



San Ramon Valley Little League

Learning Objectives - FARM

- Learn the fundamentals of how to hold, aim and throw a ball
 - 4 Seam Grip
 - Glove to the target
 - Shoulders in-line with the target
 - Throwing elbow up
 - Follow through!
- Learn the fundamentals of fielding ground balls with emphasis on proper stance and glove position
 - Athletic stance, getting low with posterior back
 - Triangle position
 - Glove out
- Learn the fundamentals of catching fly balls with emphasis on moving to the ball location and proper glove and hand position
 - Holds glove out in front, hands make an “L”, fingers to the sky
 - No basket catches
- Learn the fundamentals of hitting stance and swing
 - Athletic stance, keep the weight back
 - Eyes on the ball
 - Swing using the trunk, not just hands
- Learn the fundamentals of base running
 - Stopping at the base vs all the way through (1B/Home, 2B/3B)
 - Eyes on the play - learn when to hold