

# Youth Baseball Skills Matrix- Activate

Entry-age 7

## **Warm-up:**

- Fun Dynamic exercise routine

## **Fundamental Throwing:**

- Proper grip of the ball
- Basic one step and throw
- Proper throwing motion (arm action/circle)
- Proper follow through
- Proper glove position while throwing
- Proper upper body rotation

## **Fundamental Catching the Baseball:**

- Proper positioning of the feet
- Basic glove and hand position

## **Fundamental Ground Ball and Infield Play:**

- Understanding different IF positions
- Stance/Ready position
- Glove position
- Getting in front of the ball
- Using two hands
- Being able to turn the glove over (4 corners)
- Proper fielding position
- Attacking routine ground ball

## **Fundamental Popup/flyball & OF Play:**

- Understanding different OF positions
- Stance/Ready position
- Glove position on pop-up/flyball
- Using One hand vs two hands
- Getting the ball in quick
- Fielding a groundball in the OF- keeping it in front

## **Fundamental Hitting Concepts:**

- Using the proper bat
- Gripping the bat
- Standing in batter's box and distance to plate
- Stance
- Finishing your swing

- Being aggressive when swinging
- Bat control skills & situations
- Hitting off a tee

**Fundamental Baserunning Concepts:**

- Being able to identify different bases
- How to run the bases in proper order
- Understanding how base lines work when running
- Proper straight leg slide

**Basic Positioning:**

- Standard

**Daily Practice Organization Outline:** (\*indicates this should be completed at every practice):

Maximum 1.5 hours on average of active work, with plenty of breaks

- Fun Dynamic exercise routine (*10 minutes*) \*
- Baserunning fundamental concepts (*10-15 minutes*) \*
- Throwing/Catching fundamentals (*10-15 minutes*) \*
- OF/IF skill fundamentals (*15-20 minutes*) \*
- Team situational concepts (C, P, OF, IF) (*10-15 minutes - basic!*)
- Hitting/Tee work fundamentals (*30 minutes - stations*) \*

**Fundamental Coaching Suggestions:**

- Keep drills varied
- Drills should be kept at about 10-15min