



### Pony and Colt: Ages 13-16 - Outcome Goals

Once a player reaches this level, most of the basic skills have already been taught and coaches can now focus on the finer points of baseball that will be refined as they mature and enter high school competition.

#### Non-Sport Specific Outcomes:

- Understand the meaning of being a good teammate and the importance of accepting assigned roles within a group setting
- Learn not only how to overcome adversity, but to embrace it as well
- Realize the importance of controlling emotions and channeling negative energy into productive practice
- Discover the power behind focusing on aspects within a player's control, and creating attainable goals that are rooted in process
- Recognize that excellence is a habit that includes a systematic process of hard work, habitual effort, steadfast discipline, and daily pursuit of continuous improvement
- Display humility in good times, empathy for those who are struggling, and respect for others
- Being accountable for mistakes

#### Baseball IQ Outcomes:

- Understand more advanced rules of the game – such as dropped third strikes, infield fly rule, and balks

#### Hitting Outcomes:

- Demonstrate ability to lay down bunts to both sides of the line, and understand the difference between a sacrifice bunt and bunting for a base hit
- Exhibit ability to hit to the opposite field
- Demonstrate understanding of properly getting on plane with the pitch
- Demonstrate the ability to stay behind baseball and adjust to off-speed pitches
- Demonstrate ability to create hip-shoulder separation with lower body leading the hands
- Understand situational hitting and the existence of varying approaches that are dependent on the count, score, and opposing pitcher

#### Fielding Outcomes:

- Generate momentum towards the target with proper foot work and body position
- Read hops effectively and manage to approach ground balls more efficiently
- Analyze catcher's signs and use that information to position accordingly
- Understand cut-off responsibilities (correct alignment and communication) and run-down responsibilities
- Exhibit ability to turn several combinations of double plays (6-4-3, 4-6-3, 5-4-3, 3-6-3, 1-6-3, 1-2-3)
- Show understanding of basic bunt coverages and 1<sup>st</sup> and 3<sup>rd</sup> plays
- Refined understanding of thinking ahead – knowing where to be and what to do before the ball is hit
- Demonstrate proper outfield fly ball mechanics – catching ball over throwing shoulder on balls of feet
- Understand priority on fly balls hit in between infield and outfield
- Understand the unique responsibilities of different positions
- Further development of catchers and the appropriate skills – more specifically receiving, framing, blocking, calling a game, fielding bunts, and throwing out runners.

#### Pitching Outcomes:



- Exhibit ability to attack all four quadrants with 4 seam fastball
- Early development of an effective off speed and breaking pitch
- Ability to hold runners and control the running game

Baserunning Outcomes:

- Demonstrate proper lead-offs, secondary leads, and an ability to read and react to pick-off attempts and varying baserunning situations
- Begin to show initiative in taking the next base when the situation presents itself