

Intermediate

LOYBL Year-End-Goals 2004 Intermediate Division



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

7. To assure that each player is being educated in the game of baseball according to his or her age and physical ability.
8. 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.
9. To prepare each player for the next level of competition so that everyone is aware of the athletic expectations for the players.

Intermediate Division Overview: Many of these players have experienced a ball being thrown at them, however in this division the pitching ability begins to spread out and the hitting becomes more difficult. The Intermediate division is where players begin to acknowledge their own strengths and weaknesses. The diversity in ability will reveal itself within this division. Many players within the Intermediate division have begun to master the basic hit, run, catch fundamentals, and have started adding secondary skills to their arsenal.

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

HITTING:

- Be able to adjust their swing based on the count
- Begin understanding their strengths and attempt to work toward them
- Be able to understand proper bunting techniques
- Avoid chasing pitches well out of the strike zone during the majority of at bats

BASERUNNING:

- Be able to understand and respond to a steal sign accordingly
- Slide into each base without assistance from a coach
- Be able to understand the importance of the pop slide
- Understand the difference between tag and force plays
- Understand how to avoid being doubled-up
- Know to tag up on all fly balls when at 3rd base
- Be able to get a good secondary lead on all pitches thrown

FIELDING:

- Communicate with teammates on a infield or high fly ball
- Outfielders should begin to move to backup plays in the infield
- Be able to catch a pop fly hit directly to them

PITCHING:

- Be able to use the seams of the ball for various grips (2 and 4 seam fastballs)
- Be able to execute the windup and stretch positions
- Be able understand the importance of pitching to the 4-corners (up/down/in/out)

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

HITTING:

- Be able to make contact with each pitch that is within the strike zone
- Be able to position themselves in the batter's box to adjust to the pitcher's speed

BASERUNNING:

- Slide into 3rd without assistance from a coach
- Have a general understanding of force plays
- General understanding of how to avoid behind doubled-up on a fly ball
- Be able to take a secondary lead on all pitches thrown

FIELDING:

- Communicate with teammates on a infield or high fly ball
- Outfielders should begin to move to backup plays in the infield
- Be able to catch a pop fly hit directly to them.

PITCHING: Understand the balk rule. Understand how to properly grip the baseball in order to throw strikes.