

CLINIC YEAR-END GOALS

Purpose: These Year-End-Goals have been created by the LOYBL for several reasons.

1. To assure that each player is being educated in the game of baseball according to his or her age and physical ability.
2. To hold each coach accountable for teaching their players a certain amount of skills; this will gauge the amount of coaching that actually occurred throughout the season.
3. To prepare each player for the next level of competition so that everyone is aware of the athletic expectations for the players.

Clinic Division Overview: Many of these players will struggle with the concept of an incoming pitch; however this division plays a critical role in increasing self-confidence in their hitting ability. The Clinic division is usually the division where players have the perfect balance of fun while being challenged enough to where they are not bored. This is also the division where the competitive spirit begins. The Clinic division does not display large range in the players' baseball ability, partially because of the game design, but also because at this age there is little skill variation from player to player.

Sufficient Skill Set: – Players should have experience in the following areas/skills, but not have mastered them yet.

HITTING:

- Understand the basic batting stance in relation to the plate.
- Know the pitch count during their at bat
- Being able to properly dispose of the bat after the ball has been hit

BASERUNNING:

- Sliding without any assistance from a coach
- Avoid contact with other players and a batted ball while running to next base
- Run through first base on a ground ball instead of stopping directly on top of it
- Understand force and tag plays when running the base paths

FIELDING:

- Understand how to properly grip a baseball for optimal accuracy
- Be able to get into a solid fielding position on a ground ball batted directly at them
- Be able to throw the equivalent distance from 3rd to 1st without a bounce
- Be able to catch fly ball that is hit directly at them
- Understand how to relay a ball into the infield from the outfield

Mastery Skill Set: – Players should have mastered these areas/skills and have a complete understanding of them and how to execute them.

HITTING:

- Understand how to time their swing based on the pitch speed
- Be able to position themselves in the batter's box to adjust to pitch height
- Be able to distinguish between a fair and foul ball

BASERUNNING:

- Understand that you can overrun 1st base, but 2nd and 3rd you cannot
- Advance to the next base after a ball is hit without any assistance from a coach
- Understanding what tagging up is
- Be able to listen to the base coach for instructions on advancing or staying put

FIELDING:

- Understand that all batted balls should be thrown to 1st with no runners on base
- Be able to use their glove and throwing hand accordingly
- Outfielders should understand the importance of returning a batted ball back into the infield
- Be able to throw the equivalent distance from 2nd to 1st without a bounce
- Outfielders should move on each play backing up other outfielder
- Be able to take appropriate route on a fly ball not hit directly at them