

## **CARMEL MOUNTAIN RANCH LITTLE LEAGUE INSTRUCTION GUIDELINES**

The following guidelines have been prepared for managers and coaches to assist in identifying baseball fundamentals essential to the development of players in the league. While not all children develop at the same pace, these guidelines are intended as a checklist of skills and knowledge that the manager and coach should impart to the average player by the end of the season. The items on the checklist have been identified as those necessary to aid the player in the successful advancement to the next level in Little League Baseball.

### **ALL DIVISIONS**

#### **General / Safety**

1. Players should have an overall concept of the game of baseball. That is, understand the object of the game (moving runners around the bases to score runs); Also to understand the roles of offense and defense.
2. Players should be taught to respect the equipment used in baseball and to care for it appropriately.
3. Safety should be a primary concern with special attention to items such as:
  - a. Stay in the dugout until that player's turn to bat.
  - b. Wearing a helmet at all times when using a bat.
  - c. Not throwing the bat.
  - d. Generally paying attention to the location of the ball at all times.

## MINORS

### Offense

Knowledge Issues	Skill Issues
<ul style="list-style-type: none"><li>• Running beyond first base on infield hit</li><li>• Listen to the base coach</li><li>• Do not run recklessly around bases (awareness of where the ball is)</li><li>• Tag up on a line drive or fly ball (“watch the line drive”)</li><li>• Running first to third (pick up third base coach as player approaches second base)</li><li>• Running from second base to home (follow coach instructions prior to reaching third)</li><li>• Develop understanding of balls vs. strikes</li><li>• Begin to introduce simple signs for bunt, steal, take</li><li>• When runner can leave base to steal</li><li>• Cannot steal home on return throw from catcher</li></ul>	<ul style="list-style-type: none"><li>• Develop proper grip of bat (hands together, correct hand on top)</li><li>• Proper feet position in batter’s box</li><li>• Swing that follows through the hitting area, turning Wrists over at impact</li><li>• Teach players to be prepared to swing at the ball and not to wait for the perfect pitch</li><li>• Work with players to develop a level swing</li><li>• Bunting: proper hand position, feet position</li><li>• Teach to bunt down lines, not to pitcher</li><li>• Know to run immediately upon hitting the ball, without throwing the bat</li><li>• Develop proper sliding technique, feet first. Teach to slide on any potentially close play</li><li>• Base stealing: do not look at the ball; run direct unless contact on pitch (then look to coach to see if should continue)</li></ul>

## MINORS

### Defense

Knowledge Issues	Skill Issues
<ul style="list-style-type: none"><li>• Do not throw unless receiver is looking</li><li>• Infield throws to first base</li><li>• Outfield throws to second base</li><li>• Force plays at second base and third base</li><li>• Stop the play by throwing to an infielder; infielder must hold lead runner and ask umpire for time out</li><li>• Concept of a relay throw from outfielder to infielder to a base</li><li>• Defensive setup on bunts; second baseman covering first (no one on base); shortstop covering third, first and second base covering their own base (with runners on)</li><li>• Cutoff throws to second baseman and to shortstop to control play</li><li>• Knowing who covers base when other team attempts to steal</li><li>• Proper foot position to turn a double play (by Second baseman and Shortstop)</li><li>• Double play from first base (when force is on or off)</li><li>• Pitcher position on the mound (stretch or wind up)</li><li>• Pitcher arm extension and follow-through</li><li>• Proper warm up for pitcher</li></ul>	<ul style="list-style-type: none"><li>• Throwing position (arm extension, step forward and follow through)</li><li>• Throwing at appropriate speed for the distance</li><li>• Position to field a ground ball (feet apart, squat, hands forward)</li><li>• Catching a thrown ball (developing good position to either forehand or backhand the catch)</li><li>• Catching a fly ball/pop-up (develop two hands, over head)</li><li>• Proper foot on the base to receive a thrown ball (opposite of glove hand)</li><li>• Apply tag (feet straddle base, place glove all the way to the ground; do not reach for runner)</li><li>• Catchers: position in behind the plate (directly in line with mound, in a crouch - not on knees!)</li><li>• Catchers: Throwing hand behind back</li><li>• Catchers: Making throws to second base and third base on steals</li><li>• (Awareness of runner location)</li><li>• Catchers learning to keep ball in dirt in front of them</li><li>• Pass ball with runner on third; catcher get to ball and flip to pitcher covering</li><li>• Pitcher practice covering first base on balls hit to right side</li><li>• Pitcher covering home on pass ball</li></ul>

