

Core Skills for Major League Players

Players here should know what to do in most game situations, mainly improving on their abilities. The game will include harder hitting, faster running and more action – techniques become more detailed and a higher level of focus is required.

Fielding Skills

- Players should be able to focus on each play and know how to react
- Infielders should be able to react quickly forward, back and side-to-side
- Throws should be hard and direct, no lofting
- Infielders should be able to do quick toss throws for double plays
- Backing up and cut-off support should become natural
- Learn techniques for rundowns and covering steals

Hitting Skills

- Fine tune their swing and stance – work on preventing bad habits
- Perfect the bunt to either left or right side
- Improve their decisions about when to swing or not

Running Skills

- Be aware of ball location before running - watch base coaches and signs
- Be able to steal next base on past balls
- Always slide into the base if the ball is near
- Learn different slides and sliding locations
- Runners should be very aggressive about advancing to the next base

Pitching Skills

- Learn the rules of being on the mound
- Learn to position the ball and strategies for throwing to different hitters
- Constantly improve starting position, wind-up and release techniques
- Be able to watch runners and pick-off whenever possible

Practice Skills

- Practice techniques with more details based on ability (see website resources!)
- Short-hop drills, quick release drills and so on – lots of repetitions to build skill level
- Concentrate on “one fix at a time” so players do not get overwhelmed
- Always recognize something that was done right before trying to make a correction

Game Skills

Players at this level become very self conscious about being watched and judged by others. This is very stressful and can cause players to rise to the occasion or hang their heads and loose interest.

- Practice positive encouragement to keep the players “in the game”
- Applaud and recognize something done right twice as often as mistakes
- Realize that stress and nervousness are natural and will affect the way they play
- Mistakes are inevitable but should be quickly forgotten “that play is over”