

SHETLAND:

SKILLS MATRIX:

<p>Warm-up:</p> <ul style="list-style-type: none">• Fun Dynamic exercise routine <p>Fundamental Throwing:</p> <ul style="list-style-type: none">• Proper grip of the ball• Basic one step and throw• Proper throwing motion (arm action/circle)• Proper follow through• Proper glove position while throwing• Proper upper body rotation <p>Fundamental Catching the Baseball:</p> <ul style="list-style-type: none">• Proper positioning of the feet• Basic glove and hand position <p>Fundamental Ground Ball and Infield Play:</p> <ul style="list-style-type: none">• Understanding different IF positions• Stance/Ready position• Glove position• Getting in front of the ball• Using two hands• Being able to turn the glove over (4 corners)• Proper fielding position• Attacking routine ground ball <p>Fundamental Popup/flyball & OF Play:</p> <ul style="list-style-type: none">• Understanding different OF positions• Stance/Ready position• Glove position on pop-up/flyball• Using One hand vs two hands• Getting the ball in quick• Fielding a groundball in the OF- keeping it in front	<p>Fundamental Hitting Concepts:</p> <ul style="list-style-type: none">• Using the proper bat• Gripping the bat• Standing in batter's box and distance to plate• Stance• Finishing your swing• Being aggressive when swinging• Bat control skills & situations• Hitting off a tee <p>Fundamental Baserunning Concepts:</p> <ul style="list-style-type: none">• Being able to identify different bases• How to run the bases in proper order• Understanding how base lines work when running• Proper straight leg slide <p><u>Daily Practice Organization Outline</u> (*indicates this should be but I don't know which side street to go down and I'm just like let the kids tell her to go. It was not the second one and not a fourth one but we went down all four how big is the neighborhood back there is a whole leave of summer park, almost didn't reach Charlotte Metro school yet then left and it goes right to the next neighborhood work by Chicago. Yeah yeah yeah, completed at every practice):</p> <p>- Maximum 1.5 hours on average of active work, with plenty of breaks</p> <ul style="list-style-type: none">• Fun Dynamic exercise routine (10 minutes) *• Baserunning fundamental concepts (10 -15 minutes) *• Throwing/Catching fundamentals (10 -15 minutes) *• OF/IF skill fundamentals (15 -20 minutes) *• Team situational concepts (C, P, OF, IF) (10-15 minutes - basic!)• Hitting/Tee work fundamentals (30 minutes - stations) * <p>From USA Baseball</p>
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SHETLAND COACHES RULES:

<p>Distances:</p> <ul style="list-style-type: none">• Bases: 50'• Pitching: 38'
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- Home to Center of 2nd: 70' 8.5"
- 2 and 3/4" barrel bats are prohibited. 2 and 5/8" barrels are legal.
- All non-wooden bats must be either a drop-3 bat and BBCOR certified, or a bat that is USABat certified.

Field Care:

- Before: Drag or Rake as necessary, line, and put out bases
- After: Drag field, put away tools/equipment, and pickup all trash left behind by children and families
- Ravensdale: Access to the box in the event bases are not there, or they need chalk or a chalker for the dirt fields.
- Ravensdale turf fields: Nothing but water allowed in the dugouts or on the fields (no gum, seeds, sports drink, soda, etc.)

1. An adult coach or asst. coach will pitch either underhand/overhand to that coach's own team or have his/her player hit off a tee.
 - a. The adult pitcher must pitch from the pitching rubber, and may pitch from one knee.
 - b. Each batter gets no more than 5 swings. If the batter does not reach base after 5 swings the batter will be called out.
 - c. No strikes or balls are called. No base on balls allowed.
 - d. A batter hit by a pitched ball is not entitled to advance to 1st base; the ball is dead and does not count as a pitched ball.
 - e. The adult pitcher does not field any balls and must make an effort to stay out of the way. The adult pitcher must pitch off the pitching rubber.
 - f. If the ball hits the adult pitcher it is a live ball.
 - g. The player/pitcher will play even with the pitcher's mound until the ball is hit, and then will do the fielding for defense.
 - h. Hitting the batting tee or missing the ball will constitute a swing (1 of 5 swings). The ball is dead and any batter or runner will make no advancements. If any portion of the ball, tee, or both ball and tee is hit over 5 feet in fair territory, it will be considered a batted ball.
 - i. Each player will be allowed a maximum of 5 swings before the batter is called out. A caught foul ball will be treated the same as in the Baseball rulebook. Bunting is not allowed.
 - j. The player pitcher cannot leave his/her position to field the ball until the ball is hit. Penalty: if this action prevents the batter from reaching 1st base the batter is awarded 1st base and forced runners will advance.