## ROOKIES

### Offense

Knowledge Issues	Skill Issues
<ul style="list-style-type: none"> <li>• Running beyond first base on infield hit</li> <li>• Listen to the base coach</li> <li>• Do not run recklessly around bases (awareness of where the ball is)</li> <li>• Tag up on a line drive or fly ball (“watch the line drive”)</li> <li>• Running first to third (pick up third base coach as player approaches second base)</li> <li>• Running from second base to home (follow coach instructions prior to reaching third)</li> <li>• Develop understanding of balls vs. strikes vs. “hittables”</li> </ul>	<ul style="list-style-type: none"> <li>• Develop proper grip of bat (hands together, correct hand on top)</li> <li>• Proper feet position in batter’s box</li> <li>• Swing that follows through the hitting area, turning wrists over at impact</li> <li>• Teach players to be prepared to swing at the ball and not to wait for the perfect pitch (most pitches from the machine are hittable)</li> <li>• Work with players to develop a level swing</li> <li>• Know to run immediately upon hitting the ball, without throwing the bat</li> <li>• Develop proper sliding technique, feet first. Teach to slide on any potentially close play</li> </ul>

### Defense

Knowledge Issues	Skill Issues
<p>Do not throw unless receiver is looking</p> <p>Infield throws to first base</p> <p>Outfield throws to second base</p> <p>Force plays at second base and third base</p> <p>Stop the play by throwing to an infielder</p> <p>Concept of a relay throw from outfielder to infielder to a base</p>	<p>Throwing position (arm extension, step forward and follow through)</p> <p>Throwing. at appropriate speed for the distance</p> <p>Position to field a ground ball (feet apart, squat, hands forward)</p> <p>Catching a thrown ball (developing good position to either forehand or backhand the catch)</p> <p>Catching a fly ball/pop-up (develop• two hands, over head)</p> <p>Proper foot on the base to receive a thrown ball (opposite of glove hand)</p> <p>Apply tag (feet straddle base, place glove all the way to the ground; do not reach for runner)</p> <p>Catchers: position in behind the plate (directly in line with mound, in a crouch - not on knees!)</p> <p>Catchers: Throwing hand behind back</p>

## TEE - BALL

### Offense

Knowledge Issues	Skill Issues
<ul style="list-style-type: none"><li>• Direction to run bases</li><li>• Running beyond first base on infield hit</li><li>• Listen to the base coach</li><li>• Do not run recklessly around bases (awareness of where the ball is)</li><li>• Tag up on a line drive or fly ball</li></ul>	<ul style="list-style-type: none"><li>• Develop proper grip of bat (hands together, correct hand on top)</li><li>• Proper feet position in batter's box Swing that follows through the hitting area, turning wrists over at impact off of tee</li><li>• Make contact off a pitched ball (underhand from the coach)</li><li>• Know to run immediately upon hitting the ball, without throwing the bat</li></ul>

### Defense

Knowledge Issues	Skill Issues
<ul style="list-style-type: none"><li>• Do not throw unless receiver is looking</li><li>• Infield throws to first base</li><li>• Outfield throws to second base</li><li>• Force plays at second base</li><li>• Stop the play by throwing to the pitcher</li></ul>	<ul style="list-style-type: none"><li>• Throwing position (arm extension and step forward)</li><li>• Throwing at appropriate speed for the distance</li><li>• Position to field a ground ball (feet apart, squat, hands forward)</li><li>• Catching a thrown ball (initially on forehand side and develop backhand)</li><li>• Catching a short fly ball/pop-up (initially basket catch and develop two hands over head)</li><li>• Proper foot on the base to receive a thrown ball (opposite of glove hand)</li></ul>