

Ainslie Bears Junior Development Progressive Framework

2017-18

This framework is intended to provide a guide on the skills players should become familiar with as they progress through the age groups.

T-Ball (<7yo) Fundamentals

- Hitting

- ✓ Feet facing home plate
- ✓ Short, flat swing
- ✓ Focus on contact

- Fielding

- ✓ Stop the ball
- ✓ Control the ball

- Throwing

- ✓ Top-Down throwing
(not across or side arm)
- ✓ Recognise a target (aim
small miss small)

T-Ball (<7yo)

Game Sense

- Offense

- Swing for contact
- Put the ball in play
- Base running rules
(i.e. Stop on base, “Tag-Ups”, 2 out running)

- General

- Safety First (avoid wayward balls, swinging bats)
- Resilience - Mistakes will happen. You can't succeed every time.

- Defense

- Play for one (easy) out
- Limit over throws
- Limit base runners advance.

Little League Minors (9-10yo)

Fundamentals

- Hitting

- ✓ Orthodox stance
- ✓ Minimal hand/head movement
- ✓ Short Swing

- Fielding

- ✓ Move to ball
- ✓ Catch Fly balls
 - i. Footwork
 - ii. Glove work
- ✓ Field Ground balls
 - i. Foot work
 - ii. Glove work

- Throwing

- ✓ 2 Finger / 4 Seam Grip
- ✓ Side-on stance
- ✓ Top-Down throwing action (not across or side arm)
- ✓ Recognise a target (aim small miss small)

Little League Minors (9-10yo)

Game Sense

- Offense

- ✓ Swing for contact
- ✓ Put the ball in play
- ✓ Base running rules (i.e. Tag Ups, 2 out running)

- General

- ✓ Safety
- ✓ Cope with mistakes
- ✓ On field Communication

- Defense

- ✓ Play for one easy out
- ✓ Limit over throws & passed balls
- ✓ Limit base runners advance. Return ball to infield quickly.
- ✓ Recognise when 'force' is in play.
- ✓ Target lead runner

Little League Majors (11-12yo)

Fundamentals

... As Above

- Hitting

- ✓ Orthodox (Square) stance
- ✓ Min hand/head movement
- ✓ Short Swing

- Fielding

- ✓ Move to ball
- ✓ Catch Fly balls
 - i. Footwork
 - ii. Glove work
- ✓ Field Ground balls
 - i. Foot work
 - ii. Glove work

- Throwing

- ✓ 2 Finger / 4 Seam Grip
- ✓ Side-on stance
- ✓ Top-Down throwing action (not across or side arm)
- ✓ Recognise a target (aim small miss small)

Little League Majors(11-12yo)

Game Sense

... As Above

- Offense

- ✓ Swing for contact
- ✓ Put the ball in play
- ✓ Base running rules (i.e. Tag Ups, 2 out running)
- ✓ Reading Signs

- General

- ✓ Safety / Resilience
- ✓ Situational Awareness
- ✓ Exploit team make up

- Defense

- ✓ Play for one out
- ✓ Limit over throws & Passed balls
- ✓ Limit base runners advance. Return ball to infield quickly.
- ✓ Recognise when 'force' is in play.
- ✓ Target lead runner

U15 – Defensive Framework

Pitching

- Efficient, Repetitive strike production
- Holding Base Runners / Picking Off
- Pitcher's Cover
- Bunt Defence

Catching

- Setup / Receive Pitches
- Blocking
- Pick Offs
- Bunt Defence
- 1st & 3rd Defence

1st Base

- Receiving throws / Blocking
- Stance / Position
- Holding Runners

Pivots

- Ground ball footwork
- Situational positioning
- Glove work (palms facing in)
- Holding Runners / Pick Offs
- Double Plays (footwork / glove work)

3rd Base

- Ground ball footwork
- Situational Positioning
- Receiving throws
- Bunt Defence

Outfield

- Situational Positioning
- Catching (2 hand)
- Rapid Return of ball.

U15– Defensive Game Sense

Game Sense

- Play for 1 easy out (Double = bonus)
- Quick Innings (0 passed balls. Aim for 3 pitches per hitter)
- Efficient, Repetitive Communication - Ensure everyone knows the play.
- Recognise situation & abilities of team.
- Exploit own strengths / opp. weaknesses

U15 Skill Framework - OFFENSE

Hitting

- Efficient, Repetitive contact
- Pitch Selection (Count/Zone)
- Situational Hitting (Outs/Runners)
- Bunting

Base Running

- Running Base Paths Correctly
- Situational Running (Outs/Runners/Tag Ups)
- Leads, Stealing
- Coach's Signs

Game Sense

- Aim to make every out count
- Efficient, Repetitive Communication - Ensure everyone knows the play
- Recognise situation & abilities.
- Exploit strengths

U17 Skills Framework (Junior Playing Senior Benchmarks)

- The following slides should be used as guide for the skills and abilities a junior nominating to play Seniors should aspire to develop.