2. Nine batters or 3 outs are the maximum allowed per ½ inning.
3. At no time will a team field more than 6 infielders. At no time will either team field more than 11 fielders. Each player will play 2 consecutive innings in the field. If this is not possible due to a game that is called due to time limit, any player not playing 2 consecutive innings in the field must start the next game.
4. Teams may start a game with as few as 8 players. A team may borrow from the opposing team or the two teams may just hold a joint practice if one team does not have the necessary 8 players.
5. A player, at no time, will be allowed to throw a bat. The coaches must warn the players before the game of the "NO BAT THROW RULE". Penalty: If a player throws a bat, the batter will be called out. No runner may advance.
6. Runners may not advance another base on an overthrow by an infielder to 1st or 3rd base.
7. Runners may not advance after a ball from the outfield is thrown or carried to inside of the infield and is in the possession of an infielder.
8. All players on the team roster will be in the batting line-up and will bat in their turn even if they do not play defense that inning.
9. Game time on weekdays is 6:00 PM (unless noted on game schedule). The game may be started earlier at the discretion of the coaches. No inning may begin after 7:30 PM..
10. All players must play a minimum of 1 inning in the infield per game.
11. No stealing bases and runners must be in contact with the base until the ball crosses the plate.
12. No infield fly rule.

PINTO:

SKILLS MATRIX:

<p><u>Warm-up:</u></p> <ul style="list-style-type: none">• Limited Dynamic/Static combination <p><u>Fundamental Throwing:</u></p> <ul style="list-style-type: none">• Proper grip of the ball• Basic one step and throw• Proper throwing motion (arm action/circle)• Proper follow through• Proper glove position while throwing• Proper upper body rotation <p><u>Fundamental Catching the Baseball:</u></p> <ul style="list-style-type: none">• Proper positioning of the feet• Basic glove and hand position <p><u>Fundamental Ground Ball and Infield Play:</u></p> <ul style="list-style-type: none">• Understanding different IF positions• Stance/Ready position• Glove position• Getting in front of the ball• Using two hands• Being able to turn the glove over (4 corners)• Proper fielding position• Attacking routine ground ball• Backhands• Glove hand/forehand <p><u>Fundamental Pop/Flyball & OF Play:</u></p> <ul style="list-style-type: none">• Understanding different OF positions• Stance/Ready position• Glove position on pop-up/flyball• Using One hand vs two hands• Getting the ball in quick• Fielding a GB in the OF- keeping it in front• Hitting the cut-off <p><u>Fundamental Hitting Concepts:</u></p> <ul style="list-style-type: none">• Finishing your swing• Being aggressive when swinging• Learning what the strike zone is• Other basic mechanics:<ul style="list-style-type: none">○ Loading the swing○ Stride to swing (launch position)○ Balance when swinging <p><u>Bat control skills & situations:</u></p> <ul style="list-style-type: none">• Hitting off a tee & Front toss	<p><u>Fundamental Base Running Concepts:</u></p> <ul style="list-style-type: none">• Understanding how base lines work when running• How to run through first base• How to round first base• Understanding what a force out is• Understanding tagging up concept• Understanding when to run on pop-up/flyball• Running 1st to 3rd and 2nd to home• Understanding when to advance while at 2nd• Proper straight leg slide <p><u>Fundamental Catching Concepts:</u></p> <ul style="list-style-type: none">• How to wear the equipment• Squatting/feet positioning/Stance• Glove position• Positioning with home plate and batter• Receiving (basic) <p><u>Team Situational Concepts:</u></p> <ul style="list-style-type: none">• Understanding "ball, base or backup" concept• OF throwing to a cut (basic)• Backing up bases (specific to position) <p><u>Basic Positioning:</u></p> <ul style="list-style-type: none">• Standard <p><u>Daily Practice Organization Outline</u> (*indicates this should be completed at every practice):</p> <ul style="list-style-type: none">- 2 - 2.5 hours of active work• Limited Dynamic/Static combination (10 minutes) *• Base running fundamental concepts (10-15 minutes) *• Throwing/Catching fundamentals (10 minutes) *• OF/IF skill fundamentals (15-20 minutes) *• Team situational concepts (C, P, OF, IF) (15-20 minutes)• Hitting/Tee work fundamentals (15-20 minutes) *• On-field batting practice (coach pitch) (25-30 minutes) *• Controlled coach pitch scrimmages/Situations (15-20 minutes) <p><u>Fundamental Coaching Suggestions:</u></p> <ul style="list-style-type: none">• Keep drills varied• Drills should be kept at about 15-20 minutes <p>From USA Baseball</p>
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PINTO COACHES RULES:

Distances:

- Bases: 60'
- Pitching: 38'
- Home to Center of 2nd: 84' 10"
- 2 and 3/4" barrel bats are prohibited. 2 and 5/8" barrels are legal.
- All non-wooden bats must be either a drop-3 bat and BBCOR certified, or a bat that is USABat certified.

