

# Youth Baseball Skills Matrix- Discover

Ages 7-9

## **Warm-up:**

- Limited Dynamic/Static combination

## **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
- Backhands
- Glove hand/forehand

## **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 GB in the OF- keeping it in front
- Hitting the cut-off

## **Fundamental Hitting Concepts:**

- Finishing your swing
- Being aggressive when swinging

- Learning what the strike zone is
- **Other basic mechanics:**
  - Loading the swing
  - Stride to swing (launch position)
  - Balance when swinging

#### **Bat control skills & situations:**

- Hitting off a tee
- Front toss

#### **Fundamental Base Running Concepts:**

- Understanding how base lines work when running
- How to run through first base
- How to round first base
- Understanding what a force out is
- Understanding tagging up concept
- Understanding when to run on pop-up/flyball
- Running 1st to 3rd and 2nd to home
- Understanding when to advance while at 2nd
- Proper straight leg slide

#### **Fundamental Catching Concepts:**

- How to wear the equipment
- Squatting/feet positioning/Stance
- Glove position
- Positioning with home plate and batter
- Receiving (basic)

#### **Team Situational Concepts:**

- Understanding "ball, base or backup" concept
- OF throwing to a cut (basic)
- Backing up bases (specific to position)

#### **Basic Positioning:**

- Standard

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

2 - 2.5 hours of active work

- Limited Dynamic/Static combination (*10 minutes*) \*
- Base running fundamental concepts (*10-15 minutes*) \*
- Throwing/Catching fundamentals (*10 minutes*) \*
- OF/IF skill fundamentals (*15-20 minutes*) \*
- Team situational concepts (C, P, OF, IF) (*15-20 minutes*)

- Hitting/Tee work fundamentals *(15-20 minutes) \**
- On-field batting practice (coach pitch) *(25-30 minutes) \**
- Controlled coach pitch scrimmages/Situations *(15-20 minutes)*

**Fundamental Coaching Suggestions:**

- Keep drills varied
- Drills should be kept at about 15-20 minutes