



Roseville PONY Baseball Key Developmental Indicators

Mission: To elevate the game of baseball through sound coaching solutions and player development at all division levels.

1. Separate each division with key components of learning to help players make the transition to the next divisional level of play.
2. With this separation of learning by division these fundamental indicators will help develop each player to be the best they can be.
3. Overall goal is to elevate the game of baseball compared to Little League within Roseville Pony to gather the top players in the area, play at a high level with detailed coaching and structure to develop all players in the league.

Needs:

1. Commitment by the board to this mission and statements therein.
2. Commitment of player(s) and parents to be involved with their child in the game of baseball.
3. Coaches Evaluations to reflect these Indicators by division as well as other evaluation criteria.



SHETLAND Division - Key developmental Indicators

- * All items listed below should be coached and developed throughout each year at the Shetland division level.
- * All players should have a full understanding of the below listed items by the end of their Shetland years prior to going to the next division.
- * Managers and coaches will be evaluated based upon these indicators and other evaluation criteria yearly.

Key Development Indicators

- 1) Positions and location of each.
 - a) Working knowledge of each position on the field and where they are (all 9 spots)
 - i) Where to play at each position, actual reasons why we play at bag depth, etc... Infield and outfield (outfield based off angles and pitching mound).
- 2) Hitting
 - a) Swinging of the bat.
 - i) No loop or uppercut but work on down angle swings from shoulder to ball and through.
 - ii) Work on keeping hands inside the ball, no casting of the hands(throwing hands around the plate = long swing)
 - b) Where to stand in batter's box
 - i) Front foot middle of plate and rear foot back towards catcher as starting position. Square stance, not open or closed.
 - (1) Place tee in front of plate so ball is in front of plate or forward of front foot. Ball should be hit in front of plate.
- 3) Defense
 - a) Fundamentals of fielding ground balls
 - i) Middle of body, glove down and fingers down on ground. Work from ground -up!
 - b) Fundamentals of Fly balls.
 - i) Run under the ball, play ball on glove side to catch and use two hands on all catches.
- 4) Base running
 - a) Home to 1st base running
 - i) Upon contact with ball, dropping of the bat (rather than throwing), then digging hard through 1st base!
 - ii) Not to 1st base but all the way **THROUGH** 1st base.
- 5) Teamwork and the importance of each player
 - a) Educate about the importance of each player on the team to win rather than one individual being able to win....No "I" in Team.
 - b) Recognize good performance but reward team play through conversation or award.



PINTO Division - Key developmental Indicators

- * All items listed below should be coached and developed throughout each year at the Pinto division level.
- * All players should have a full understanding of the below listed items by the end of their Pinto years prior to going to the next division.
- * Managers and coaches will be evaluated based upon these indicators and other evaluation criteria yearly.

Key Development Indicators

- 1) Proper Hitting techniques and batter's box positioning
 - a) Why do we stand forward or back in the batter's box?
 - b) Why do we stand up towards the plate in order to get proper coverage with the bat?
 - i) Show and teach coverage of plate and positioning in the box.
 - c) Hitting
 - i) Down angle from back shoulder to the ball -- no upper cuts.
 - ii) High hands, around shoulder height to help promote down angle to ball.
 - iii) Proper grip -- "knocking knuckles" lined up on bat and bat in fingers, not palms.
 - iv) Stride towards the pitcher --- no stepping out or diving into the ball.
 - v) Keep hands inside the ball for power -- stay away from "casting"
- 2) Base Running
 - a) Running through 1st base hard on hit ball.
 - i) Hitting outside front corner of bag when running through bag.
 - ii) How do we run down the line? Inside the chalk or outside?
 - (1) Outside is the best teaching at this point...just off the line in foul territory.
 - b) How to round a base?
 - i) Hit front left corner and teach to pick up the ball as well as rounding out prior to the base in order to advance.
 - c) Proper sliding technique
 - i) On one side of thigh and butt and go in hard to base.
 - ii) No head first and no sliding into 1st base.
 - iii) All bases should be slid into on any play with only exception being 1st base. Slide rule in effect.
 - d) Picking up coaches prior to rounding a bag for direction.
 - i) All runners should be looking for the ball on initial rounding of bag and then pick up coaches at 1/2 or 3/4 point to next bag.
 - e) Base runner signs (2nd half of Pinto due to stealing)
 - i) Incorporate in 1st half practices to get ready.
- 3) Pitcher Development (all year)
 - a) Wind up vs. Stretch
 - i) Pitcher should know both the windup and stretch and why they would use for each game situation.
 - ii) Coming to a set position in stretch and checking runners

PINTO Division - Key developmental Indicators (cont.)



Roseville PONY Baseball Key Developmental Indicators

- 4) Catcher Development (all year) 2nd half stealing and throw downs come into play.
 - a) Positioning behind the plate and why
 - i) Inside, outside positioning
 - ii) Square to pitcher so in position to block or throw
 - b) Throw backs to pitcher and importance of accuracy to the flow of the game.
 - c) Blocking of balls
 - i) Use tennis balls to throw in dirt and have catchers block using pads rather than gloving everything.
 - d) Throw downs to 2nd and 3rd
 - i) proper bounce out of position and throwing position
 - ii) accurate and strong throws with short arm technique
- 5) Positional Awareness
 - a) Infield
 - i) Cut offs and positioning of SS (left field balls) and 2nd baseman (right field balls).
 - ii) Depth and positioning of lining up between outfielder and bag....talk/communication by SS or 2nd to help line up the cutoff man.
 - b) Outfield
 - i) Cut offs -- Hitting the cut off person quickly to get the ball back into the infield quickly.
 - c) Position names and corresponding field #....example of Shortstop = 6, center field = 8, etc...
- 6) Game Awareness
 - a) Teach infield and outfield where to go with ball and why around situations. Ex. Man on 1st and 2nd, Man on 2nd, etc...
 - b) Understanding of force outs compared to tag outs and why in situations.
- 7) Communication on field by players during the game....enhance and develop through teaching.
 - a) How many outs and where the play is between pitches.
 - b) Help kids understand why they need to know this and the importance of team communications.