Field Care:

- Before: Drag or Rake as necessary, line, and put out bases
- After: Drag field and put away tools/equipment, and pickup any trash left behind by fans/players
- Ravensdale: Access to the box in the event bases are not there, or they need chalk or a chalker for the dirt fields.

	Required Rest (by # of pitches thrown)		
Daily Pitch Limit	0 Days	1 Day	2 Days
50	1-20	21-35	36-50

The rules for Pinto League will be as published in the official PONY Baseball Book, and the Official Baseball rulebook, with the following exceptions:

- A game may begin with eight players and will begin on time if there are eight players present at scheduled start time.
- The #10 baseball (or similar) as issued will be the official ball.
- No inning will begin after 1 hour and 30 minutes from official start time
- The 10 run rule does not apply.
- All players must play a minimum of 1 inning in the infield per game.
- Each player will play 2 consecutive innings in the field. If this is not possible due to a game that is called due to time limit, any player not playing 2 consecutive innings in the field must start the next game.
- If a game is called early for any reason, players who did not play must start the next game.
- At no time will a team field more than 6 infielders. At no time will either team field more than 9 fielders.
- All players on the team roster will be in the batting line-up and will bat in their turn even if they do not play defense that inning.
- Nine batters or 3 outs are the maximum allowed per ½ inning.

- The runner must slide or avoid contact or he/she is out. Intentional malicious contact: the runner is out and ejected from the game.
- A batter hit by a pitched ball
 - From coach - is not entitled to advance to 1st base. The ball is dead and does not count as a pitched ball.
 - From player - is entitled to advance to 1st base.
- The Adult pitcher must pitch from the pitching rubber, and may pitch from one knee.
- Each batter gets no more than 5 pitches (bad pitches, count towards total pitches). If the batter does not reach base after 5 pitches, the batter will be called out. (During Coach Pitch)
- In the second ½ of the season players will pitch in the **first 2 innings** per game.
 - May 10st, will be considered the official 2nd half of the season
 - Player pitcher will be allowed 5 pitches per batter or 3 recorded balls whichever comes first (coach pitcher remains on field)
 - 3 strikes, batter is out (there are no walks)

- There will be no leading off or stealing bases.
Penalty: each player shall receive 1 warning per game, the second time the player will be called out.
- A player, at no time, will be allowed to throw the bat.
The umpire must warn the players of each team before each game of the No Bat Throw Rule.
Penalty: If a batter throws a bat, the batter will be called out. No runner may advance.
- Runners may not advance another base on an overthrow by an infielder to first base or third base.
- Runners may not advance after a ball from the outfield is thrown or carried to the inside of the infield and is in the possession of an infielder.

- Batter hits ball fairly, then at bat is over, regardless of result of play
 - If after 5 pitches or 3 balls have been recorded or batter is not out, or has not reached base safely, then coach pitcher will step in to throw a maximum of 2 more pitches.
- If batter does not hit ball safely after the 2 coach pitches, then the batter is out.
- If foul on 2nd pitch delivered by coach pitcher, the batter will receive on extra pitch only.
- If batter does not hit ball safely, then the batter is out.
 - The pitcher must be replaced immediately after hitting his/her second batter.

