

POSITION SKILLS CHECKLIST - OFFENCE**DIRECTIONS**

COACHES: This checklist also appears in the LTAD player manuals, divided by specific age groups. Focus on the skills appropriate to the age you are coaching. There are also additional instruction hand outs on most of the skills listed.

1. Every player should eventually master every offensive skill.
2. Have players work in pairs or triads and set up their own drills. This will free you up to provide more one on one instruction and feedback.
3. Assign specific skills to work on or allow players to work on their own weaknesses.
4. As a player gain mastery of a skill, check it off in the "Mastered" column.
5. Use your goal setting program to set specific goals with target dates to master those skills that need further practice.

POSITION SKILL	NEEDS PRACTICE	MASTERED
<u>GENERAL SKILLS (ALL PLAYERS)</u> <ul style="list-style-type: none"> - Basic Swing - Inside Out Swing - Third Strike Adjustments - Running Slap Technique - Batting Routines (4) - Sacrifice Bunt Technique - Slap Bunt - Lead Off Options - Pitcher Cue - Turning a Base - Sliding Options <ul style="list-style-type: none"> - Bent Leg - Hook - Back Door 		

POSITION SKILL	NEEDS PRACTICE	MASTERED
<u>ON THE BENCH</u>		

<ul style="list-style-type: none"> - Preparation routine - Focussing & Imagery - Bench Routine <ul style="list-style-type: none"> - review last at bat - image adjustments - self reminders 		
<p><u>ON DECK</u></p> <ul style="list-style-type: none"> - On Deck Routine <ul style="list-style-type: none"> - Assess Game Situation <ul style="list-style-type: none"> - base runners - outs - score - inning - Study Pitcher <ul style="list-style-type: none"> - pitching patterns - key pitches - what & when of pitching - time swing - Take Signal <ul style="list-style-type: none"> - know what to expect 		
<p><u>BATTER'S BOX</u></p> <ul style="list-style-type: none"> - In Box Routine - Get Comfortable, natural, relaxed - Automatic Pilot - Self Reminders <ul style="list-style-type: none"> - physical cues - relax - breathing - See the Ball 		

POSITION SKILL	NEEDS PRACTICE	MASTERED
<p><u>CONTROLLING THE AT BAT</u></p> <ul style="list-style-type: none"> - Control the Pace - Between Pitch Routine <ul style="list-style-type: none"> - Step Out of the Box - Evaluate - Last Pitch/Swing - Make Mental Adjustment - Rehearse - Step Back In 		
<p><u>HOME TO 1ST</u></p> <ul style="list-style-type: none"> - First Step - Running Through - Target Distance - Jam - Turn In - Pick Up the Ball - Return to Base 		
<p><u>1ST TO 2ND</u></p> <ul style="list-style-type: none"> - Lead Off Techniques <ul style="list-style-type: none"> - Track Start - Reverse Track Start - Straddle Start - Pitcher Cue - Approaching 2nd <ul style="list-style-type: none"> - on sacrifice - on steal - Rounding 2nd 		

POSITION SKILLS	NEEDS PRACTICE	MASTERED
<p><u>2ND TO 3RD</u></p> <ul style="list-style-type: none"> - Think Home - Lead off Distance <ul style="list-style-type: none"> - speed - catcher's arm - short stop skills - Advancing <ul style="list-style-type: none"> - fly ball distance - infield ground ball - single to left - Using the Coach 		
<p><u>3RD TO HOME</u></p> <ul style="list-style-type: none"> - Look for sign <ul style="list-style-type: none"> - "GO" - slide left - slide right - Advance opportunity - Lead-off position - Think slide - Think score - Squeeze Plays <ul style="list-style-type: none"> - suicide - safety 		