



AAA: Ages 11-12 - Outcome Goals

At this level, the emphasis is a combination of having fun with more advanced instruction on fundamental baseball skills and team play. Participants must learn the value of practice, in particular the importance of practicing on their own to enhance skill development. Although the idea of winning is not an area of emphasis, participants will begin to develop an understanding of competing, regardless of the score, in addition to the idea of winning and losing as a team. Individualism and "star" status should always be discouraged; a collective approach emphasizing roles and responsibilities should be highlighted and stressed instead. Although there still may be many newcomers to the sport at this level, it may be assumed that many of the kids have a foundational understanding of basic rules and fundamentals.

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:

- Revisit basic fundamental rules of the game, such as force out versus tag out plays, balls and strikes, foul balls and leadoffs
- Understand tagging up

Hitting Outcomes:

- Demonstrate basic bunting techniques
- Demonstrate full lower body rotation and early understanding of hip/shoulder separation
- Exhibit direct bat path and proper extension with hands staying inside the baseball
- Exhibit understanding of the strike zone with early development of plate discipline

Fielding Outcomes:

- Exhibit fluid throwing mechanics with increased arm strength and limited tail on the baseball
- Develop defined position play with an understanding of positional responsibilities
- Demonstrate a basic understanding of situational defense – where to throw with runners on base
- Understand throwing to the cut-off man – throwing to the second base bag or the shortstop taking the cut
- Begin to understand the concept of thinking ahead – knowing where to be and what to do before the ball is hit
- Understand that each player has a place to go on every play
- Recognize the need for outfielders to back up infield plays/throws
- Development of catchers and the appropriate skills – more specifically set-up, receiving, and blocking



Pitching Outcomes

- Continued development of 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
- Develop ability to throw 4 seam fastball for strikes a majority of the time
- Understand wind-up versus stretch mechanics
- Cover first base on ground balls hit to right side

Baserunning Outcomes:

- Touch the inside corner of each base when rounding
- Touch the front part of 1st base when running through the bag
- Demonstrate an ability to listen to base coaches and understand signals
- Understand basic base stealing moves – crossover and/or jab step
- Exhibit proper sliding techniques
- Understand how to properly tag up on a fly ball

