

OPYBS Coaches' Manual - Skills to Develop by League and Suggested Drills

● = Mastery of skill by end of year at this level

○ = Introduction of skill by end of year at this level

Skill	T-Ball	9U	10U	12U	Suggested Drills (drills in BOLD are “core” drills that may be repeated at higher levels of play. Other drills mentioned are suggestions that coaches may want to include)
Catching/Throwing Skills					
Catch: Hands Up	●	●	●	●	Flips (mitt or elbow), Pads*
Throw: Proper Grip and Form	●	●	●	●	<i>All:</i> Flips , Knee Flips, Throw w/no step , Ready/Break/Throw , Pads* <i>9U and up add:</i> Swims, Hockey Puck*
Fielding Skills					
Grounders	●	●	●	●	Coach throw , Bucket Drill, Open glove (Pads*), players throw to each other
Cut off / Relay		○	○	●	Relay drill , competition
Infield Strategy (force play, lead runner, make the 2 nd play)		○	●	●	Star Drill (start at short distance, move out for higher levels), Force/Situation drills , Bull in the Middle, Around the Horn, Throw on Run, Call the Ball (who's in charge?), speed drill
Move on contact (3 B's - ball/base/backup)	○	○	○	●	Move on contact drill (stop drill)
Fly ball - Form		○	●	●	Coach throw , competition
Fly Ball - Drop Step				○	Run to a spot drill
Catcher - Throw to 2B/3B			○	●	Increasing distance drill , Coach toss and throw down
Catcher - Throw Down to 1B/3B				○	Coach toss and throw down , dropped 3 rd strike
Infielders - receiving steal/pick-off throw			○	●	Running catch drill (coach throw), C/IF steal drills
Bunt fielding			○	●	Crashing drill / zones drill
Base Running					
Run Through 1B	●	●	●	●	Run down line, timed
Stop at 2B/3B (don't overrun)	●	●	●	●	1B to 2B , Batter to 2B

Look at the Coach	○	●	●	●	Pick up 3B coach
Round First		●	●	●	Coach calls run through/round/go 2B
Sliding		○	○	●	
Leading off			○	●	
Stealing			○	●	
Fly ball awareness			○	●	
<i>Hitting</i>					
Stance / Bat Grip	●	●	●	●	Dry swings (with or without tee)
Load	○	●	●	●	Dry swings (with or without tee)
Swing Form and Contact	●	●	●	●	All: Dry swings (with or without tee) 9U and up: Side toss, Soft toss (wiffle balls or screen), Coach pitch, machine pitch, batting cages 10U and up: live pitcher (optional)
Hit Off Tee	●	●	●	●	All: Dry swings, 1 hand top/bottom, both hands , move in batter's box, two tees (2 nd tee lower) – <i>Note</i> : t-drills should be used at ALL levels! 10U and up: power tee drills, back toss, top drop
Swing - Hands In / Down and Hard		●	●	●	Stop drill, Fence drill
Bunting for Contact		○			Introduced as a contact drill at 9U , no bunting in games, bunt for first 2-3 swings of any hitting drill, wiffle ball drill
Bunting			●	●	Wiffle ball drill , bunt for first 2-3 swings of any hitting drill
Advanced Bunting				●	Circles drill
Switch Hit / Slap				○	Introduce for best contact hitters

Notes:

* Catching pads may be used for many catching/throwing drills. These can reinforce keeping hands up, using both hands when catching, soft hands, and for more advanced players transferring the ball quickly from the glove to the throwing hand.

** Hockey pucks can be used for several throwing and pitching drills. These help players to get proper spin on the ball. Pucks should not be used with younger girls to avoid possible injury.