

RMSL - PITCHING/CATCHING PROGRAM

	SQUIRT	PEE WEE	BANTAM
PITCHING	Windmill Mechanics Checklist Basic stance and grip Basic rules Putting the ball in play Development drills Control Basics - 55% Warm-up Process Learning the Slow Ball Arm Care	Windmill Mechanics & Checklist Windmill Model w/Coaching Cues Windmill Summary Development Drills Throw down-spin (Drop Ball) Pitching routine Pitching practice guidelines Developing speed @ 50mph Strength Drills Developing control - 60% (Model) Intentional Walk Mound Routine	Windmill Mechanics & Drills Windmill Summary & Checklist Pitch Movement Drop ball Slow ball Rise ball Curve ball Basic strategy Batting weaknesses Pitching patterns Solving problems Pitcher Conditioning
CATCHING	Role of the Catcher Principles of Catching Equipment Setting up & Positioning Signal Position Target Position - - Squat - bases empty - Crouch - runners on base Framing the Target Receiving the Ball Soft Hands	Role of the Catcher Principles of Catching Positioning Framing Pitches - all locations Throwing Footwork - all bases Blocking Low Pitches - left & right Field Bunts around Home Plate Field Pop Flies Force Plays @ Home Plays at the Plate - Blocking Tagging Runners at Home Intentional Walk Back Up 1st Base	Supervise Pitcher Warm-up Reading Ball Rotation Pitch Selection Giving Signals - Signal Systems Reading Batting Weaknesses Basic Strategy Rules Pitching to the "L" Pitching Variables Pitching Patterns Pitching to the Count Use of Strike Zones Situation Pitching Pitching Problems - Mechanics, - Control, - Ball Rotation - Psychological Staying Positive