

AYRA American League Minimum Skills

The American League should continue to work on all previous teachings and build upon these skills. When players leave this age group they should be prepared for high school baseball if they so choose. Work on advanced techniques in all areas. Continue to explain the "why."

Base Running

Teach players to make sure the ball clears the infield on a line drive before trying to advance to the next base, especially when the runner is on third base.

Catcher

Teach catchers how to frame a pitch. Have catchers always try to catch the ball on or just off the corners of the plate keeping the majority of the leather of the glove over the plate. When throwing reinforce staying low and driving forward on throws. The catcher should only take a single step when attempting to throw out a base runner. Teach how to step behind the batter if necessary to throw to third base. Teach catchers how to block the plate on a play at home and how to protect oneself in a collision.

Pitching

Continue to fine tune mechanics. Introduce the "slide step" from the stretch. Emphasize quick delivery to home to reduce time baserunner has to steal.