

## Core Skills for Minor League Players

All skills from T-Ball and Farm League. Players here get to see live pitching and understand more fielding strategies as they improve their abilities.

### Fielding Skills

- Get in ready position when ball is pitched
- Always catch or field the ball with both hands
- Catch pop-ups with two hands, glove up
- Understand when double plays can be made
- Infielders should properly react to bunts
- Outfielders should know where to throw the ball
- Infielders react to past balls, outfielders backing up as needed

### Hitting skills

- Learn the strike zone and how to swing
- Watch the ball to see if it is in the strike zone
- Be able to bunt safely

### Running skills

- Be aware of ball location before running (and watch base coaches)
- Be able to steal next base on past balls
- Know how to slide into the base
- Know how to dive back to a base safely

### Pitching Skills

- Learn the rules of being on the mound
- Learn the proper starting position, wind-up and release techniques
- Cover home plate on past ball and properly react to bunt
- Don't avoid fixing technique problems just because it will decrease pitcher's effectiveness in the short-term – think long term for the kids and the league's success.

### Practice Skills

- Focus on technique - understand that improving their technique will improve their game!
- Drills here can be longer and more competitive
- Stress good throws every time
- Players should learn all positions, but specialization will be needed
- 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 should learn to focus on every pitch
- Realize that they will be nervous
- Mistakes will be made but coaches and other players must emphasize what goes right
- This is a team effort and everyone will play positions that are not their favorite