

## FUNDAMENTALS SKILLS CHECKLIST

**COACHES:** This is a handy checklist to help player keep track of their progress in learning the fundamentals of the game. The goal is to free yourself up to provide more one on one instruction and feedback to players.

### DIRECTIONS

1. Have players work with one or two partners.
2. Assign specific skills for the groups to work on or have them work on their weaknesses.
3. Circulate among groups and provide correction and feedback.
4. Check each skill as being "Mastered" or "Needs Practice".

TECHNIQUE	NEEDS PRACTICE	MASTERED
<b><u>FIELDING</u></b>		
Set Position           - Infield - Outfield		
Shadow drill           - skip & step		
Short hop drill       - 5 step progression		
Fielding Technique   - fly balls - ground balls		
Lateral Movement   - cross step - crow hop		
Backward Movement - fly balls		
<b><u>THROWING</u></b>		
Basic Grip            - two finger - three finger - four finger		
Overhand Technique - stride - full shoulder rotation - back spin - downward trajectory - the target		
Release Speed		
Throwing Power (getting maximum)		
Throwing Accuracy		

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TECHNIQUE	NEEDS PRACTICE	MASTERED
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<p><b><u>BASERUNNING</u></b></p> <p>Running Form (drills) - high knee march  - march with hop  - high knee run  - heel kick  - heel to toe  - leaping  - jog and lean  - short step acceleration</p> <p>Running Speed - breathing  - forward knee kick  - leap striding  - heel kick  - arm pumps</p> <p>Leaving Batter's Box - back foot first</p> <p>Running to 1st Base - straight through  - jam and in-turn</p> <p>Lead-Off - track start position  - reverse track start  - straddle start</p> <p>Turning - inside corner  - inward lean</p> <p><b><u>SLIDING</u></b></p> <p>- Bent Leg  - Retreat  - Head First  - Back Door</p>		
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