

KIMBERTON YOUTH ATHLETIC LEAGUE

Fundamental Skills Sheet: Baseball

LEGEND

I = The skill should be introduced at this level

R = The skill should be reinforced at this level

M = The skill should be mastered at this level

Infield Skills	T-Ball	A	AA	AAA	Majors
Know where the play is before the pitch	I	R	R	R	M
Creep steps, glove out in front of body, athletic stance, as the pitcher is delivering the ball		I	R	M	
Understanding the chain of command for fly balls		I	R	M	
Calling for a ball in the air		I	R	M	
Knowledge of whose responsibility it is to cover bases		I	R	M	
Knowledge of back up responsibilities		I	R	R	M
Knowledge of bunt rotation responsibilities			I	R	M
How to locate the fence when running to catch a foul ball			I	R	M
Circling around ground balls when appropriate			I	R	M
The underhand flip			I	R	M
Proper footwork fielding a groundball					
○ Right at the fielder	I	R	M		
○ Forehand			I	R	M
○ Backhand			I	R	M
○ Slow roller or chopper			I	R	M
Proper footwork around bags					
○ Force plays	I	R	M		
○ On Steals			I	R	M
○ Double Plays			I	R	M
○ Pickoffs					I
Run downs					
○ Knowledge of who should be involved in rundowns			I	R	M
○ Run back to the bag the runner came from			I	R	M
○ Call for inside or outside target			I	R	M
○ Ball held high in throwing hand			I	R	M
○ Limit pump fakes			I	R	M
○ Follow throw			I	R	M
○ Tag with two hands			I	R	M
Cutoffs					
○ Knowledge of cutoff man responsibilities		I	R	R	M
○ Lining up the cutoff man			I	R	M
○ Hands up yelling for the cut			I	R	M
○ Move feet to get into a good throwing position as you catch the ball			I	R	M

Outfield Skills	T-Ball	A	AA	AAA	Majors
Know where the play is before the pitch	I	R	R	R	M
Ready Position	I	R	M		
Calling for a ball in the air	I	R	M		
Judging a routine fly ball		I	R	M	
Catching a fly ball off the side of their nose with 2 hands		I	R	M	
First step back on a fly ball you can't read		I	R	M	
How to crow hop		I	R	M	
Throwing to the cutoff man		I	R	M	
Knowledge of back up responsibilities			I	R	M
Knowledge of bunt rotation responsibilities			I	R	M
Getting behind a ball when possible			I	R	M
Running back on a ball with your glove down			I	R	M
Taking good angles to balls in the gap			I	R	M
Blocking a hard hit groundball			I	R	M
How to shield the sun			I	R	M
Understanding line drives will slice towards the foul lines			I	R	M
How to locate the fence			I	R	M
Adjust where they stand based on the batter			I	R	M
Adjust where they stand based on the game situation			I	R	M
Catching Skills	T-Ball	A	AA	AAA	Majors
How to quickly put on equipment		I	R	M	
Setting up big target for the pitcher		I	R	M	
Receiving a ball without baserunners		I	R	M	
Hustle for passed balls with a runners on base		I	R	M	
Passed balls with runner on 3B		I	R	M	
How to receive a ball with a play at the plate		I	R	M	
How to field a bunt			I	R	M
Taking signs from a coach			I	R	M
Relaying signs to the pitcher			I	R	M
Blocking the base coaches from picking up signs			I	R	M
Receiving a ball with baserunners			I	M	M
Footwork and quick release when a player is stealing			I	M	M
Framing pitches			I	M	M
Blocking the plate			I	R	M
Knowledge of 1 st and 3 rd plays			I	R	M
Taking the ball out to the pitcher when the umpire gets hit			I	R	M
Controlling the pitchers pace				I	R
Pitch outs					I
Blocking balls in the dirt					
○ Dropping to knees or sliding to side			I	R	M
○ Glove down		I	R	R	M
○ Chin down		I	R	R	M

