Middle School Athletics

Sixth Grade Baseball

**Program Goals and Objectives**
- Teach fundamental skills
- Have fun
- Learn the game
- Be competitive

**Equipment**
Cleats, glove, Cup

**Skills**
- Throwing
- Catching
- Fielding grounders/fly balls
- Batting - bunting skills
- Base-running

**Specific Position Skills**
- Pitching - windmill, coming off the rubber
- Catchers - framing, blocking, footwork, throwing down to base, holding on a runner, pitch calling
- Infielders - stance, playing a position, playing a base, tagging, footwork to throw, short toss
- Outfielders - crow hop, footwork, stance, catching positions, throws
Strategies

• Defense
  - Cutoffs and Relays
  - Backing up bases
  - Positioning
  - Runners on base
  - Situations

• Offense
  - Situational Hitting
  - Advancing runners
  - 1st and 3rd
  - Squeeze
  - Hit and Run

General Practice Plan

• Throwing - one knee, short and long toss, 10 minutes
• Stretching and conditioning, 10 minutes
• Skill work - defense or offense, 15 minutes
• Strategy or scrimmage work - 30 minutes
• Cleanup and team talk - 5 minutes