

River Falls Youth Baseball Development Timetable

<u>Age (years)</u>		<u>Pitching/Throwing</u>	<u>Fielding</u>	<u>Batting</u>	<u>Catching</u>	<u>Baserunning</u>	<u>Baseball Misc</u>
10's		Throwing, (4-seam grip) T-Position, sky, scratch, throw Step, point, throw	Catching (above waist fingers up, below waist fingers down, absorb ball, not jab at it) Basic Fielding fundamentals (fingers down, pocket to the ball)	Batting stance and grip (knocking knuckles) Learning how to get beamed (remove the fear of getting hit by the ball, we need to teach them how to get plunked so players have more confidence)	Basic squat position, safety	Run hard Aggressive FUN	Basic baseball rules
11's		Fastball only (fast ball command, throwing strikes) Balance point (direction and timing) Rock drill fluid arm action	Ready position Footwork on groundballs and fly balls Introduce quick catch	Balance (keep the head still, no lunging at the ball) Proper Bunting technique Batting (Stance, stride/load, pivot, swing)	Receiving Introduce Blocking	Rounding bases Aggressive Fun	Approach (Selective aggressiveness get a good pitch to hit, #1 way hitters get out, they swing at a bad pitch, would rather have kids swing at pitches vs taking looking for walks.)
12's		Fast ball, introduce change up (goal 6/10 strikes) Towel drill (extension)	Introduce Double play footwork turn from 2b/ss/p	Contact points (learn how to hit the ball to opposite field) Bat path (short to it, long through it, not casting the barrel out away from the body)	Blocking Footwork to 2b	Introduce leading off bases (must always know where the ball is at)	Introduce body language
13's		Fast ball, change up (goal 7/ 10 strikes) Pitcher/catcher signs with runner on second (more than one sign) Pitcher learns how to pick off to 1b and 2b. Intro CB if ready.	Cuts and relays Introduce bunt plays Double plays	Balance Bat speed Barrel awareness	Blocking Transfer Footwork	Leads (primary lead, secondary leads = shuffle shuffle, no crossing feet, gain distance stay low, balanced, and athletic)	Develop a routine Stress body language Introduce accountability Introduce agility drills

<u>14's</u>		Command of FB for strikes (goal 8-10 strikes) Holding runners (slide step) Limited use of CB, if ready	1st and 3rd defense Introduce Double cuts and relays Introduce advanced situational hitting (runner on 2nd, "move 'em over") Double plays	Introduce "bunt for a hit"	Pace of play Leadership position	Dirt-ball reads Stealing bases	Require body language to be positive and engaged Dealing with adversity Mental toughness discussions
<u>15's</u>		FB command down in the zone. Change up 2 nd best pitch. Developing CB as ready.	Defensive positioning Double plays	Squeeze bunts, full understanding of hitting situations	Continue developing	Taking the extra base	Players should be anticipating plays not reactors/ See the play before it happens
<u>16-18's</u>		Goal (9-10 strikes) 2-3 pitches for strike consistently Above avg. fastball	Continue developing	Continue developing	Continue developing	Continue developing	Confident understanding of mental and physical skills necessary to create a fun competitive environment

This timetable is an estimate meant to provide a guideline for player development. You can progress, or regress, as you see fit with your players.