Pitching Skills	T-Ball	A	AA	AAA	Majors
Controlling emotions on the mound			I	R	M
Taking signs from the catcher			I	R	M
Develop a pre-game routine that works for you			I	R	M
How to make slight adjustments to pitch location			I	R	M
Develop a bullpen routine for days between games			I	R	M
Bunt responsibilities			I	R	M
Responsibilities on fly balls in the infield			I	R	M
Back up responsibilities			I	R	M
Covering home on a passed ball			I	R	M
Incorporate the slide step from the stretch position				I	R
Start to discuss how to attack an opposing lineups hitters			I	R	M
Covering 1B on a ball to the right side of the field			I	R	M
Types of pitches					
o 4 seam fastball			I	R	M
o 2 seam fastball			I	R	M
o Changeup or knuckleball			I	R	R
Pitching from the stretch					
o Straddle rubber with ball in throwing hand, fastball grip			I	R	M
o Step on rubber with ball in throwing hand, fastball grip			I	R	M
o Come set			I	R	M
o Wiggle ball in glove or adjust grip			I	R	M
o Arm down to ground and up to sky in a backward "C"			I	R	M
o Throwing elbow above shoulder			I	R	M
o Fingers back toward 2B			I	R	M
o Front elbow up towards target			I	R	M
o Leg kick			I	R	M
o Replace ball with front elbow			I	R	M
o Keep front hip closed			I	R	M
o Keep glove tucked in tight to your body			I	R	M
o Follow through finishing low			I	R	M
o End in a fielding position			I	R	M
Pitching from the windup					
o Both feet on rubber, ball in glove			I	R	M
o Slight rocker step straight back just enough to pivot			I	R	M
o Pivot			I	R	M
o Leg kick to balance point and follow same steps as windup			I	R	M
o Master pitch location when in the windup			I	R	M
Holding Runners					
o Pickoffs to 1B, 2B, and 3B from the stretch				I	R
o Pickoffs to 1B, 2B, and 3B from the windup				I	R
o Varying moves				I	R
o Pitchouts				I	R

Hitting Skills	T-Ball	A	AA	AAA	Majors
Dropping the bat and running to 1st; not throwing the bat	I	R	M		
Basic positioning in the batter's box	I	R	M		
Use appropriate bat weight and length	I	R	M		
Understand the strike zone		I	R	M	
How to protect yourself from a ball coming at you		I	R	M	
Adjusting where you stand in the batter's box based on the situation			I	R	M
How to take a sign from your 3B coach			I	R	M
Study pitcher for patterns			I	R	M
Identify the types of pitches the pitcher throws			I	R	M
Develop a stance					
○ Feet little wider than shoulder width apart	I	R	M		
○ Knees slightly bent	I	R	M		
○ Hands near level with shoulder		I	R	M	
○ Bat at an appropriate angle		I	R	M	
Bat Grip					
○ Proper hand on top	I	R	M		
○ Hands together	I	R	M		
○ Held loosely in fingertips		I	R	M	
Load and Stride					
○ Load hands straight back, without bat wrap		I	R	M	
○ Stride on front foot keeping weight slightly on back foot		I	R	M	
○ Front knee should remain inside front foot			I	R	M
The Swing					
○ Keep head still and eyes on the ball	I	R	M		
○ Keep both hands on the bat through contact	I	R	M		
○ Knob to ball; keeping bat head above hands		I	R	M	
○ Back knee to front knee; turning hips		I	R	M	
○ Keep swing level (palm up, palm down)		I	R	M	
○ Keep hands inside the ball			I	R	M
○ Front leg should be straight with weight fairly balanced			I	R	M
Understand how to approach hitting based on the count					
○ Early in the count		I	R	R	M
○ 2 strike approach		I	R	R	M
○ Up in the count			I	R	M
○ Down in the count			I	R	M
Understand how to approach hitting based on the game situation					
○ Score			I	R	R
○ Baserunners				I	R
○ Role in the lineup				I	R