MUSTANG:

SKILLS MATRIX:

<p><u>Warm-up:</u></p> <ul style="list-style-type: none">• Full Dynamic/Static combination <p><u>Fundamental Throwing:</u></p> <ul style="list-style-type: none">• Proper glove position while throwing• Proper upper body rotation• Hitting a target while throwing• Proper head stability and linear mvmt• Following your throw to your target• Back spin drills• One-Knee drills• Power position drills <p><u>Fundamental Catching the Baseball:</u></p> <ul style="list-style-type: none">• Moving feet around ball when receiving <p><u>Fundamental Ground Ball and Infield Play:</u></p> <ul style="list-style-type: none">• Proper fielding position• Attacking routine ground ball• Approach/movement w. pitch• Understanding angles on routine on GB• Backhands• Glove hand/forehand• "V" cut ground ball• Slow roller• Short hops• Dive and recover• Double play pivots (SS & 2B)• Double play positioning (SS & 2B)• Double play feeds and flips (SS & 2B)• First baseman footwork around bag• Covering bases on steals and picks (3B, SS, 2B)- if league allows stealing• Tagging runners• Holding runners (1B, SS & 2B) - if league allows leads at 1st <p><u>Fundamental Popup/flyball & OF Play:</u></p> <ul style="list-style-type: none">• Fielding a GB in the OF<ul style="list-style-type: none">◦ Keeping it in front◦ Do or die (off to the side)• Hitting the cut-off• Approach/movement w. pitch• Drop stepping (fly balls to left & right)• "Open Gate" Fly ball/line drive over head• Catching the ball on the run• Ground balls to the left & right of fielder• Wheel throw on a ground ball• Using the shuffle step to throw• Getting behind a fly ball	<p><u>Bat control skills & situations:</u></p> <ul style="list-style-type: none">• Understanding contact points• Sacrifice bunting• Hitting off a tee• Front toss <p><u>Fundamental Pitching Concepts:</u></p> <ul style="list-style-type: none">• Starting stance: Use of rubber & foot placement• Understanding wind-up vs. stretch position• Basic FB grips• Basic Mechanics<ul style="list-style-type: none">◦ Leg lift◦ Linear/inline head movement on stride◦ Proper follow through with backside <p><u>Fundamental Catching Concepts:</u></p> <ul style="list-style-type: none">• Primary vs secondary stance• Glove position• Positioning with home plate and batter• Receiving (basic)• Blocking a ball straight at you• Blocking a ball to the left and right• Pop up technique• Throwing footwork to 2nd and 3rd• Plays at the plate• Fielding bunts• Making a play at the plate on passed ball• Giving signs <p><u>Team Situational Concepts:</u></p> <ul style="list-style-type: none">• Understanding "ball, base or backup" concept• Cuts and relays (modified)• Backing up bases (specific to position)• Fielding bunts (C/3B/1B)• Bunt defense• 1st and 3rd defense• 1st and 3rd offense• Pop-up communication• Inf/OF fly ball communication• Rundowns <p><u>Basic Positioning:</u></p> <ul style="list-style-type: none">• Standard• Double play depth <p><u>Daily Practice Organization Outline</u> (*indicates this should be completed at every practice):</p> <p>- 2.5 hours of active work</p> <ul style="list-style-type: none">• Fun Dynamic exercise routine
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<ul style="list-style-type: none"> • Playing the fence <p><u>Fundamental Hitting Concepts:</u></p> <ul style="list-style-type: none"> • Loading the swing • Stride to swing (launch position) • Balance when swinging • Swing path • Rhythm/timing • Approach <p><u>Fundamental Base Running Concepts:</u></p> <ul style="list-style-type: none"> • How to run through first base • How to round first base • Understanding infield fly rule • Running 1st to 3rd and 2nd to home • Understanding when to advance while at 2nd • Proper straight leg slide • Pop-up, hook, and fade slides • Primary lead (all bases) • Secondary leads (all bases) • Reading pitched ball in dirt • Taking the extra base/reading throw from OF 	<ul style="list-style-type: none"> • Limited Dynamic/Static combination • Full Dynamic/Static combination (15 minutes) * • Base running fundamental concepts (15-20 minutes) * • Throwing/Catching fundamentals (10-15 minutes) * • OF/IF skill fundamentals (30 minutes) * • Pitcher/Catcher skill fundamentals • Bullpens (as needed) • Team situational concepts (C, P, OF, IF) (20 minutes) * • Advanced team situational work w. runners • Hitting/Tee work fundamentals (include in BP groups) * • On-field batting practice (coach pitch) <p><i>TOTAL Batting Practice time: 45 min- 1 hour*</i></p> <ul style="list-style-type: none"> • Controlled coach pitch scrimmages/situations (20 minutes) <p><u>Fundamental Coaching Suggestions:</u></p> <ul style="list-style-type: none"> • Keep drills varied • Drills should be kept at about 20-25 minutes <p>From USA Baseball</p>
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MUSTANG COACHES RULES:

<p>Distances:</p> <ul style="list-style-type: none"> • Bases: 60' • Pitching: 46' • Home to Center of 2nd: 84' 10" <p>Pitcher rules:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2">Daily Pitch Limit</th> <th colspan="5">Required Rest (by # of pitches thrown)</th> </tr> <tr> <th>0 Days</th> <th>1 Day</th> <th>2 Days</th> <th>3 Days</th> <th>4 Days</th> </tr> </thead> <tbody> <tr> <td>75</td> <td>1-20</td> <td>21-35</td> <td>36-50</td> <td>51-65</td> <td>66+</td> </tr> </tbody> </table> <p>Field Care:</p> <ul style="list-style-type: none"> • Pickup and remove all trash and garbage from fields. • School fields: <ul style="list-style-type: none"> ○ Before: Put out bases, drag if necessary, and line. ○ After: Drag, ensure all bases, rakes, and chalk are locked up in the boxes. Ensure dugout and side doors are locked. Home plate and pitcher's mound should be raked, not drug. Place tarps back on (if available), plugs back in. • Ravensdale turf fields – NO SEEDS. • 6 inning games (if called, 4 innings is considered full game). <ul style="list-style-type: none"> ○ No new inning after 2 hours from the start of the game. ○ The umpire may call the game early due to darkness or other weather conditions. • Team can play with 8 players. 						Daily Pitch Limit	Required Rest (by # of pitches thrown)					0 Days	1 Day	2 Days	3 Days	4 Days	75	1-20	21-35	36-50	51-65	66+
Daily Pitch Limit	Required Rest (by # of pitches thrown)																					
	0 Days	1 Day	2 Days	3 Days	4 Days																	
75	1-20	21-35	36-50	51-65	66+																	

- 15 minute waiting period before a team must forfeit.
- No run limit per half inning.
 - During preseason the coaches can agree to a run limit.

- Each player must play in 2 consecutive complete defensive innings by the end of the 4th inning
- All players on the roster will be in the batting line-up in their turn even if they do not play defense that inning.
- 2 and 3/4" barrel bats are prohibited. 2 and 5/8" barrels are legal.
- All non-wooden bats must be either a drop-3 bat and BBCOR certified, or a bat that is USABat certified.
- 10 run rule: If a team is leading by 10 runs after 4 or more complete innings they are declared the winner.
- Infield fly rule is NOT in effect.
- NO dropped 3rd strike.
- All balks will be warnings throughout the year.
- When there is a play AT a base, the runner must slide or try to avoid the fielder making the play.
- Stealing/Leading off:
 - Lead off's only can occur with a runner on 1st and no other bases occupied.
 - A runner leading off 1st base may attempt to steal 2nd at his own discretion.

- In all non-lead off situations the runners may not leave their bases until the ball has reached the catcher.
- Once a pitched ball reaches the catcher (he catches it, drops it, or goes past the catcher) the runners may leave their base and advance at their own discretion.
- There is no straight stealing of home plate. On a pass ball the runner is allowed to advance at own peril, but there will not be any leading off or "baiting" of a throw. At the discretion of the umpire the runner will be called out in this instance.
- The play will be called dead once the ball is returned to the pitcher's glove.
- Headfirst slide can only be used going back to a base.
- Courtesy runners may be used for catchers with two outs. The runner will be the player who made the last out.
- The pitcher must be replaced immediately after hitting his/her third batter.
- No steel cleats.

BRONCO:

SKILLS MATRIX:

<p><u>Warm-up:</u></p> <ul style="list-style-type: none">• Full Dynamic/Static combination <p><u>Fundamental Throwing:</u></p> <ul style="list-style-type: none">• Proper glove position while throwing• Proper upper body rotation• Hitting a target while throwing• Proper head stability and linear mvmt• Following your throw to your target• Back spin drills• One-Knee drills• Power position drills <p><u>Fundamental Catching the Baseball:</u></p> <ul style="list-style-type: none">• Moving feet around ball when receiving <p><u>Fundamental Ground Ball and Infield Play:</u></p> <ul style="list-style-type: none">• Proper fielding position• Attacking routine ground ball• Approach/movement w. pitch• Understanding angles on routine on GB• Backhands• Glove hand/forehand• "V" cut ground ball• Slow roller• Short hops• Dive and recover• Double play pivots (SS & 2B)• Double play positioning (SS & 2B)• Double play feeds and flips (SS & 2B)• First baseman footwork around bag• Covering bases on steals and picks (3B, SS, 2B)- if league allows stealing• Tagging runners• Holding runners (1B, SS & 2B) - if league allows leads at 1st <p><u>Fundamental Popup/flyball & OF Play:</u></p> <ul style="list-style-type: none">• Fielding a GB in the OF<ul style="list-style-type: none">◦ Keeping it in front◦ Do or die (off to the side)• Hitting the cut-off• Approach/movement w. pitch• Drop stepping (fly balls to left & right)• "Open Gate" Fly ball/line drive over head• Catching the ball on the run• Ground balls to the left & right of fielder• Wheel throw on a ground ball• Using the shuffle step to throw• Getting behind a fly ball	<p><u>Bat control skills & situations:</u></p> <ul style="list-style-type: none">• Understanding contact points• Sacrifice bunting• Hitting off a tee• Front toss <p><u>Fundamental Pitching Concepts:</u></p> <ul style="list-style-type: none">• Starting stance: Use of rubber & foot placement• Understanding wind-up vs. stretch position• Basic FB grips• Basic Mechanics<ul style="list-style-type: none">◦ Leg lift◦ Linear/inline head movement on stride◦ Proper follow through with backside <p><u>Fundamental Catching Concepts:</u></p> <ul style="list-style-type: none">• Primary vs secondary stance• Glove position• Positioning with home plate and batter• Receiving (basic)• Blocking a ball straight at you• Blocking a ball to the left and right• Pop up technique• Throwing footwork to 2nd and 3rd• Plays at the plate• Fielding bunts• Making a play at the plate on passed ball• Giving signs <p><u>Team Situational Concepts:</u></p> <ul style="list-style-type: none">• Understanding "ball, base or backup" concept• Cuts and relays (modified)• Backing up bases (specific to position)• Fielding bunts (C/3B/1B)• Bunt defense• 1st and 3rd defense• 1st and 3rd offense• Pop-up communication• Inf/OF fly ball communication• Rundowns <p><u>Basic Positioning:</u></p> <ul style="list-style-type: none">• Standard• Double play depth <p><u>Daily Practice Organization Outline</u> (*indicates this should be completed at every practice):</p> <p>- 2.5 hours of active work</p> <ul style="list-style-type: none">• Fun Dynamic exercise routine
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<ul style="list-style-type: none"> • Playing the fence <p><u>Fundamental Hitting Concepts:</u></p> <ul style="list-style-type: none"> • Loading the swing • Stride to swing (launch position) • Balance when swinging • Swing path • Rhythm/timing • Approach <p><u>Fundamental Base Running Concepts:</u></p> <ul style="list-style-type: none"> • How to run through first base • How to round first base • Understanding infield fly rule • Running 1st to 3rd and 2nd to home • Understanding when to advance while at 2nd • Proper straight leg slide • Pop-up, hook, and fade slides • Primary lead (all bases) • Secondary leads (all bases) • Reading pitched ball in dirt • Taking the extra base/reading throw from OF 	<ul style="list-style-type: none"> • Limited Dynamic/Static combination • Full Dynamic/Static combination (15 minutes) * • Base running fundamental concepts (15-20 minutes) * • Throwing/Catching fundamentals (10-15 minutes) * • OF/IF skill fundamentals (30 minutes) * • Pitcher/Catcher skill fundamentals • Bullpens (as needed) • Team situational concepts (C, P, OF, IF) (20 minutes) * • Advanced team situational work w. runners • Hitting/Tee work fundamentals (include in BP groups) * • On-field batting practice (coach pitch) <p><i>TOTAL Batting Practice time: 45 min- 1 hour*</i></p> <ul style="list-style-type: none"> • Controlled coach pitch scrimmages/situations (20 minutes) <p><u>Fundamental Coaching Suggestions:</u></p> <ul style="list-style-type: none"> • Keep drills varied • Drills should be kept at about 20-25 minutes <p>From USA Baseball</p>
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BRONCO COACHES RULES:

Distances:						
<ul style="list-style-type: none"> • Bases: 70' • Pitching: 50' • Home to Center of 2nd: 99' 						
Pitcher rules:						
	Required Rest (by # of pitches thrown)					
Daily Pitch Limit	0 Days	1 Day	2 Days	3 Days	4 Days	
85	1-20	21-35	36-50	51-65	66+	
Field Care:						
<ul style="list-style-type: none"> • Pickup and remove all trash and garbage from fields. • School fields: <ul style="list-style-type: none"> ○ Before: Put out bases, drag if necessary, and line. ○ After: Drag, ensure all bases, rakes, and chalk are locked up in the boxes. Ensure dugout and side doors are locked. Home plate and pitcher's mound should be raked, not dug. Place tarps back on (if available), plugs back in. • Ravensdale turf fields – NO SEEDS 						