U17 – Defensive Game Sense

Game Sense

- Play for 1 out (Double = bonus)
- Consider secondary play.
- Quick Innings (0 passed balls, KKKs)
- Efficient, Repetitive Communication - Ensure everyone knows the play.
- Recognise situation & abilities
- Exploit own strengths / opposition's weaknesses

U17 – Defensive Framework

Pitching

- Efficient, Repetitive strike production
- Holding Base Runners / Picking Off
- Pitcher's Cover
- Bunt Defence

Catching

- Setup / Receive Pitches
- Blocking
- Pick Offs
- Bunt Defence
- 1st & 3rd Defence

1st Base

- Receiving throws / Blocking
- Stance / Position
- Holding Runners
- Situational positioning

Pivots

- Ground ball footwork
- Situational positioning
- Glove work (palms facing in)
- Holding Runners / Pick Offs
- Double & Run Down Plays (footwork / glove work)

3rd Base

- Ground ball footwork
- Situational Positioning
- Receiving throws
- Bunt , 1st & 3rd Defence, Run Downs

Outfield

- Situational Positioning
- Catching (2 hand , 1 hand)
- Drop Step, Running Lines to ball
- Rapid Return of ball.

U17 Skill Framework - OFFENSE

Hitting

- Efficient, Repetitive contact
- Pitch Selection (Count)
- Situational Hitting (Outs/Runners)
- Bunting

Base Running

- Running Base Paths Effectively
- Situational Running (Outs/Runners On/Tag Ups/Aggressive/Conservative)
- Leads, Stealing
- Signs

Game Sense

- Preserve outs
- Efficient, Repetitive Communication - Ensure everyone knows the play(s)
- Recognise situation & abilities.
- Exploit own strengths / opp. weaknesses

My Senior Passport

A player intending to play senior baseball in addition to their **junior commitments** should use this form to provide the senior coach with the information he/she needs to instruct, develop and prepare the junior for playing senior ball.

Major Challenges

- Concentration
- Resilience
- Situational Awareness (Game Sense)



My Passport to Senior Baseball
Juniors playing seniors should fill out this self-assessment and provide to your senior coach



Name	
Age Group / Age	
Position	

Skill	Consistently	Developing	Request Instruction
Game Sense	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Identifies primary play for the situation			
Considers secondary play for situation			
Communicates with players/coaches every pitch			
As a hitter knows how to preserve outs			
Limits runners advance and (extra) runs scored.			
Offence	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Contact hitter			
Adjusts approach pending situation (outs, runners, signal)			
Adjusts approach pending count			
Bunt execution			
Understands situational base running (steals, tag-ups, collision avoidance)			
Defence	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Executes 120ft throw (across diamond) for clean catch			
Pitching <i>(skip if not applicable)</i>			
Executes 120ft throw (across diamond) for clean catch			
Can consistently pitch strikes (55-60%)			
Can hold runners / pick-off			
Knows pitches-cover, bunt defence, back-up requirements for throws			
Catching <i>(skip if not applicable)</i>			
Positions feet/glove to receive the pitch (<u>tip</u> , framing)			
Blocks/catches stray pitches			
Executes 120ft throw to 2 nd base for clean catch			
Knows bunt defence			
Executes Foul-Fly catches			
Corner Infielder <i>(skip if not applicable)</i>			
Confidently fields ground balls / blocks stray throws			
Knows when/how to hold base runners			
Knows bunt defence role			
Knows cut-off roles			
Middle Infielder <i>(skip if not applicable)</i>			
Confidently fields ground balls / blocks stray throws			
Holds base runners			
Adjust positioning for situation			
Knows cut-off roles			
Outfielder <i>(skip if not applicable)</i>			
Comfortably catches routine fly balls			

Resources

- [Bears Web Site](#)
- Bears Coaches Liaison – Matt Conway
- Committee Junior Contacts
 - Committee members
- Senior Coach – Stuart Hood
- Cavalry Academy – Kyle Perkins
- [Territory Baseball web site](#)
- [Stretching Program](#)
- [Throwing Program](#)