Bunting					
○ Teach pivot technique			I	R	M
○ Top hand slides 2/3 up barrel and grip like “holding a key.”			I	R	M
○ Bat on 45 degree angle			I	R	M
○ Bat starts at highest point of strike zone covering the whole plate			I	R	M
○ Bend knees don’t drop the bat head to bunt ball			I	R	M
○ Use bottom hand to direct ball in a certain direction			I	R	M
○ Be able to lay down a sacrifice bunt			I	R	M
○ Be able to bunt down the lines			I	R	M
Baserunning Skills	T-Ball	A	AA	AAA	Majors
Understand when there is a force play and you must run	I	R	M		
Understand when there is not a force play and you don’t have to run	I	R	M		
Tagging up		I	R	M	
Drawing throws to the plate from the OF			I	R	M
Recognizing a bad throw to the cutoff and taking the extra base			I	R	M
When to advance from 2B to 3B on a ball hit to SS and no one on 1B			I	R	M
Know how to execute a delayed steal			I	R	M
Know how to execute a fake steal			I	R	M
Know your responsibilities as a runner on 1 st and 3 rd situations			I	R	M
Know your responsibilities when caught in a rundown			I	R	M
Running to 1B on a ball hit to the IF					
○ Run through the base	I	R	M		
○ Hit front outside corner		I	R	M	
○ Breakdown shortly after the base ready to advance if there is a bad throw			I	R	M
Running to 1B on a ball hit to the OF					
○ Pickup your 1B coach		I	R	M	
○ Start making your turn about halfway down the 1B line		I	R	M	M
○ Hit the inside front left corner of the bag		I	R	M	M
○ Turn should put you in a straight line with 2B			I	R	M
○ Know how big of a turn to take based on where the ball was hit			I	R	M
○ Give your coach a chance to send you to 2B			I	R	M
○ Return to 1B with your head up watching the ball			I	R	M
○ Know how to spin off preventing a tag from pushing you off the bag			I	R	M
Leads from 1B					
○ Taking signs from the 3B coach			I	R	M
○ Know how to take a primary lead				I	I/R
○ Extend your lead as the pitcher comes set				I	I/R
○ Know the various pickoff moves a pitcher can perform				I	I/R
○ Getting a secondary lead				I	I/R

Know how to slide back head first					
o Step and a dive			I	R	M
o Protect fingers			I	R	M
o Head looking away from bag			I	R	M
o How to walk up the base			I	R	M
Leads at 2B					
o Taking signs from your 3B coach			I	R	M
o Understand pickoffs moves to 2B				I	I/R
o Know which coach will aid you with SS location				I	I/R
o Take lead deep so you can see the second baseman				I	I/R
o Upon pitchers delivery take secondary lead creeping back into the normal base path				I	I/R
Leads from 3B					
o Take lead in foul territory			I	R	M
o Return to 3B in fair territory with head up			I	R	M
o Anticipate scoring on a passed ball			I	R	M
o Understand pickoff moves to 3B				I	I/R
Sliding					
o Straight into a bag		I	R	M	
o Must slide when there is a play at the plate			I	R	M
o Hook Slide			I	R	M
o Pop up slide			I	R	M
o Reading where to slide based on opponents position around bag			I	R	M
Basic Catching and Throwing Skills	T-Ball	A	AA	AAA	Majors
Catch with 2 hands when possible	I	R	M		
Ball above waist; catch with fingers up	I	R	M		
Ball below waist; catch with fingers down	I	R	M		
Catch pop ups above head; fingers up		I	R	M	
4 seam grip		I	R	M	
Proper footwork to square up towards target getting momentum moving forward		I	R	M	
Throwing elbow above shoulder; fingers pointing away from target		I	R	M	
Step towards target or crow hop when needed		I	R	M	
Rules	T-Ball	A	AA	AAA	Majors
Understand the Infield Fly Rule			I	R	M
Understand Obstruction			I	R	M
Understand Interference			I	R	M
Know a foul tip caught is a live ball			I	R	M
Understand catch and carry rules			I	R	M
Know when you must slide			I	R	M
Understand how to run an appeal play			I	R	M
Understand dropped 3 rd strike				I	I/R
Know the balk rules				I	I/R