- Each player must play in 2 consecutive complete defensive innings by the end of the 5th inning.
- All players on the roster will be in the batting line-up in their turn even if they do not play defense that inning.
- 2 and 3/4" barrel bats are prohibited. 2 and 5/8" barrels are legal.
- All non-wooden bats must be either a drop-3 bat and BBCOR certified, or a bat that is USABat certified.
- 7 inning games (if called, 5 innings is considered full game).
 - No new inning after 2 hours from the start of the game.
- Team can play with 8 players.
- 15 minute waiting period before a team must forfeit.
- No run limit per half inning.
- 10 run rule: If a team is leading by 10 runs after 5 or more complete innings they are declared the winner.
- Infield fly rule is on.

- Dropped 3rd strike is on.
- In the preseason all balks will be warnings. During the season each pitcher will get one balk warning.
- When there is a play AT a base, the runner must slide or try to avoid the fielder making the play.
- The pitcher must be replaced after hitting his/her fourth batter.
- Stealing/leading off is per standard rules.
- Headfirst slide can only be used going back to a base.
- Courtesy runners may be used for catchers with two outs. The runner will be the player who made the last out.
- No steal cleats.

PONY:

SKILLS MATRIX:

<p><u>Warm-up:</u></p> <ul style="list-style-type: none">• Full Dynamic/Static combination <p><u>Fundamental Throwing:</u></p> <ul style="list-style-type: none">• Proper glove position while throwing• Proper upper body rotation• Hitting a target while throwing• Proper head stability and linear mvmt• Following your throw to your target• Back spin drills• One-Knee drills• Power position drills <p><u>Fundamental Catching the Baseball:</u></p> <ul style="list-style-type: none">• Moving feet around ball when receiving <p><u>Fundamental Ground Ball and Infield Play:</u></p> <ul style="list-style-type: none">• Attacking routine ground ball• Approach/movement w. pitch• Understanding angles on routine on GB• Backhands• Glove hand/forehand• "V" cut ground ball• Slow roller• Short hops• Dive and recover• Double play pivots (SS & 2B)• Double play positioning (SS & 2B)• Double play feeds and flips (SS & 2B)• First baseman footwork around bag• Covering bases on steals and picks (3B, SS, 2B)• Tagging runners• Holding runners (1B, SS & 2B) <p><u>Fundamental Popup/flyball & OF Play:</u></p> <ul style="list-style-type: none">• Fielding a GB in the OF<ul style="list-style-type: none">◦ Keeping it in front◦ Do or die (off to the side)• Hitting the cut-off• Approach/movement w. pitch• Drop stepping (fly balls to left & right)• "Open Gate" Fly ball/line drive over head• Catching the ball on the run• Ground balls to the left & right of fielder• Wheel throw on a ground ball• Using the shuffle step to throw• Getting behind a fly ball• Playing the fence• Throwing to bases/ Long hops• Throwing to proper base	<p><u>Fundamental Baserunning Concepts:</u></p> <ul style="list-style-type: none">• How to run through first base• How to round first base• Understanding infield fly rule• Running 1st to 3rd and 2nd to home• Understanding when to advance while at 2nd• Proper straight leg slide• Pop-up, hook, and fade slides• Primary lead (all bases)• Secondary leads (all bases)• Reading pitched ball in dirt• Taking the extra base/reading throw from OF• Stealing bases (2nd and 3rd base)• Delayed Steal• Contact play at 3B <p><u>Fundamental Pitching Concepts:</u></p> <ul style="list-style-type: none">• Understanding wind-up vs. stretch position• Basic FB grips• Off-speed pitch grips• Basic Mechanics<ul style="list-style-type: none">◦ Leg lift◦ Linear/inline head movement on stride◦ Proper follow through with backside• Other<ul style="list-style-type: none">◦ Holding runners◦ Pick moves (1st and 2nd base)◦ Slide step vs. leg lift◦ Pitch outs◦ Intentional walks <p><u>Fundamental Catching Concepts:</u></p> <ul style="list-style-type: none">• Primary vs secondary stance• Glove position• Positioning with home plate and batter• Receiving (basic)• Receiving (advanced- one knee down)• Blocking a ball straight at you• Blocking a ball to the left and right• Pop up technique• Throwing footwork to 2nd and 3rd• Back pick throws to 1st• Receiving a pitch out• Plays at the plate• Fielding bunts• Making a play at the plate on passed ball• Giving signs <p><u>Basic Positioning:</u></p> <ul style="list-style-type: none">• Standard• Double play depth• Infield up• Corners up/middle back
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<ul style="list-style-type: none"> • Diving and/or sliding catches <p><u>Fundamental Hitting Concepts:</u></p> <ul style="list-style-type: none"> • Loading the swing • Stride to swing (launch position) • Balance when swinging • Swing path • Rhythm/timing • Approach <p><u>Bat control skills & situations:</u></p> <ul style="list-style-type: none"> • Understanding contact points • Sacrifice bunting • Safety squeeze/suicide squeeze • Bunting for hits (Drag/Push) • Hit and Run • Run and hit • 2K approach • Advancing a runner from 2nd w. 0 out • Infield up w. runner on 3B • Infield back w. runner on 3B • Pitch recognition • Strike zone management • Hitting off a tee • Front toss <p><u>Team Situational Concepts:</u></p> <ul style="list-style-type: none"> • Understanding "ball, base or backup" concept • Tandem cuts and relays (advanced) • Backing up bases (specific to position) • Fielding bunts (C/3B/1B) • Bunt defense • 1st and 3rd defense • 1st and 3rd offense • Pop-up communication • Inf/OF fly ball communication • Rundowns • Pick plays 	<ul style="list-style-type: none"> • IF Halfway • Shifts <p><u>Daily Practice Organization Outline</u> (*indicates this should be completed at every practice):</p> <p>- 2.5 - 3 hours of active work</p> <ul style="list-style-type: none"> • Full Dynamic/Static combination (15 minutes) * • Base running fundamental concepts (15-20 minutes) * • Throwing/Catching fundamentals (10-15 minutes) * • OF/IF skill fundamentals (30 minutes) * • Pitcher/Catcher skill fundamentals * • Bullpens (as needed) • Team situational concepts (C, P, OF, IF) (20-25 minutes) * • Pitcher fielding practice (w. catcher & IF) • Advanced team situational work w. runners • Hitting/Tee work fundamentals (include in BP groups) * • On-field batting practice (coach pitch) <p><i>TOTAL Batting Practice time: 45 min- 1 hour*</i></p> <ul style="list-style-type: none"> • Controlled coach pitch scrimmages/situations (20 minutes) <p><u>Fundamental Coaching Suggestions:</u></p> <ul style="list-style-type: none"> • Keep drills varied • Drills should be kept at about 20-25 minutes <p>From USA Baseball</p>
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PONY COACHES RULES:

