



AA: Ages 9-10 - Outcome Goals

This may be the first introduction to a team sport for some young athletes at this age, especially those who did not participate in our T-ball/Coach Pitch Program. The goal at this level is to cultivate a genuine interest in the sport, while at the same time introduce basic rules and flow of the game. As a primary objective, participants need to enjoy their experience while embracing a willingness to learn, participate, and take risks. Mistakes must be seen as opportunities for learning - not failures - and coaches are expected to stress growth, development, and process over personal outcomes and winning. Coaching success is primarily measured by the percentage of their roster's willingness to register for baseball the following season.

Non-Sport Specific Outcomes:

- Understand the importance of teamwork, sportsmanship, and being a positive and supportive teammate
- Demonstrate respect for coaches, teammates, umpires, and opposing players
- Remain engaged throughout the entire game
- Sprint on and off the field
- Realize the importance of practice to improve
- Dress properly for games and practices
- Be responsible for personal and team equipment; develop an understanding of an organized and focused dugout
- Positively respond to negative outcomes

Baseball IQ Outcomes:

- Perform basic warm-up drills and understand their importance
- Understand general baseball field layout, positions, and fundamental rules of the game - such as force out versus tag out plays, balls and strikes, foul balls, and what part of the field is in play

Hitting Outcomes:

- Demonstrate where to stand in the batter's box and how to start in a balanced and athletic position with proper hand and head position
- Show ability to keep head and eyes at the point of contact
- Exhibit dynamic balance with early development and introduction to lower body rotation and direct bat path

Fielding Outcomes:

- Demonstrate proper glove position when playing catch (fingers up for ball above waste – elbow down – and fingers down for ball below waste)
- Field ground balls out in front of body using two hands, with early development of forehands and backhands
- Catch fly balls in front of body using two hands
- Demonstrate correct fielding stance, where to position themselves, proper base coverage, and calling for the baseball
- Demonstrate proper throwing mechanics (proper alignment of feet, hips, and shoulders, taking ball out of glove with thumbs and palms down, releasing baseball with fingers on top of the ball, and flipping the back hip to get over the front side), how to properly grip the baseball, who to throw the ball to and to what base to throw the ball (throwing to first base from the infield and trying to get the lead runner when necessary, and throwing to second base from the outfield)



Pitching Outcomes

- Demonstrate basic wind-up mechanics – head staying centered throughout, maintaining dynamic balance, proper alignment at foot strike with arm positioned to be on time, and complete back hip rotation and follow through to enable body to completely get over front side

Baserunning Outcomes:

- Understand what base to run to next and when to run
- Know when to run through first base and when to round first base