding basic base paths, running the bases in the correct order, and stopping at each base.
 - **Fielding:** Learning to stay in position, basic glove work, and keeping the ball in front of them.
 - **Fun and Sportsmanship:** Emphasis on having fun, being part of a team, and learning to cheer for teammates.
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Rookies (Ages 6-7)

Primary Focus: Building on basic skills with increased structure and understanding of the game.

- **Throwing and Catching:** Developing accuracy and a more consistent overhand throwing motion. Practicing catching with a glove.
 - **Hitting:** Introduction to coach-pitch or a low-speed pitching machine. Emphasizing the stance, grip, and making contact with the ball.
 - **Batting:** How to get hit by a pitch
 - **Fielding:** Basics of fielding ground balls, staying low, and getting in front of the ball. Players start learning about positions.
 - **Base Running:** Learning to run through first base and beginning to understand tagging up.
 - **Game Awareness:** Basic understanding of outs and innings. Introducing the concept of "outs" and running to the correct base.
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Minors (Ages 7-10)

Primary Focus: Developing mechanics and introducing more complex rules of the game.

- **Throwing and Catching:** Accuracy and strengthening throws. Players should start learning to throw with foot alignment, stepping toward the target.
- **Hitting:** Swing mechanics improve, and players start seeing kid-pitch. They work on tracking pitches and improving bat speed. Knowing what the strike zone is.

- **Batting:** How to get hit by a pitch
 - **Fielding:** More position-specific skills, such as infielders learning double-play footwork, and outfielders working on fly-ball catching.
 - **Base Running:** Basic secondary lead-offs and learning to steal bases. Understanding when to run on contact and learning sliding techniques.
 - **Pitching:** Introduction to pitching mechanics, focusing on balance, grip, and basic form. Keeping pitch counts low and prioritizing control.
 - **Game Awareness:** Understanding the concept of force outs, tagging, and defensive responsibilities in various situations.
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Majors (Ages 10-12)

Primary Focus: Sharpening skills, introducing strategy, and deepening understanding of the game.

- **Throwing and Catching:** Improving arm strength and accuracy. Learning to throw with a proper grip and understanding throw mechanics to prevent injury.
 - **Hitting:** More consistent and powerful swing mechanics. Learning to hit for contact and power, understanding situational hitting, and recognizing pitch types.
 - **Fielding:** Refining fielding techniques, including turning double plays and making relay throws. Outfielders focus on quicker reactions and positioning.
 - **Base Running:** Learning advanced base-running strategies, such as delayed steals and reading the pitcher's moves. Improved sliding techniques.
 - **Pitching:** Developing control and off-speed pitches like the change-up. Emphasizing proper pitching mechanics to reduce injury risk.
 - **Game Awareness:** Increased focus on situational play, defensive strategies, and base coverage responsibilities. Players should understand and communicate on cut-offs and relay plays.
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Juniors (Ages 13-15)

Primary Focus: Advanced skills, specialization, and refining game strategy.

- **Throwing and Catching:** Emphasis on arm care, long-toss programs, and advanced throwing techniques. Focus on accuracy and velocity.
- **Hitting:** Learning more advanced techniques, such as situational hitting (sacrifice bunts, hit-and-run), pitch recognition, and adjusting to different pitch speeds.
- **Fielding:** Advanced defensive techniques, including complex footwork and positioning. Infielders work on quick transitions; outfielders work on reading angles and ball tracking.
- **Base Running:** Strong base-running skills, understanding pitcher tendencies, and executing advanced base-running strategies.

- **Pitching:** Refining multiple pitches, including curveballs or sliders with proper mechanics. Pitchers should understand pitch sequences, location strategy, and arm care routines.
- **Game Awareness:** High level of situational awareness, defensive positioning, and understanding of strategic decisions. Players should know how to anticipate plays and communicate effectively.