MUSTANG Division - Key developmental Indicators

- * All items listed below should be coached and developed throughout each year at the Mustang division level.
- * All players should have a full understanding of the below listed items by the end of their Mustang years prior to going to the next division.
- * Managers and coaches will be evaluated based upon these indicators and other evaluation criteria yearly.

Key Development Indicators

- 1) Pitchers
 - a) Stretching routine and why prior to pitching
 - b) Pre-game or pre-bull pen warm ups and importance of after stretching
 - c) Fundamentals of pitching motion -- Wind up and stretch
 - d) Stretch set position being open rather than closed to hold runners
 - e) Holding runners, checking runners
 - f) Pick offs to 1st and proper techniques, step off back of rubber as well as spin move to first.
 - g) Taking signs from catchers as well as verbal recognition from coaches
 - h) Pitches....all pitchers should know how to throw fastball and change ups at Mustang level. No junk allowed at this level.
- 2) Catchers
 - a) Proper positioning behind the plate and square to pitcher
 - b) Blocking balls and using gear to advantage
 - c) Bounce up and throwing techniques -- short arm drills for accuracy and strength.
 - d) Throwing to all bases.
 - e) Field general communication and signs
 - f) Dropped 3rd strike and importance of understanding pitch counts.
 - i) Where to go on dropped 3rd strike to make the throw to 1st (foul side or inside towards infield)
- 3) Fielding
 - a) Infield - base coverage
 - i) Pitcher covering 1st on all balls to right side and peel off towards infield as needed.
 - ii) 1st base cover on hard balls hit to right field
 - iii) SS and 2nd base coverage depending on situation, batter, etc... Help players understand why?
 - iv) Backups on plays by which player and why?
 - v) Cut offs and positioning by SS (left field balls) and 2nd base (right field balls)
 - vi) Holding runners and positioning by fielder at 1st, 2nd, SS and 3rd.
 - (1) Receiving position with square position to pitcher
 - (2) Front of bag rather than on the bag to apply tags



MUSTANG Division - Key developmental Indicators (cont.)

- b) Outfield
 - i) Positioning based on hitters at plate and coaches
 - ii) Hitting cut offs to get ball back to infield quickly
 - iii) Fielding a fly ball
 - (1) get under ball and catch on glove side with 2 hands
 - (2) Crow hop after catch for strong throw to cut off
- 4) Base running
 - a) Running through 1st base hard
 - b) Rounding bases - proper technique and hitting front inside corner of bag
 - c) Round and hold / On the bag
 - d) Getting signs while on bag prior to pitch
 - e) Primary leads and focus on pitcher or "ball" at all times
 - f) Secondary leads after pitch is thrown
 - g) Picking up the ball while running bases and coaches for direction at half way to 3/4 point on base paths.
 - h) Picking up ball -- what to do on fly balls and line drives?
- 5) Bunting
 - a) Proper bunting technique
 - i) bat angle up, square around with bat out front
 - ii) player able to bunt down 1st and 3rd base sides
- 6) "Live ball at all times"
 - a) Players need to be on toes at all times unless umpire calls time.
 - b) recognition and reaction to game situations
- 7) Communication on the field
 - a) Talking among players on # of outs, where the play is to be made
 - b) Field generals -- SS or catcher



BRONCO/PONY Division - Key developmental Indicators

- * All items listed below should be coached and developed throughout each year at the Bronco/Pony division level.
- * All players should have a full understanding of the below listed items by the end of their Bronco/Pony years prior to going to the next division.
- * Managers and coaches will be evaluated based upon these indicators and other evaluation criteria yearly.

Key Development Indicators

All players coming up from the Shetland, Pinto and Mustang levels should have key understanding of all "key developmental indicators" for each division going into Bronco play. Bronco level of play is the stepping stone to High School level of play and should be coached to that level so there is more expectation of fundamentals already ingrained with players. All players should know how to play every position on the field, they are more specialized at this point but should have an understanding of all positions on the field.

- 1) Positions and positioning
 - a) More in depth points covered in regards to hitters, pitch locations and infield/outfield play.
 - b) Player will be expected to understand positioning on their own with coaching support as per game situations.
 - i) Backups and getting to your spots by position. Read and react rather than watching the play.
- 2) Pitchers
 - a) Location of pitches and why?
 - b) setting up hitters with location and pitch
 - c) Covering bases and back ups
- 3) Catchers
 - a) In depth mechanics of position
 - b) game captain -- communications to team members
 - c) Glove and hand signs as well as pitches
 - d) Deeper work on blocking balls and throw downs to bases
 - e) Mental aspect of game should be primary learning's in Bronco
 - i) Calling a game
 - ii) Situations and directing teammates
- 4) Situations and Execution
 - a) Pick plays and coordination with infielders, etc...
 - b) Forward thinking during the game to know where the play is to be made.
 - c) Coach situations and why execution is crucial to get outs.



BRONCO/PONY Division - Key developmental Indicators (cont.)

- 5) Strategy of the Game and why?
 - a) Why do we play hitters differently?
 - b) Why do we have batting lineups the way we do?
 - c) Why do we position our outfielders differently for situations?
 - d) Why bunt or hit and run, etc....
- 6) Communication on the field
 - a) This should be advanced and primarily player driven at this level.
 - b) Some communication will always come from coaches (ex. Dugout called pick plays, bunt plays, etc...)