

## ***Des Plaines Youth Baseball Sparrow (AA) Baseball Skills to Teach***

- Play to have fun
- Follow the instructions of coaches
- Learn to be part of a “team” respecting other players, coaches, and parents
- Identify bases and order in which they should be touched
- Identify and play the nine field positions
- Understand the “Force Play” and “Tag Play”
- Fielding Ground Balls with two hands
- Catch ball in the air with two hands, fingers to the sky
- Run straight through the base at first on infield hits
- Take a turn at first base on outfield hits, watch and listen to first and third base coach
- Slide into bases (exception being 1st base) on close plays – teach proper sliding technique
- Warm-up in outfield grass prior to a game
- Make contact with a pitched ball
- Catching the baseball
- Safety – Learn how to “Defensive Roll” out of the way of a pitched ball
- Cut-offs and Relays, basic bunt defense, basic 1st and 3rd defense
- Underhand flip and double plays
- Infield/Outfield communication and priorities

## ***Des Plaines Youth Baseball Sparrow (AA) Practice Plan***

Warm-up

Throwing and Catching skills

Technical Skills – split players into two groups each and rotate between:

Situations such as force play – Set up various situations and see that players can identify force play versus tag play

Review basic fielding techniques for ground balls/fly balls

Small Groups – Hitting Game Situations

Close – Review practice – Reflect on what players may have learned during practice today. Re-emphasize throwing skills and fielding with two hands.

Give players tips for practicing at home and set up next practice time.