

CHELAN YOUTH BASEBALL
TARGET SKILLS BY AGE - ROOKIES (7-8 year olds)

Understand rules of the game:

Understand foul vs. fair ball

Run to the proper base when the ball is hit

Learn how runs can be scored

Understand how to get an out (strike out, force at a base, tag on a runner, caught fly ball)

Demonstrate throwing basics:

Front shoulder points to target (standing on skate board)

Lift & separate – glove pointed to target, throwing elbow above shoulder

Step toward target to throw

Demonstrate fielding basics:

Ready position – infield - wide base, butt down (knees bent), glove out in front

Ready position – outfield – athletic stance, first step back

Catch the ball fingers down (ground ball) and fingers up (fly ball)

Cover the ball in glove with bare hand

Infielders throwing to 1st, outfielders throwing to 2nd

Demonstrate hitting basics:

Always wear a helmet and only swing when in the batter's box, on-deck or batting cage

Hold the bat with hands together and door-knocking knuckles aligned (index finger test)

Square stance to the pitcher, knees bent

Hands at the top of the strike zone

Knob of bat to opposite batter's box

Load – backward to go forward

Hit off a tee and start soft toss

Respect for the game:

Show support to teammates and enthusiasm to learn

Listen to coach when he is talking

Field only the balls that come to you

Thank your parents for bringing you to baseball