Distances:					
<ul style="list-style-type: none"> • Bases: 80' • Pitching: 54' • Home to Center of 2nd: 113' 2" 					
Pitcher rules:					
	Required Rest (by # of pitches thrown)				
Daily Pitch Limit	0 Days	1 Day	2 Days	3 Days	4 Days
95	1-20	21-35	36-50	51-65	66+

Field Care:

- Pickup and remove all trash and garbage from fields.
- School fields:
 - Before: Put out bases, drag if necessary, and line.
 - After: Drag, ensure all bases, rakes, and chalk are locked up in the boxes. Ensure dugout and side doors are locked. Home plate and pitcher's mound should be raked, not drug. Place tarps back on (if available), plugs back in.
- Ravensdale turf fields – NO SEEDS

- Each player must play in 2 consecutive complete defensive innings by the end of the 5th inning
- All players on the roster will be in the batting line-up in their turn even if they do not play defense that inning.
- Any player pulled from a game for an injury or disciplinary reasons shall not be allowed to reenter the game
- 2 and 3/4" barrel bats are prohibited. 2 and 5/8" barrels are legal.
- All non-wooden bats must be either a drop-3 bat and BBCOR certified, or a bat that is USABat certified.
- 7 inning games (if called, 5 innings is considered full game).
 - No new inning after 2 hours from the start of the game.
- Team can play with 8 players.
- 15 minute waiting period before a team must forfeit.
- No run limit per half inning.

- 10 run rule: If a team is leading by 10 runs after 5 or more complete innings they are declared the winner.
- Infield fly rule is on.
- Dropped 3rd strike is on.
- During the preseason each pitcher will get 1 balk warning. During the season there will be no warnings for balks.
- When there is a play AT a base, the runner must slide or try to avoid the fielder making the play.
- Stealing/leading off is per standard rules.
- Headfirst slide can only be used going back to a base.
- Courtesy runners may be used for catchers with two outs. The runner will be the player who made the last out.
- Steal cleats are allowed.