



San Ramon Valley Little League

Learning Objectives - A

- Develop throwing skills with more accuracy and distance
 - Shoulders lined up with the target
 - Proper arm action - don't drop the elbow, follow through
 - Footwork - step and throw
- Develop fielding skills
 - Ensure proper catching habits - glove out in front, fingers to the sky
 - Ensure proper athletic stance for ground balls
 - Learn forehand and backhand techniques
 - Shuffle steps to position
- Develop tracking skills for catching fly balls
 - Catching balls overhead
 - Learning to catch on the run from different angles
- Develop batting skills through proper stance and swing
 - Athletic stance - power from the hips and back leg
 - Hands close to the body through the swing
 - Hand-eye coordination - tee work, soft toss
- Develop baserunning ability
 - When to run, when to tag-up
 - Listening to the 1st and 3rd base coaches
- Develop an understanding of team dynamics and roles
 - Infield and outfield positions, and backing up the play
 - Making the play at the correct base